KIN 3346 – Assessment of the Upper Extremity

Instructor: Sherry Ann Miller, MS, ATC, LAT

Term: Spring 2019

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

Course Days: Tuesday and Thursday: 8:00 am – 9:15 am in CHP 143

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

Office Hours: Monday and Wednesday: 12:00 pm to 2:00 pm; Tuesday: 11:00 am to 12:00 pm; Thursday: 11:00 am to 2:00 pm.

Course Description:
The study of clinical assessment related to injuries/illness to the upper 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, 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 upper extremity.
6. Discuss the evaluation process of neurological problems involving the cervical spine and cervical and brachial plexus.
7. Discuss the function and dynamics of the cardiopulmonary system and related conditions in regards to the upper extremity.
8. Discuss the evaluation process of injuries to the upper 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, 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 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 are counted as one (1) unexcused absence. After the second unexcused absence, ten points will be deducted from your final point total for each unexcused absence. Please understand that being late to class 15 minutes and beyond will be counted as an unexcused 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 clinical preceptor have several expectations of you, the student, while in this course.

1. Professional behavior and language are required. Profanity is not an acceptable form of 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 or announcements to do class assignments, homework, and/or online assignments or examinations.
5. Please be dressed appropriately for class especially on days we do activities.
6. It is your responsibility to report missing grades and/or incorrect 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 absent.
8. All assignments are due at the beginning of class and/or e-mailed to the instructor before or by 11 am on the due date. 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, and etc. Please understand the late submissions are accepted at the discretion of the instructor. Late submissions apply only to in class assignments.

**Course Evaluation**:  
1. Two (2) – Practical Examinations – 250 points
2. Final practical exam - 125 points.
3. Three (3) written examinations – 350 points
4. Final written examination - 150 points {Comprehensive}
5. Five (5) Soap notes at 25 points each {One SOAP note due in each category: Cervical Spine, Thoracic spine, Shoulder and Upper Arm, Elbow and Forearm, and Wrist/Hand/Fingers. 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.} {The template must be used and the SOAP note must be typed. It is due in class before class starts} – 125 points total
6. Injury assignments and presentations - 175 points total.
7. In - class assignments – 60 points total.
8. Cranial Nerve Assessment – 12 points
9. Neurologic screen – 15 points

Grading is based off total points falling with in a grading range: maximum total points possible – 1262 points  
A = 1135.8 – 1262  
B = 1009.6 – 1135.799  
C = 883.4 – 1009.599  
D = 757.2 – 883.399

**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 clinical skill assessments, you will be suspended from clinical hours in which will jeopardize your grade and date of graduation.

10. Journals entries: 15 at 5 points each for 75 points total
11. Clinical Hours – 100 points
12. 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>100 points</th>
<th>Clinical Skill Assessment:</th>
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</thead>
<tbody>
<tr>
<td>240-300 hours</td>
<td>90-100% of assessment correct</td>
<td>25 points</td>
</tr>
<tr>
<td>165-239 hours</td>
<td>80-89.99% of assessment correct</td>
<td>20 points</td>
</tr>
<tr>
<td>105-164 hours</td>
<td>70-79.99% of assessment correct</td>
<td>15 points</td>
</tr>
<tr>
<td>45-104 hours</td>
<td>60-69.99% of assessment correct</td>
<td>10 points</td>
</tr>
<tr>
<td>0-44 hours</td>
<td>59.99% and below</td>
<td>0 points</td>
</tr>
</tbody>
</table>

Grading range for athletic training specialization students – maximum total points possible are 1562.

