KIN 3345 – Assessment of the Lower Extremity

Instructor: Sherry Ann Miller, MS, ATC, LAT

Term: Fall 2017

Office Location: Center for Human Performance Room 104; 325-942-2173 or 325-486-6171

Course Days: Tuesday & Thursday: 11:00 am to 12:15 pm - CHP 207

E-mail address: sherryann.miller@angelo.edu

Office Hours: Monday & Wednesday: 1:00 pm to 2:30 pm; Tuesday & Thursday: 9:30 am – 10:30 am; Tuesday: 1:30 pm to 2:30 pm; Thursday: 1:00 pm to 2:00 pm.

Course Description:
The study of clinical assessment related to injuries/illness to the lower extremity sustained by the competitive athlete. The student will learn manual and oral skills related to comprehensive health history, visual inspection, assess range of motion, muscular strength, stress testing, and functional inspections.

Course Objectives: Upon completion of this course the student will be able to:
1. Describe commonly accepted techniques and procedures for evaluation of the common injuries/illness that are incurred by athletes and others involved in physical activity. These include history, inspection or observation, palpation, functional testing (range of motion, ligamentous or capsular stress, manual muscle, sensory, motor, reflex, and neurological), special evaluation techniques.
2. Discuss the HOPS/SOAP format for evaluations.
3. Discuss diagnostic testing techniques used for the injured athlete.
4. Identify the major anatomical and functional structures of specific joints/areas.
5. Discuss the etiology, signs, symptoms, and pathology of injuries to specific joints/areas related to the lower extremity.
6. Discuss the evaluation process of neurological problems involving the lumbar spine and lumbar plexus.
7. Discuss the function and dynamics of the cardiopulmonary system and related conditions in regards to the lower extremity.
8. Discuss the evaluation process of injuries to the lower extremity.
9. Describe the function and dynamics of the integumentary system and related conditions.
10. Describe and discuss illnesses relating to viral infections, respiratory conditions, and disorders of the muscular system, nervous system, nervous system, blood/lymph system, sexually transmitted disease, and reproductive system.

Required Texts:

Attendance Policy: Students are expected to be present for all class meeting of the courses for which they are registered. An accurate record of attendance for each student will be maintained by the instructor. The student will be allowed two (2) unexcused absences. If you know that you will be absent or an emergency arises, contact myself, my voice mail and/or the Student Life Office. Please understand not all absences reported are considered excused. Three tardies count as one (1) absence. After the second unexcused absence, ten points will be deducted from the final point total for each unexcused absence. Please understand that being late to class 15 minutes and beyond will be counted as an absence.

Persons Seeking Accommodations: Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.
**Academic Honesty:** The University expects all students to engage in all academic pursuits in a manner that is beyond reproach. Students will be expected to maintain complete honesty and integrity in their experiences in the classroom. Any student found guilty of any form of dishonesty in academic work is subject to disciplinary action. Procedures of discipline due to academic dishonesty have been adopted by the Board of Regents and are published under the section on "Student Services and Activities" in the University's Student Handbook.

**Instructor Expectations:** The instructor and/or instructors have several expectations for you, the student, while in this course:

1. Professional behavior and language are required. Profanity is not acceptable as professional language.
2. Punctuality is a must.
3. Please remove hats while in class. This is for males and females alike.
4. It is your responsibility to read and comply with the syllabus. There will be no e-mail reminders to do homework and/or take exams.
5. Please be dressed appropriately for class especially on days we do activities.
6. It is your responsibility to report missing grades on Blackboard immediately. Waiting until the end of the semester is not a plausible excuse.
7. Electronic devices need to be on silence mode and put away unless you are using these devices to take notes. It is acceptable and encouraged to have them out in this situation. Please understand that if you have an emergency and are expecting a call, please let the instructor know. Step outside of the classroom and attend to your affairs. Otherwise if your phone rings during class time and/or you are "on" your phone during class time, you will be counted as absence.
8. All assignments are due at the beginning of class and/or e-mailed to the instructor before or by 11 am. If late submissions are accepted, points will be deducted as follows: 1 class day: 5 points; 2 class days: 10 points; 3 class days: 15 points.

**Course Evaluation:**

1. Three (3) Practical Examinations at 125 points each - total 375 points
2. Final practical exam at 125 points.
3. Four (4) Written examinations at possible 100 - 125 points each
4. Final written examination 100 points
5. Five (5) Soap notes at 25 points each {One SOAP Note due in each category: Foot; Ankle & Lower Leg; Knee; Pelvis and Thigh; Lumbar & Sacral Spine, and Thoracic Spine & Thorax. Each section of the SOAP Note will be assessed as follows: 7 points for the Subjective category; 13 points for the Objective category; 3 points for the Assessment category, and 2 points for the Plan category. The due date is the last day that the SOAP Note may be submitted for a grade. You may turn them in early.} Total points – 125.
6. Written assignments at 50 points each for 250 points total.
7. Neurologic Screen – 17 points

**Athletic Training Specialization Students:** All students in the Athletic Training Specialization Program must comply with clinical hours and clinical skill assessments even if you decide to withdrawal from the program. If students do not comply with the clinical skill assessments, you will be suspended from clinical hours in which will jeopardize your grade and date of graduation.

