

ORTHOPEDIC ASSESSMENT/MANAGEMENT II LAB
Gunn College of Health Sciences and Human Services
Department of Athletic Training and Exercise Physiology
ATRN 3811
SPRING 2023

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GENERAL COURSE INFORMATION

1. Prerequisites:
 - a. ATRN 1073
 - b. Co-Prerequisite ATRN 3801
2. Credit: One semester hours
3. Intended Audience: ATRN majors
4. Days, Times, Place: W 8AM-9:20AM, D.L. Ligon Rm. 219, Lab D.L. Ligon Rm. 220
5. Texts **Required:**

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

Starkey, Chad & Brown, Sara. (2015). *Orthopedic & Athletic Injury Examination Handbook: 3rd Edition*. Philadelphia: F.A. Davis.

Recommended:

- a. Hoppenfeld, S. (1976). *Physical Examination of the Spine & Extremities*. East Norwalk, CT: Appleton-Century-Crofts.
- b. Magee, DJ. (2006). *Orthopedic Physical Assessment, Fourth*. St. Louis, MO: Saunders Elsevier.

COURSE PURPOSE AND GOALS

The purpose of this course is to provide the prospective athletic trainer with the knowledge and skill necessary to evaluate and recognize upper extremity, cervical spine and head injuries that occur to the athlete and the physically active.

Upon completion of this course, the student will be able to:

1. Demonstrate and practice of the underlying principles and techniques of effective upper extremity, cervical and lumbar spine evaluation and assessment techniques. CE 3, CE 4, CE 7, CE 8, CE 11, CE 12, CE 13, CE 14, CE 15, CE 17, CE 20 a, b, c, d, e, f, CE 21, a, b,c, d, e, f, g,
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. CE 8, CE 12, CE 13, CE 14, CE 15, CE 17, CE 18
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. . CE 3, CE 5, CE 10, CE 11, CE 12, CE 13, CE 14, CE 15, CE 17, CE 18, CE 19, CE 20 a, b, ,c, ,d, e, f, CE 21, a, b, c, d, e, f, g, h.
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. CE 6, CE 9, CE 10, CE 11, CE 12, CE 14, CE 18, CE 19.
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. CE 8, CE 11, CE 12, CE 15,
6. Assess and interpret findings from the physical exam. Use scales to determine patient outcomes. CE 11, CE 16, CE 17.

TENTATIVE COURSE SCHEDULE

Class	Topic	Chapters	Activity
1/18	Introduction, Syllabus, Evaluation Techniques	1, 2,3,4	
1/25	Lumbar Spine	13	MMT, Special Tests
2/1	Lumbar Spine	13	Evaluations
2/8	Cervical Spine-Lumbar Spine Practicum this week	21	MMT, Special Tests
2/15	Cervical Spine	21	Evaluations
2/22	Head-Cervical Spine Practicum this week	14	MMT, Special Tests
3/1	Head	14	Evaluations
3/8	Shoulder-Head Injury Practicum this week	16	MMT, Special Tests
3/22	Shoulder	16	Evaluations
3/29	Shoulder	16	Evaluations

4/5	Elbow, Forearm-Shoulder Practicum this week	17	MMT, Special Tests
4/12	Elbow, Forearm	17	Evaluations
4/19	Hand, Wrist-Elbow, Forearm Practicum this week	18	MMT, Special Tests
4/26	Hand, Wrist	18	Evaluations
5/3	Hand, Wrist Practicum this week	18	Evaluations
TBA	Final Oral Practical Exam (by signup sheet during finals week)		

COURSE EVALUATION

1. **Course Requirements:**

- a. Completion of written and oral practical examinations covering material presented in the textbook, lectures, and references materials.
- b. Completion special tests note cards
- c. Mandatory attendance and participation in class and lab activities.
- d. Completion of proficiencies assigned to course

2. **Grading:**

<u>Points</u>	
Proficiencies	130 pts
<u>Oral Practical</u>	<u>150 pts</u>
Total Points	280 pts

3. **Grading Scale:**

90-100% of total points	= A
80-89% of total points	= B
70-79% of total points	= C
60-69% of total points	= D
Below 60% of total points	= F

LEARNING EXPERIENCES

1. **Proficiencies** - Students will complete 6 Proficiencies

- a. The student will be required to make up any missed or incomplete proficiencies. All proficiencies **MUST** be completed in order to pass the course. Communicate with the instructor if any complications arise.