A = 1405.8 – 1562
B = 1249.6 – 1405.799
C = 1093.4 – 1249.599
D = 937.2 – 1093.399

Tentative Daily Schedule:

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

January 15: Syllabus and course expectations
January 17: Chapter 1: The Examination Process (SB)/ Chapter 2: Examination and Management of Acute Conditions (SB) (review)

January 22: Chapter 4: Injury Pathology Nomenclature (SB)
January 24: Chapter 20: Head and Acute Cervical Spine Pathologies (SB)/Sections 1 & 2 (KLVI)

January 29: Chapter 20: Head and Acute Cervical Spine Pathologies (SB)/Section 1 & 2 (KLVI); In class assignment – Head/Acute cervical – palpations due

January 31: Chapter 14: Cervical & Thoracic Spine and Thorax Pathologies (SB)/Section 1 & 2 (KLVI)/ SOAP Note One (Cervical) Due; In class assignment – Head/Acute cervical – special tests due

February 5: Chapter 14: Cervical & Thoracic Spine and Thorax Pathologies (SB)/Section 1 & 2 (KLVI); In class assignment – Cervical – palpations due

February 7: Chapter 14: Cervical & Thoracic Spine and Thorax Pathologies (SB)/Section 1 & 2 (KLVI)/ SOAP Note Two (Thoracic) Due/ Injury assignment presentations; In class assignment – Cervical – special tests due

February 12: Written Exam One (Chapters 1, 2, 4, 14, & 20); In class assignment – Thoracic & Thorax – palpations due

February 14: Spine boarding; In class assignment – Thoracic & Thorax – special tests due

February 19: Chapter 19: Face and Related Structure Pathologies (SB)
February 21: Chapter 18: Eye Pathologies (SB)

February 26: Eye and Face assessment/ Injury assignment presentations
February 28: Chapter 15: Shoulder and Upper Arm Pathologies (SB)/Section 3 (KLVI)

March 5: Chapter 15: Shoulder and Upper Arm Pathologies (SB)/Section 3 (KLVI); In class assignment – Shoulder – palpations due

March 7: Chapter 15: Shoulder and Upper Arm Pathologies (SB)/Section 3 (KLVI)/ SOAP Note Three (Shoulder) Due/ Injury assignment presentations; In class assignment – Shoulder – special tests due

March 11 – 15, 2019 Spring Break – University Holiday

March 19: Practical Exam One (Cranial Nerve Function) (Chapters 14, 15, 18, 19, and 20) {Practical exams will begin at 7 am in the morning. Please plan accordingly}

March 21: Practical Exam One (Chapters 14, 15, 18, 19, and 20) {Practical exams will begin at 7 am in the morning. Please plan accordingly}

March 26: Written Exam Two (Chapters 15, 18, and 19)
March 28: Chapter 16: Elbow and Forearm Pathologies (SB)/Section 4 (KLVI)
April 2: Chapter 16: Elbow and Forearm Pathologies (SB)/Section 4 (KLVI); In class assignment – Elbow – palpations due

April 4: Chapter 16: Elbow and Forearm Pathologies (SB)/Section 4 (KLVI)/ SOAP Note Four (Elbow) Due/ Injury assignment presentations; In class assignment – Elbow – special tests due

April 9: Chapter 17: Wrist, Hand, and Finger pathologies (SB)/Section 5 (KLVI)

April 11: Chapter 17: Wrist, Hand, and Finger pathologies (SB)/Section 5 (KLVI); In class assignment – Wrist, Hand, & Finger – palpations due

April 16: Chapter 17: Wrist, Hand, and Finger pathologies (SB)/Section 5 (KLVI)/ SOAP Note Five (Wrist/Hand/Fingers) Due/ Injury assignment presentations; In class assignment – Wrist, Hand, & Finger – special tests due

April 18: Written Exam Three (Chapters 16 & 17)

April 23: Practical Exam Two {Upper Quarter Neurological Screen} (Chapters 16 & 17) {Practical exams will begin at 7 am in the morning. Please plan accordingly}

April 25: Practical Exam Two (Chapters 16 & 17) {Practical exams will begin at 7 am in the morning. Please plan accordingly}

April 30: Final Practical examination (Injury Evaluation)/ {Practical exams will begin at 7 am in the morning. Please plan accordingly}

May 2: Final Practical examination (Injury Evaluation)/ {Practical exams will begin at 7 am in the morning. Please plan accordingly}

May 7: Final exam 8:00 am to 10:00 am. {Comprehensive written examination}