8. Journal entries – 15 at 5 point each for 75 points total.
9. Clinical Hours – 100 points
10. Clinical Skill Assessments: 5 @ 25 points each. 125 points total. It is required that you pass 80% of the skill assessment in order to progress to the next assessment.

<table>
<thead>
<tr>
<th>Clinical Hours:</th>
<th>Clinical Skill Assessment:</th>
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<tbody>
<tr>
<td>240-300 hours 100 points</td>
<td>90-100% of assessment correct 25 points</td>
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<tr>
<td>165-239 hours 70 points</td>
<td>80-89.99% of assessment correct 20 points</td>
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<tr>
<td>105-164 hours 40 points</td>
<td>70-79.99% of assessment correct 15 points</td>
</tr>
<tr>
<td>45-104 hours 10 points</td>
<td>60-69.99% of assessment correct 10 points</td>
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<tr>
<td>0-44 hours 0 points</td>
<td>59.99% and below 0 points</td>
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Grading is based off total points falling within a grading range: total points possible – 1492 points.

A = 1342.8 – 1492
B = 1193.6 – 1342.799
C = 1044.4 – 1193.599
D = 895.2 – 1044.399
F = 746 – 895.199

Grading range for athletic training specialization students – total points possible are 1792 points.

A = 1612.8 - 1792
B = 1433.6 – 1612.799
C = 1254.4 – 1433.599
D = 1075.2 – 1254.399
F = 896 – 1075.199

All athletic training specialization students must pass the course with a “C” or better in order to progress to the next course.

**Tentative Daily Schedule:**

- **Evaluation Book = (SB)**
- **Muscle Testing Book = (HM)**
- **Special Tests Book = (KLVI)**
- **Anatomy Workbook = (TGB)**

August 29: Syllabus and course expectations
August 31: Chapter 1: The Examination Process (SB)
September 5: Chapter 2: Examination and Management of Acute Conditions (SB)
September 7: Chapter 4: Injury Pathology Nomenclature (SB)
September 12: Chapter 6: Assessment of Posture (SB)
September 14: Chapter 7: Evaluation of Gait (SB)
September 19: Assessment of Posture and Gait
September 21: **Written Exam One (Chapters 1, 2, 4, 6, & 7)**
September 26: Chapter 8: Foot and Toe Pathologies (SB)/Section 11 (KLVI)/Ch. 7 (TGB)
September 28: Chapter 8: Foot and Toe Pathologies (SB)/Section 11 (KLVI)/Ch. 7 (TGB)/ SOAP Note One (Foot) Due
October 3: Chapter 9: Ankle and Leg Pathologies (SB)/Section 11 (KLVI)/ Ch. 7 (TGB)
October 5: Chapter 9: Ankle and Leg Pathologies (SB)/Section 11 (KLVI)/ Ch. 7 (TGB)/ SOAP Note Two (Ankle and Lower Leg) Due
October 10: **Written Exam Two (Chapters 8 and 9)**
October 12: **Practical Exam One (Chapters 6, 7, 8, & 9)** *Practical exams will begin at 7 am in the morning. Please plan accordingly*
October 17: Chapter 10: Knee Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB)
October 19: Chapter 10: Knee Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB)
October 24: Chapter 10: Knee Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB)/ SOAP Note Three (Knee) Due
October 26: Chapter 11: Patellofemoral Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB)
October 31: **Written Exam Three (Chapters 10 & 11)**
November 2: **Practical Exam Two (Chapters 10 & 11)** *Practical exams will begin at 7 am in the morning. Please plan accordingly*
November 7: Chapter 12: Pelvis and Thigh Pathologies (SB)/Section 9 (KLVI)/Ch. 6 (TGB)
November 9: Chapter 12: Pelvis and Thigh Pathologies (SB)/Section 9 (KLVI)/Ch. 6 (TGB)/SOAP Note Four (Pelvis and Thigh) Due
November 14: Chapter 13: Lumbosacral Pathologies (SB)/Section 7 and 8 (KLVI)/Ch. 4 (TGB)
November 16: Chapter 13: Lumbosacral Pathologies (SB)/Section 7 and 8 (KLVI)/Ch. 4 (TGB)
November 21: Chapter 13: Lumbosacral Pathologies (SB)/Section 7 and 8 (KLVI)/Ch. 4 (TGB)/ SOAP Note Five (Lumbar and Sacral Spine) Due

November 22-24: **University Holiday – Thanksgiving Holiday**

November 28: **Written Exam Four (Chapters 12 and 13)**

November 30: **Practical Exam Three (Chapters 12 and 13)** *(Practical exams will begin at 7 am in the morning. Please plan accordingly)*

December 5: **Final Practical examination (Injury Evaluation)** *(Practical exams will begin at 7 am in the morning. Please plan accordingly)*

December 7: **Final Practical examination (Injury Evaluation)** *(Practical exams will begin at 7 am in the morning. Please plan accordingly)*

December 12: **Final Exam 10:30 am to 12:30 pm**