

HSP 3410

Physical Examination of Musculoskeletal Injuries II

Spring 2021



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Office: Archer Building 222D

Office Hours: MWF 12pm-2pm or by appointment only

Course Information

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.

Course Credits

4

Prerequisite and Co-requisite Courses

HSP 2101/2301 or BIOL 2123/2323

Prerequisite Skills

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the HSP 3405.

Program Outcomes

Upon completion of the program of study student will be prepared to:

Student Learning Outcomes

Student Learning Outcome By completing all course requirements, students will be able to:	Assignment(s) or activity(ies) validating outcome achievement:
Describe the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of common orthopedic injuries, illnesses and diseases to the body's systems.	Lectures, quizzes, exams, practicals & assignments
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.	Lectures, quizzes, exams, practicals & assignments
Perform common techniques and procedures for evaluating common injuries including taking a history, inspection/observation, palpation, functional testing, selective evaluation techniques, and neurological and circulatory tests.	Lectures, quizzes, exams, practicals & assignments
Describe and perform strength assessment using resistive range of motion, break tests, and manual muscle testing.	Lectures, quizzes, exams, practicals & assignments
Describe the use of diagnostic tests and imaging techniques based on their applicability in the assessment of an injury when prescribed by a physician.	Lectures, quizzes, exams, practicals & assignments
Measure the active and passive joint range of motion using commonly accepted techniques, including the use of a goniometer and inclinometer.	Lectures, quizzes, exams, practicals & assignments

Course Delivery

This is a hybrid course with learning resources and supplemental materials posted in Blackboard. Students will meet regularly on Mondays and Wednesdays. Online materials and assignments will be posted on Blackboard to complete in lieu of meeting for class on Fridays.

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.

Technology Requirements

To participate in one of ASU's distance education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to Angelo State University's Distance Education website for further technology requirements: [Angelo State University's Distance Education Website](#)

Course Schedule

Date	Lecture Topic	Assignment	Lab	Ch.
1/25/21	Introduction/ Syllabus The Injury Examination Process: Writing SOAP Notes			S1
1/27/21	Injury Pathology Nomenclature Evidence-Based Practice	Online Quiz (Exam Process) 1	Writing SOAP Notes	S3 & S4
1/29/21	Face/Head Injuries	Online Quiz (Nomenclature) 2	Injury Examination Process Taking Histories	S19 & S20
2/1/21	Face/Head Injuries		H/F Anatomy and Palpation	S19 & 20
2/3/21	Face/Head Injuries	Online Quiz (EBP) 3	H/F Anatomy and Palpation	S19 & 20
2/5/21	Face/Head Injuries	Case Study Assignment #1	Head and Face RROM & MMT	S19 & 20
2/8/21	Face/Head Injuries	Online Quiz 4 (Face/Head)	Head and Face Selective Tests	S19 & 20

2/10/21	Group A: Practical Exam #1	Group B: Written Exam #1		
2/12/21	Group B: Practical Exam #1	Group A: Written Exam #1		
2/15/21	C-Spine Injuries		Anatomy and Palpation	S14
2/17/21	C-Spine Injuries		Goniometry, RROM and MMT	S14
2/19/21	C-Spine Injuries	Case Study Assignment #2 Online Quiz (C-Spine) 5	C-Spine Selective Tests	S14
2/22/21	C-Spine Injuries	SOAP Note #1	C-Spine Myotomes	S14
2/24/21	Group B: Practical Exam #2	Group A: Written Exam #2		
2/26/21	Group A: Practical Exam #2	Group B: Written Exam #2		
3/1/21	Shoulder Injuries		Anatomy and Palpation	S15
3/3/21	Shoulder Injuries		Anatomy and Palpation	S15
3/5/21	Shoulder Injuries		Goniometry, RROM, and MMT	S15
3/8/21	Shoulder Injuries	Online Quiz (Shoulder) 6	Shoulder Selective Tests	S15
3/10/21	Shoulder Injuries	SOAP Note #2	Shoulder Selective Test and Neuro	S15
3/12/21	Shoulder Injuries		Review	S15
3/15/21	Shoulder Injuries	Case Study Assignment #3	Review	S15
3/17/21	Group A: Practical Exam #3	Group B: Written Exam #3		
3/19/21	Group B: Practical Exam #3	Group A: Written Exam #3		
3/22/21	Elbow and Forearm Injuries		Anatomy and Palpation	S16
3/24/21	Elbow and Forearm Injuries		Anatomy and Palpation	S16
3/26/21	Elbow and Forearm Injuries	Online Quiz (Elbow) 7	Goniometry, RROM, and MMT	S16
3/29/21	Elbow and Forearm Injuries	SOAP Note #3	Elbow Selective Test	S16
3/31/21	Elbow and Forearm Injuries	Case Study Assignment #4		S16
4/2/21	NO CLASS		Elbow Selective Test & Neuro	
4/5/21	Group B: Practical Exam #4	Group A: Written Exam #4		
4/7/21	Group A: Practical Exam #4	Group B: Written Exam #4		
4/9/21	Wrist, Hand, and Finger Injuries		Anatomy and Palpation	S17
4/12/21	Wrist, Hand, and Finger Injuries		Anatomy and Palpation	S17
4/14/21	Wrist, Hand, and Finger Injuries		Goniometry, RROM, and MMT	S17
4/16/21	Wrist, Hand, and Finger Injuries	SOAP Note #4	WHF Selective Test	S17
4/19/21	Wrist, Hand, and Finger Injuries	Online Quiz (WHF) 8	WHF Selective Test & Neuro	S17
4/21/21	Wrist, Hand, and Finger Injuries	Case Study Assignment #5	Review	S17
4/23/21	Group A: Practical Exam #5	Group B: Written Exam #5		
4/26/21	Group B: Practical Exam #5	Group A: Written Exam #5		
4/28/21	REVIEW DAY			
4/30/21	Selective Test Fest			
5/3/21	Selective Test Fest			
5/5/21	Group B: Final Practical Exam			
5/7/21	Group A: Final Practical Exam			
5/10/21	Final Written Exam	10:30am-12:30pm		