Proficiency evaluations are **mandatory** assignments for all students enrolled in this course. Evaluations that are late will not receive any credit but still **must be completed in order to pass the course**.

****NOTE: PEER EVALUATIONS AND PRECEPTOR EVALUATIONS CANNOT BE COMPLETED ON THE SAME DAY.**

2. **DLS Attendance:** Attendance at the Allied Health Dignified Lecture Series is mandatory. Students are expected to dress professionally. There will be 1-2 DLS lectures this spring.

After attending a lecture, you will submit a short reflection discussing what you learned, how it applies to athletic training, what you found interesting, if you thought it was worth your time, etc.

ATTENDANCE POLICY

Class attendance is mandatory. More than one (1) unexcused absences from lecture/lab periods will serve to lower a student's grade one letter. Attendance at written examinations is mandatory. Absence without prior approval will result in a grade of zero being recorded for the exam. Medical excuses for illness are allowed. However all medical excuses for missed class must be written, dated, and signed by the attending MD on the appropriate stationary or Rx pad. The medical excuse must state that you were not to attend class and **with the specific dates of absences noted.** All medical excuses not received on the second day after you return to class will not be allowed. Do not let tardiness become a habit. Two tardies will be equal to one absence. Plan to be on time for class.

CLASSROOM ETIQUETTE

Student & professor agree that class time will be dedicated to mutual respect and focus. For example, to avoid distraction cell/mobile phones will be on 'vibrate' mode and placed away (e.g., in backpack) so students and professor can focus on class activities/instruction. (this applies to all electronic devices).

What I expect from you:

- Attend every class meeting
- Come to each class prepared, having done the assigned reading
- Participate in class
- Respect your fellow students and their role in this course

STUDENTS WITH DISABILITIES

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). If you have a physical, learning, sensory or psychological disability and require accommodations, please let your instructor know as soon as possible. You will need to register with, and provide documentation of your disability to the Counseling and Disability Office at 940-397-4618 or in Clark Student Center, Room 108.

ACADEMIC HONESTY/DISHONESTY

Midwestern State University is built upon a strong foundation of integrity, respect, and trust. All members of the university community have a responsibility to be honest and the right to expect honesty from others. Any form of academic dishonesty is unacceptable to our community and will not be tolerated.

Plagiarism is strictly forbidden on any course assignment. (This includes class notes and fellow students work!) All, work, besides your own, should be cited and a reference given. Do not misrepresent any of your efforts on any academic task for which you will receive a grade.

Student Honor Creed

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

As students at MSU, we recognize that any great society must be composed of empowered, responsible citizens. We also recognize universities play an important role in helping mold these responsible citizens. We believe students themselves play an important part in developing responsible citizenship by maintaining a community where integrity and honorable character are the norm, not the exception.

Thus, We, the Students of Midwestern State University, resolve to uphold the honor of the University by affirming our commitment to complete academic honesty. We resolve not only to be honest but also to hold our peers accountable for complete honesty in all university matters.

We consider it dishonest to ask for, give, or receive help in examinations or quizzes, to use any unauthorized material in examinations, or to present, as one's own, work or ideas which are not entirely one's own. We recognize that any instructor has the right to expect that all student work is honest, original work. We accept and acknowledge that responsibility for lying, cheating, stealing, plagiarism, and other forms of academic dishonesty fundamentally rests within each individual student.

We expect of ourselves academic integrity, personal professionalism, and ethical character. We appreciate steps taken by University officials to protect the honor of the University against any who would disgrace the MSU student body by violating the spirit of this creed.

Written and adopted by the 2002-2003 MSU Student Senate.

