

Midwestern State University
College of Health Sciences & Human Services
Department of Athletic Training and Exercise Physiology
Athletic Training Education Program

ATRN-3803: Orthopedic Assessment & Management I Lab
Thursday 9:30-10:50
Room: D.L. Ligon 219

Term: Fall 2022

Faculty: Gary Diehm, MS, ATC, LAT
D.L Ligon 157
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Office Hours: M,W 10:00-11:30 T 9:30-11:30

Course

Description: Clinical practicum in the evaluation and management of orthopedic sports injuries and conditions with a specific focus on the lower extremity, lumbar, and thoracic spine. (Prerequisites: ATRN 2901, 2903. Co-requisite: ATRN 3803).

Student Outcomes:

1. Demonstrate and practice of the underlying principles and techniques of effective upper extremity, cervical and lumbar spine evaluation and assessment techniques.
2. Demonstrate the difference between the accuracy and reliability of the variety of special and functional tests as related to the evaluation process. Explain the difference between the evaluation and reevaluation process.
3. Demonstrate principles related to palpation, muscle function, capsular and ligament stress testing, joint play, neurologic and vascular function related to the evaluation of the upper extremity.
4. To facilitate critical thinking that involves application of current athletic training techniques and problem solving to upper extremity, cervical and thoracic spine evaluation and assessment techniques.
5. Utilize standard documentation procedures, terminology, and communication in the systemic evaluation and diagnosis of upper extremity, cervical and lumbar spine injuries. Perform a comprehensive lumbar spine, thoracic spine, cervical spine, and upper extremity injury assessment. This evaluation includes, History, inspection/observation, palpation, functional assessment, selective testing/special tests, neurological and circulatory assessments.
6. Assess and interpret findings from the physical exam. Use scales to determine patient outcomes.

Required

Text: Starkey, Chad & Brown, Sara. (2015). *Evaluation of Orthopedic and Athletic Injuries, Fourth Edition*. Philadelphia: F.A. Davis.

Recommended

Text: Hoppenfeld, S. (1976). *Physical Examination of the Spine & Extremities*. East Norwalk, CT: Appleton-Century-Crofts.

Magee, DJ. (2006). *Orthopedic Physical Assessment, Fourth*. St. Louis, MO: Saunders Elsevier.

Timeline: The following is a tentative schedule of class topics, exams, and assignments. Every attempt will be made to follow the schedule. However, some alterations may be made due to circumstances beyond control. If a change is going to be made, the students will be made aware through e-mail and/or announcement. *The syllabus is subject to change at instructor's discretion.*

Date	Topic	Assignment
8/25	Introduction	
9/1	Documentation/Terminology/Posture	
9/8	Posture	
9/15	Gait	
9/22	Foot & Toes: Anatomy, Palpation	
9/29	Foot & Toes: Goniometry, MMT, Special Tests	Practical Exam
10/6	Ankle & Lower Leg: Anatomy, Palpation	
10/13	Ankle & Lower Leg: Goniometry, MMT, Special Tests	Practical Exam
10/20	Knee: Anatomy, Palpation	
10/27	Knee: Anatomy, Palpation	
11/3	Knee: Goniometry, MMT, Special Tests	Practical Exam
11/10	Patellofemoral Articulation	
11/19	Hip, Thigh Pelvis-Anatomy, Palpation	
12/1	Hip, Thigh Pelvis:Goniometry, Special Tests	Practical Exam
12/7-12/10	Comprehensive Practical	

Assignments:

Practical Quiz: Each major section will have a practical quiz to test your knowledge about the subject content. This will allow you to perform skills that you will need in the athletic training room. These must be scheduled with Gary during the week of and after the listed date. For example, a **Practical Quiz** is listed for the Foot & Toes on 10/1/2021. You must complete the practical on the week from 9/27/2021 – 10/1/2021. Yourself, a partner, and the instructor must be available for each practical. Allow at least 30 minutes per Practical Quiz. Each Practical Quiz is worth **50 points**.