Communication

Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

Grading

Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Percent/Points of Total Grade
5 Practical Exams (75 points each)	375
5 Written Exams (75 points each)	375
Selective Test Fest	100
4 SOAP Notes (25 points each)	100
Final Written Exam	120
Final Practical Exam	100
5 Case Study Assignments (20 points each)	100
Online Quizzes (10 points each)	80
Participation	50
TOTAL	1400

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.

Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

A = 1260.00-1400 points

B = 1120.00-1259.99 points

C = 980.00- 1119.99 points

D = 840.00-989.99 points

F = 0-839.99 points (Grades are not rounded up)

Teaching Strategies

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (**beyond the materials and lectures presented in the course**) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Assignment and Activity Descriptions

Online Quizzes

Each chapter will have an associated online quiz. Each quiz is worth 10 points and may be taken up to 2 times. There will be a 25 to 40 minute timer, depending on question number, on each quiz.

SOAP Notes

Students will compose SOAP notes for assigned injuries to the cervical spine, shoulder, elbow, and hand/wrist. Each of these SOAP notes is worth 25 points and will be submitted via Blackboard periodically throughout the semester.

Case Study Assignments

Find 5 peer reviewed journal articles/case study on various injuries to the upper extremities, head, and cervical spine and write a 1-2 page annotated bibliography/summary on each of the articles. (See guidelines below). Be prepared to discuss (not read) your case study in class.

You must choose 1 article for each of the following body parts:

- 1) Head Injury
- 2) Cervical Spine Injury
- 3) Shoulder/Upper Arm Injury
- 4) Elbow/Forearm Injury
- 5) Wrist/Hand/Finger Injury

An annotated bibliography is basically a summary of an article, journal article, book, etc. **in the words of the reader**. The annotated bibliography/summary should include the following information at the top of the page: A complete citation (reference) of the article in APA style and a link to the article if possible.

The remaining portion of the annotated bibliography/summary should be divided into two categories with the following headings: **Purpose of the Article** and **Main Facts of the Article**. The assignment should be double spaced with 1” margins and a 12-point Calibri or New Times Roman font and 1-2 pages in length total for each article. Please be sure to use appropriate grammar and punctuation throughout.

Assignment Submission

All assignments MUST be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at kristi.white@angelo.edu and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.**

This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

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!

General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)¹
- [Angelo State University Catalog](#)²

Required Use of Masks/Facial Coverings by Students in Class At ASU

As a member of the Texas Tech University System, Angelo State University has adopted the mandatory [Facial Covering Policy](#) to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are required to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. For the safety of everyone, any student not appropriately wearing a mask/facial covering will be asked to leave the classroom immediately. The student will be responsible to make up any missed class content or work. Continued non-compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of Student Conduct.

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.

Food and Drink Policy

Only bottles of water or water in containers with lids are allowed in the HHS building.

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Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).³

Accommodations for Students with Disabilities

ASU 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 of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the [Student Disability Services website](#).⁴ The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

Incomplete Grade Policy

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. See ASU Operating Policy 10.11 [Grading Procedures](#)⁵ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁶ in the Student Handbook. 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. 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. Resources to help you understand this policy better are available at the [ASU Writing Center](#).⁷

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. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)⁸ for more information.

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

Email: 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.

Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

Student Learning Outcomes

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learning to apply course material (to improve thinking, problem solving, and decisions)
3. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.
4. Learning to apply knowledge and skills to benefit others or serve the public good

End of Syllabus

¹ <https://www.angelo.edu/student-handbook/>

² <https://www.angelo.edu/catalogs/>

³ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁴ <https://www.angelo.edu/services/disability-services/>

⁵ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁶ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁷ https://www.angelo.edu/dept/writing_center/academic_honesty.php

⁸ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>