DEFINITIONS.

A. **ACADEMIC DISHONESTY.** An action attempted or performed that misrepresents one's involvement in an academic endeavor in any way, or assists another student in misrepresenting his or her involvement in an academic endeavor. Examples of academic dishonesty include, but are not limited

- i. Plagiarism: presenting the work (i.e., ideas, data, creations) of another, wholly or in part, as one's own work without customary and proper acknowledgement of sources and extent of use, unless authorized by the instructor
- ii. Cheating: using information, study aids, notes, materials, devices, or collaboration not explicitly approved by the instructor. For example: doing a class assignment for someone else or allowing someone to copy one's assignment; copying from, or assisting, another student during an examination; or stealing, or otherwise improperly obtaining, copies of an examination before or after its administration.
- iii. Fraud: altering or inventing data, research, or citations for an academic endeavor; fabricating, forging or otherwise misrepresenting to an instructor or an institution one's past or current academic or professional activities; impersonating someone or allowing oneself to be impersonated for an examination or other academic endeavor; using a ghost writer, commercial or otherwise, for any type of assignment.
- iv. Violation of Standards: violations against ethical and professional standards required by individual University programs, academic courses, and clinical

- programs that may result in qualification for entry into a profession that maintains standards of conduct.
- v. Multiple Submissions: submitting, wholly or in part, the same academic endeavor to earn credit in two or more courses without explicit approval by all concerned instructors.
 - vi. Interference/Obstruction: interfering with academic efforts of other students to gain unfair advantage for personal academic advancement. Interference may include but is not limited to, sabotage, harassment, tampering, bribery, or intimidation of another student.
 - vii. Complicity: assisting another person in any act of academic dishonesty as defined above.

B. **ACADEMIC ENDEAVOR.** Any student activity undertaken to earn University credit or meet some other University program requirement. Examples of academic endeavors include, but are not limited to:

- i. Course assignments (written/oral, projects, research, exhibitions of work)
- ii. Exams (written/oral, quizzes)
- iii. Clinical assignments (internships, rotations, practica)
- iv. Presentations (on and off campus)
- v. Publications
- vi. Independent study coursework
- vii. Plan B papers/projects, theses, dissertations
- viii. Student media associated with academic credit

Students are expected to do their own work at all times. This includes all tests, papers, quizzes, projects, reports, and notebooks. Plagiarism of any authors (even fellow classmates) work will not be tolerated.

Copying of materials using a previous student's work, notebook, etc. will not be tolerated. Students who miss class will need to get notes from other students. **HOWEVER, IT IS EXPECTED THAT THIS WORK WILL BE REDONE IN THEIR OWN WORDS.** Students using computers, word processors, etc. may not share discs or other materials between each other. To do so will be considered the same as copying of materials. In all cases students who allow for the copying of materials will be treated just like the student who does the copying.

STUDENTS WHO ARE FOUND TO BE IN VIOLATION OF THIS POLICY WILL HAVE A GRADE OF ZERO RECORDED FOR THE INVOLVED PAPER, TEST, QUIZ, PROJECT, REPORT OR NOTEBOOK. FURTHERMORE THESE STUDENTS WILL BE REFERRED TO THE APPROPRIATE DEPARTMENT, COLLEGE, OR UNIVERSITY COMMITTEE FOR THE APPROPRIATE DISCIPLINARY ACTION

EMERGENCY EXIT PROCEDURES

In the event of an emergency please evacuate the room in an orderly fashion through the nearest exit. The nearest exit is either through either set of doors at the front of the room. Follow the exit signs to the nearest available exit.

Once exiting the building, please meet your instructor at: across the street from D. L. Ligon in front of the tennis courts.

The fire extinguisher is located immediately outside of the classroom by the door to the left of the podium

MSU ALERT

All students are encouraged to participate in the University's emergency warning system "MSU ALERT". Because of this your cell phone should be set to vibrate. If all of our phones go off at the same time we should take the appropriate action.

If your cell phone vibrates by itself please ignore it and continue with class.