

ANGELO STATE UNIVERSITY

Bachelor of Science in Health Science Professions

HSP 3405

Physical Examination and Management of Musculoskeletal Injuries I

Fall 2019

Kristi White, PhD, ATC, LAT



ANGELO STATE UNIVERSITY

Department of Health Science Professions

COURSE NUMBER

HSP 3405

COURSE TITLE

HSP 3405 Physical Examination and Management of Musculoskeletal Injuries I

CREDITS

(3-2-0)

PREREQUISITE COURSES

HSP 2301/2101 or BIOL 2301/2101

CO-REQUISITE COURSE

HSP 3405 01Z

FACULTY

Kristi White, PhD, ATC, LAT

Office: Archer Building 222E**Phone:** (325) 486-6179**Email:** kristi.white@angelo.edu**OFFICE HOURS**

Tuesday 1:00-3:00pm and by appointment

COURSE DESCRIPTION

Health Science Professions students learn the process of clinical examination and management of common musculoskeletal injuries to the lower extremity and lumbar spine.

STUDENT LEARNING OUTCOMES

<p align="center">Student Learning Outcome</p> <p>By completing all course requirements, students will be able to:</p>	<p align="center">Assignment(s) or activity(ies) validating outcome achievement:</p>
<p>Describe the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of common orthopedic injuries, illnesses and diseases to the body's systems.</p>	<p>Chapters 1, 2, and 3 Assignments and Exam</p>
<p>Describe the principles and concepts of body movement including functional classification of joints, arthrokinematics, normal ranges of joint motion, joint action terminology, and muscle groups responsible for joint actions (prime movers, synergists), skeletal muscle contraction, and kinesthesia/proprioception.</p>	<p>Chapter 3 Assignments and Exam</p>

Perform common techniques and procedures for evaluating common injuries including taking a history, inspection/observation, palpation, functional testing, special evaluation techniques, and neurological and circulatory tests.	Chapters 3 and 4: Assignments and Exam
Explain and perform a postural assessment including gait analysis.	Chapter 5 Assignments and Exam
Describe and perform strength assessment using resistive range of motion, break tests, and manual muscle testing.	Chapter 7 Assignments and Exam
Describe the use of diagnostic tests and imaging techniques based on their applicability in the assessment of an injury when prescribed by a physician.	Chapter 9 Assignments and Exam
Measure the active and passive joint range of motion using commonly accepted techniques, including the use of a goniometer and inclinometer.	Chapter 10 Assignments and Exam
Document the results of the assessment including the diagnosis.	Chapters 12, 14, 15, and 16 Assignments and Exam

REQUIRED TEXTS AND MATERIALS

Starkey, C. & Brown, S. (2015). **Examination of Orthopedic and Athletic Injuries. 4th Edition.** ISBN: 978-0-8036-3918-8

Biel, A. (2014). Trail Guide to the Body. 5th Edition. ISBN: 978-0-9829786-5-8.

STUDENT RESPONSIBILITY AND ATTENDANCE

It is the student's responsibility to be on time for class, participate in class discussions, and be actively engaged in the learning process. Instructions and assignments will often be given during class, therefore it is in your best interest to attend. If you have to miss class due to an unforeseen event/accident or illness, please contact the instructor prior to the start of class. Pending the reason for your absence, the instructor may inform you of any missed homework assigned during class. Not acceptable reasons for absences include but are not limited to: over sleeping, work, wanting to leave early or come back late from the weekend, and celebrating a friend, relative or pet's birthday. If you are sick, let the instructor know and bring a physician's note when you come back to class.

LATE WORK OR MISSED ASSIGNMENTS POLICY Late work will not be accepted unless you have received permission from the instructor prior to the due date. If you miss an assignment due to an unexcused absence, you are out of luck. Show up for class!

ACADEMIC HONESTY Academic honesty is expected on all work. Students are expected to maintain complete honesty and integrity in their online experiences. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU. The Department of Health Science Professions adheres to the academic honesty statement as set forth in the Angelo State University Student Handbook (2011-2012)

<http://www.angelo.edu/content/files/17358-university-honor-code>. The University "faculty expects all students to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experience both in and out of the classroom setting and may initiate disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials."

PLAGIARISM

Plagiarism at ASU is a serious topic. The Angelo State University's Honor Code gives specific details on plagiarism and what it encompasses. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word for word without quotation marks and the source of the quotation. We use the *APA Style Manual of the American Psychological Association* as a guide for all writing assignments. Quotes should be used sparingly. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list. Papers are subject to be evaluated for originality via Bb Turnitin. Resources to help you understand this policy better are available at the ASU Writing Center http://www.angelo.edu/dept/writing_center/academic_honesty.php.

STUDENTS WITH DISABILITIES

1. "Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), and subsequent legislation."

2. The Office of Student Affairs is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability, and it is the student's responsibility to initiate such a request by contacting the Office of Student Affairs, University Center, Room 112 at (325) 942-2047 or (325) 942-2211 (TDD/FAX) or by e-mail at studentservices@angelo.edu to begin the process. The Office of Student Affairs will establish the particular documentation requirements necessary for the various types of disabilities. Reasonable accommodations will be made for students determined to be disabled or who have documented disabilities.

INCOMPLETE GRADE POLICY (OP 10.11 Grading Procedures)

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required.

STUDENT ABSENCE FOR OBSERVANCE OF RELIGIOUS HOLY DAYS

"A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence." Please see ASU Operating Policy [10.19](#).

COPYRIGHT POLICY

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings

in printed or electronic form without written permission from the copyright holders or publishers.