Comprehensive Practical: The Comprehensive Practical will test your knowledge about the entire lower extremity. This test is scenario-based. The instructor will give you a short introduction, and you must complete the rest of the evaluation in a sequential order. You must ultimately give an assessment at the end of each scenario. You will receive 4 areas of the lower extremity to evaluate. Each scenario is worth 50 points, for a total of **200 points** for the Comprehensive Practical. Yourself, a partner, and the instructor must be available for the Comprehensive Practical. You must schedule this practical during the week of finals. You need to allow at least 1 hour for the Comprehensive Practical.

Course

Evaluation:

Attendance & Participation	EXPECTED
Practical Quiz:	6 quizzes x 50 points= 300 points
Comprehensive Practical:	1 Comp x 200 points= 200 points

TOTAL: **500 points**

Grading Scale:

A %	90-100
B %	80-89
C %	70-79
D %	60-69
F %	<60 or failure to meet portfolio requirement

*****Any grade lower than a “C” in Clinical Practicum courses require that you retake the class.**

AMERICANS WITH DISABILITIES ACT

Midwestern State University does not discriminate on the basis of an individual's disability and complies with Section 504 of the Americans with Disabilities Act (ADA) in its admission, accessibility, and employment of individuals in programs and activities. It is the policy of Midwestern State University that no otherwise qualified person with a disability be excluded from the participation in, be denied the benefits of, or be subject to discrimination in any educational program or activity at the University. MSU provides academic accommodations and auxiliary aids to individuals with disabilities as defined by law, who are otherwise qualified to meet academic employment and requirements. The Director of Counseling and Disability Services Office serves as coordinator of accommodations for students with disabilities and should be contacted concerning initial enrollment, scheduling, and other arrangements. The Counseling and Disability Services Office may be contacted at (940) 397-4618 or in the Clark Student Center, Room 108. It is the student's responsibility to declare any disabilities. After declaration, preferably at the beginning of each semester, the student needs to contact individual instructors to determine any reasonable accommodations that may be required.

Special Note: Please inform me if you have a disability and need accommodations for this for this class.

Course Policies:

Class Preparation—Students should come to class prepared. This includes wearing the appropriate clothing.

Students should refer to the current MSU Student Handbook and Activities Calendar for university policies related to class attendance, academic dishonesty, student responsibilities, rights and activities.

“Midwestern State University is an equal opportunity/affirmative action institution and complies with all federal and Texas laws, regulations, and executive orders regarding affirmative action Requirements in all programs and policies. Midwestern State University does not discriminate against any individual because of race, creed, color, sex, national origin, or disability”

Academic integrity is expected of all students. Cheating in any form (including plagiarism) will not be tolerated and may result in disciplinary action. Remember the MSU Student Creed,

“As an MSU student, I pledge not to lie, cheat, steal, or help anyone else to do so”

Plagiarism: By enrolling in this course, the student expressively grants MSU a “limited right” in all intellectual property created by the student for the purpose of this course. The “limited right” shall include but shall not be limited to the right to reproduce the student's work product in order to verify originality and authenticity, and educational purposes

Attendance is **mandatory**. Two absences will be allowed without penalty. After the second absence, your semester grade will be dropped one letter grade. For each additional absence, your grade will drop another letter grade. Make up examinations will be provided within one (1) week of return to class, provided the absence is excused.

"Each student must take and pass (75%) or better a written/practical Game Day exam. This test gives each student the opportunity to recall knowledge from previous academic semesters. The first opportunity to take the exam will be available during the first 2 weeks of the given semester. If the student does not pass the exam associated with this course, the student may re-take it once a week until the end of the semester. It is the student's responsibility to make arrangements for schedule further testing. Failure to pass either exam will result in a failing grade for this course. Any questions about this process should be referred to the Student Handbook 2022-2023."

COVID-19

If you feel like you are sick please do not come to class.

You will be required to wear a mask while in the class room and it should be worn above your nose and below your chin.

If we are doing special tests or examining others we will have gloves available if you desire.

Please wash your hands and use hand sanitizer on a regular basis.