

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

ATRN-3813: Evaluation of Athletic Injuries II
T,TH 8-9:20
Room: D.L. Ligon 219

Term: Spring 2023

Faculty: Gary Diehm, MS, ATC, LAT
D.L. Ligon 157
940.397.6236 (o)
gary.diehm@mwsu.edu
Office Hours: MWF 10-11:30 TR 9:30-11:30

Course

Description: Integration of understanding of the mechanism of injury into assessment techniques used to distinguish injuries common to the physically active individual with a focus on the upper extremity, cervical, and thoracic spine.
Prerequisite: ATRN 3903. Co-requisite: ATRN 3811

Required

Texts: 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

Texts:

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.

Student Learning Outcomes: Upon successful completion of this course, the student will be able to:

1. Examine the body and show normal structures and body function which will include mechanical function, kinematics in all stages of life.
2. Correlate mechanisms of injury with common presenting signs and symptoms, through the use of current evaluation techniques and standards of practice.
3. Use standard medical nomenclature in the accurate documentation of an injury assessment/evaluation.
4. 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.
5. 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. Use clinical prediction rules in the examination process and describe the outcome of the clinical prediction rules.
7. 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.
8. Distinguish factors that relate to acute head and brain trauma, cervical, thoracic and lumbar spine trauma.
9. Recognize, explain and demonstrate the proficiencies and competencies associated with the evaluation of upper extremity injuries, cervical spine injuries, and thoracic spine injuries, including the standards of

History taking, inspection/observation, palpation, functional assessment, selective tissue testing techniques/special tests and neurological assessments.

10. Use current Athletic Training literature and apply that information to the evaluation of the athletic injuries. Use current Athletic Training literature to define and use PICO questions.

Day-by-Day Outline: 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	IMPORTANT
1/17	Syllabus; Evaluation	Evaluation Quiz
1/19	Lumbar Spine Ch 13	
1/24	Lumbar Spine	
1/26	Lumbar Spine	Article Paper Due
1/31	Lumbar Spine Exam	
2/2	Thoracic and Cervical Spine Ch 14	
2/7	Thoracic and Cervical Spine	
2/9	Thoracic and Cervical Spine	
2/14	Thoracic and Cervical Spine	Article Paper Due
2/16	Thoracic and Cervical Spine Exam	
2/21	Head and Cervical Spine Ch 20	
2/23	Head and Cervical Spine	
2/28	Head and Cervical Spine	Article Paper Due
3/2	Head and Cervical Spine Exam	
3/7	MID-TERM EXAM:	
3/9	Shoulder Ch 15	
3/21	Shoulder	Article Paper Due
3/23	Shoulder	
3/28	Shoulder Exam	
3/30	Elbow& Forearm Ch 16	
4/4	Elbow& Forearm	
4/11	Elbow& Forearm	
4/13	Elbow& Forearm	Article Paper Due
4/18	Elbow& Forearm EXAM	
4/20	Hand, Wrist Ch 17	
4/25	Hand, Wrist	
4/27	Hand, Wrist	
5/2	Hand, Wrist	Article Paper Due
5/4	Hand, Wrist Exam	
5/11	Comprehensive Final Exam-8:00 AM	

Assignments

Quiz= A quiz will be given for all major topics. The date of the quiz is listed in the Day-by-Day Outline. The purpose of each quiz is to test your knowledge of the information for each topic that has been presented thus far. Every quiz will be given at the beginning of the class period.

Quiz= 20 points

Exam= An exam will be given for all major topics. The purpose of each exam is to test your knowledge of the information for each major topic. There will be a mixture of multiple choice, muscle chart, fill-in-the-blank, and essay questions for each exam.

Exam= 100 points

Comprehensive Exam= The final exam will be given during the week of May 11, 2023 8:00 AM. This will be a comprehensive exam over all information presented. The purpose of this exam is to test your cumulative knowledge about all topics of the Upper Extremity. It is important that you retained all information in this course in order to be an effective Allied Health Care Professional. There will be a mixture of multiple choice, muscle chart, fill-in-the-blank, and essay questions for this exam.

Comprehensive Exam= 150 points

Evidence Based Practice= It is the goal of the National Athletic Trainer's Association (NATA) to have all athletic trainers practicing evidenced based assessment and treatment. In order to stay current with practicing standards, you will need to write a 1 page paper on major topics throughout the semester. These papers must be a summary of an article from a scholarly journal to be approved by the instructor. Each paper will include a summary of the History, Methodology, Results, Authors' Conclusions, Student Conclusions, and Appropriate Usage. Your name, course number, date, and professor name must be listed at the top of the paper. This section CANNOT be double-spaced. However, the rest of the paper must be double-spaced. You must also provide a hard copy of the article you chose to be turned-in with the paper. No late submissions will be accepted of either the paper or the article.

Paper= 30 points

Distinguished Lecture Series= Attendance at all lectures of the Allied Health Dignified Lecture Series is mandatory. Students who have conflicts with class schedules or clinical/field experience rotations may be excused from the presentation but must watch a recorded video of the presentation within the following week. Students will submit a written summary of each lecture. Students are expected to dress professionally. Each DLS is worth **20 points**.

"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 with the Clinical Education Coordinator to 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."

Late Submission Policy: Assignments are DUE on the posted or announced date *at the beginning of class*. If an assignment is turned in late (this includes the end of class), points will be deducted from the assignment. If an assignment is not completed prior to the next class date you will receive a zero grade for that assignment.

Missed exams and assignments can only be made up if the absence was excused. All must be completed within one week of the original due date.

*****Attendance Policy:** 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.

-Do not let tardiness become a habit. Three tardies will be equal to an absence.

Cell phones are not to be out or used during class. If your cell phone is visible, expect to be dismissed from class.

Course

Evaluation:	Quiz= 5 X 20=	100 points
	Exam= 3 X 100=	300 points
	Paper= 6 X 30=	180 points
	DLS= 3 X 20=	60 points
	Comprehensive= 1 X 150=	150 points

Total= 820 points

Grading Scale:

A %	90-100
B %	80 – 89
C %	70 – 79
D %	60 – 69
F %	50 – 59

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.