SYLLABUS CHANGES

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University:

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex. You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D.

You may submit reports in the following manner:

Online: www.angelo.edu/incident-form

Face to Face: Mayer Administration Building,
Room 210

Phone: 325-942-2022

E-Mail: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: www.angelo.edu/title-ix.

This course is graded strictly on points NOT percentages. The amount of points you earn determines your grade in the course. I DO NOT ROUND UP GRADES at the end of the semester. It is your responsibility to keep track of the total course points you have accumulated and take advantage of the bonus points available in the course.

ALL EXAMS ARE CLOSED BOOK IN CLASS EXAMINATIONS. THIS MEANS YOU ARE EXPECTED TO TAKE ALL EXAMS ON THE SCHEDULED DATE UNDER THE SUPERVISION OF THE INSTRUCTOR. ANY ABSENCE DURING A SCHEDULED TIME MUST BE DISCUSSED ON AN INDIVIDUAL BASIS WITH THE INSTRUCTOR PRIOR TO THE ABSENCE ON WHEN AND IF THE EXAM MAY BE MADE UP.

Course Evaluation and Grading Scale:

Practical Exam #1	75 pts	A: 1000.00 – 900.00 points
Practical Exam #2	75 pts	B: 899.99 – 800.00 points
Practical Exam #3	75 pts	C: 799.99 – 700.00 points
Practical Exam #4	75 pts	D: 699.99 – 600.00 points
4 SOAP Notes	100 pts	F: 599.99 points and below
5 Quizzes (70 points each)	350 pts	
Final Written Exam	150 pts	
<u>Final Practical Exam</u>	<u>100 pts</u>	
TOTAL:	1000 pts	

Tentative Class Schedule

Date	Topic	Book/Chapter
8-26-19	Syllabus/Examination Process	Starkey 1
8-28-19	Examination and Management of Acute Conditions Evidence Based Practice in the Examination Process	Starkey 2 Starkey 3
8-30-19	Injury Pathology Nomenclature Musculoskeletal Diagnosis Techniques	Starkey 4 Starkey 5 Biel pages 2-18
9-2-19	NO CLASS	
9-4-19	Assessment of Posture Evaluation of Gait	Starkey 6 Starkey 7
9-6--19	Quiz 1	
9-9-19	Foot, etc. History, Inspection, Anatomy and Palpation	Starkey 8 &9 Biel pg 354-391, 398-405
9-11-19	Foot, Ankle, and Lower Leg Anatomy and Palpation	Starkey 8 &9 Biel pg 354-391, 398-405
9-13-19	Foot, Ankle, and Lower Leg Injuries (Clinical Presentation)	Starkey 8 &9
9-16-19	Foot and Ankle Goniometry –	Starkey 8 &9
9-18-19	Foot and Ankle RROM and MMT	Starkey 8 &9
9-20-19	Foot, etc. Special Tests and Neurological Testing	Starkey 8 &9
9-23-19	Practical Exam #1 (Quiz 2)	
9-25--19	Practical Exam #1 (Quiz 2)	
9-27-19	Practical Exam #1 (Quiz 2)	

9-30-19	Knee Anatomy and Palpation	Starkey 10 & 11 Biel pg 346-353, 392-397
10-2-19	Knee Injuries (Clinical Presentation)	Starkey 10 & 11
10-4-19	Knee Injuries (Clinical Presentation)	Starkey 10 & 11
10-7-19	Knee Goniometry Knee RROM and MMT	Starkey 10 & 11
10-9-19	Knee Special Tests	Starkey 10 & 11
10-11-19	Knee Special Tests	Starkey 10 & 11
10-14-19	Knee Neurological Testing	Starkey 10 & 11
10-16-19	Catch Up/Review Day	Starkey 10 & 11
10-18-19	Practical Exam #2 (Quiz 3)	
10-21-19	Practical Exam #2 (Quiz 3)	
10-23-19	Practical Exam #2 (Quiz 3)	
10-25-19	Hip Anatomy and Palpation	Starkey 12 Biel 276-346
10-28-19	Hip Injuries (Clinical Presentation)	Starkey 12
10-30-19	Hip Goniometry, RROM, MMT	Starkey 12
11-1-19	Hip Special Tests and Neurological Testing	Starkey 12
11-4-19	Practical Exam #3 (Quiz 4)	Starkey 12
11-6-19	Practical Exam #3 (Quiz 4)	Starkey 12
11-8-19	Practical Exam #3 (Quiz 4)	
11-11-19	Abdominal Anatomy and Palpation	
11-13-19	Abdominal Injuries (Clinical Presentation)	Starkey 13
11-15-19	Thoracic and Lumbar Spine Anatomy and Palpation	Starkey 13
11-18-19	Thoracic and Lumbar Spine (Clinical Presentation)	Starkey 13 Biel pg. 168-223
11-20-19	Thoracic and Lumbar Spine Goniometry and RROM, MMT	Starkey 13
11-22-19	Thoracic and Lumbar Spine Special Tests and Neurological Exam	Starkey 13
11-25-19	Review	Starkey 13
11-27-19	NO CLASS – HAPPY THANKSGIVING	
11-29-19	NO CLASS – HAPPY THANKSGIVING	
12-2-19	Practical Exam #4 (Quiz 5)	
12-4-19	Practical Exam #4 (Quiz 5)	
12-6-19	Practical Exam #4 (Quiz 5)	
12-9-19	WRITTEN FINAL EXAM (MONDAY) 10:30AM-12:30PM	
12-11-19	PRACTICAL FINAL EXAM (WEDNESDAY) 10:30-	