

# HSP 3405

## Physical Examination of Musculoskeletal Injuries I

### Fall 2021

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#### **Instructor: Kristi White, PhD, ATC, LAT**

**Email:** kristi.white@angelo.edu

**Phone:** 325-486-6179

**Office:** Archer Building (HHS) 222E

**Office Hours: Available by Appointment**

**Open Labs Available:** Mondays: 12:00-2:00 and Tuesdays 8:00-10:00

## **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

<b>Student Learning Outcome</b> By completing all course requirements, students will be able to:	<b>Assignment(s) or activity(ies) validating outcome achievement:</b>
Describe the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of common orthopedic injuries, illnesses and diseases to the body's systems.	Chapters 1, 2, and 3 Assignments and Exam
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.	Chapter 3 Assignments and Exam
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

## **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. 4<sup>th</sup> Edition. ISBN: 978-0-8036-3918-8

Biel, A. (2014). Trail Guide to the Body. 5<sup>th</sup> 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](#)

## **Recommended Use of Masks/Facial Coverings by Students in Class At ASU**

As a member of the Texas Tech University System, Angelo State University strongly recommends the use of masks/facial coverings 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, we strongly recommend that students in this class wear a mask/facial covering before,

during, and after class. Faculty members will also ask you to display your daily screening badge as a prerequisite to enter the classroom.

## Topic Outline

Date	Topic	Chapter
8-23-2021	Syllabus/Examination Process	Starkey 1
8-25-2021	Examination and Management of Acute Conditions	Starkey 2
8-27-2021	Evidence Based Practice in the Examination Process	Starkey 3
8-30-2021	Injury Pathology Nomenclature Musculoskeletal Diagnosis Techniques	Starkey 4 Starkey 5 Biel pages 2-18
9-1-2021	Assessment of Posture Evaluation of Gait	Starkey 6 Starkey 7
9-3-2021	<b>Written Exam #1</b>	
9-6-2021	<b>No Class – Labor Day</b>	
9-8-2021	Foot, Ankle, and Lower Leg Anatomy and Palpation	Starkey 8 &9 Biel pg 354-391, 398-405
9-10-2021	Foot, Ankle, and Lower Leg Injuries (Clinical Presentation)	Starkey 8 &9
9-13-2021	Foot and Ankle Goniometry	Starkey 8 &9
9-15-2021	Foot and Ankle RROM and MMT	Starkey 8 &9
9-17-2021	Foot, etc. Special Tests and Neurological Testing	Starkey 8 &9
9-20-2021	Review	
9-22-2021	<b>Practical Exam #1 / Written Exam #2</b>	
9-24-2021	<b>Practical Exam #1 / Written Exam #2</b>	
9-27-2021	<b>Practical Exam #1 / Written Exam #2</b>	
9-29-2021	Knee Anatomy and Palpation	Biel pg 346-353, 392-397
10-1-2021	Knee Injuries (Clinical Presentation)	Starkey 10 & 11
10-4-2021	Knee Goniometry Knee RROM and MMT	Starkey 10 & 11
10-6-2021	Knee Special Tests	Starkey 10 & 11
10-8-2021	Review	
10-11-2021	<b>Practical Exam #2 / Written Exam #3</b>	
10-13-2021	<b>Practical Exam #2 / Written Exam #3</b>	
10-15-2021	<b>Practical Exam #2 / Written Exam #3</b>	

10-18-2021	Hip Anatomy and Palpation Hip Injuries (Clinical Presentation)	Starkey 12 Biel 276-346
10-20-2021	Hip Goniometry, RROM, MMT	Starkey 12
10-22-2021	Hip Special Tests and Neurological Testing	Starkey 12
10-25-2021	Review	
10-27-2021	<b>Practical Exam #3 / Written Exam #4</b>	
10-29-2021	<b>Practical Exam #3 / Written Exam #4</b>	
<b>11-3-2021</b>	<b>Practical Exam #3 / Written Exam #4</b>	
11-5-2021	Abdominal Anatomy and Palpation 4 Thoracic and Lumbar Goniometry, RROM, MMT	Starkey 13
11-8-2021	Thoracic and Lumbar Spine Anatomy and Palpation / Neurological Exam	Biel pg. 168-223
11-10-2021	Abdominal Injuries (Clinical Presentation)	Starkey 13
11-12-2021	Thoracic and Lumbar Spine Injuries (Clinical Presentation)	Starkey 13
11-15-2021	Thoracic and Lumbar Spine Special Tests	Starkey 13
11-17-2021	<b>Practical Exam #4 / Written Exam #5</b>	
11-19-2021	<b>Practical Exam #4 / Written Exam #5</b>	
11-22-2021	<b>Practical Exam #4 / Written Exam #5</b>	
11-24-2021	<b>No Class Thanksgiving</b>	
11-26-2021	<b>No Class Thanksgiving</b>	
11-29-2021	<b>Special Test Fest</b>	
12-1-2021	<b>Special Test Fest</b>	
12-3-2021	<b>Special Test Fest</b>	
	<b>WRITTEN FINAL EXAM 10:30AM-12:30PM</b>	
	<b>PRACTICAL FINAL EXAM 10:30-1:30</b>	

## Assignment Due Dates

Assignment	Due Date @ 11:59PM	Points
Lecture Video Quiz Chapter 1 & 2	8-24-2021	10 Bonus Points
Lecture Video Quiz Chapter 3	8-26-2021	10 Bonus Points
Lecture Video Quiz Chapter 4 & 5	8-29-2021	10 Bonus Points
Lecture Video Quiz Chapter 6 & 7	8-31-2021	10 Bonus Points
Foot and Ankle Lecture Video Quiz	9-7-2021	10 Bonus Points
<b>Case Study Assignment #1</b>	<b>9-9-2021</b>	<b>25</b>
<b>SOAP Note #1</b>	<b>9-20-2021</b>	<b>25</b>
Knee Lecture Video Quiz	9-28-2021	10 Bonus Points
<b>Case Study Assignment #2</b>	<b>9-30-2021</b>	<b>25</b>

<b>SOAP Note #2</b>	<b>10-8-2021</b>	<b>25</b>
Hip Lecture Video Quiz	10-17-2021	10 Bonus Points
<b>Case Study Assignment #3</b>	<b>10-17-2021</b>	<b>25</b>
<b>SOAP Note #3</b>	<b>10-25-2021</b>	<b>25</b>
Abdominal Injury Lecture Video	11-4-2021	10 Bonus Points
Lumbar Spine Injury Lecture Video	11-7-2021	10 Bonus Points
<b>Case Study Assignment #4</b>	<b>11-9-2021</b>	<b>25</b>
<b>Case Study Assignment #5</b>	<b>11-11-2021</b>	<b>25</b>
<b>SOAP Note #4</b>	<b>11-16-2021</b>	<b>25</b>

## 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
4 Practical Exams (75 points each)	300
5 Written Exams (85 points each)	425
Special Test Fest	100
SOAP Notes (25 points each)	100
Final Written Exam	150
Final Practical Exam	100
Case Study Assignments (25 points each)	125
<b>TOTAL</b>	<b>1300</b>

**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 = 1170.00-1300 points

B = 1040.00-1169.99 points

C = 910.00- 1039.99 points

D = 780.00-909.99 points

F = 0-779.99 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**

### **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 lower extremities, lumbar spine, and abdomen 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) Foot/Ankle Injury
- 2) Knee Injury
- 3) Hip/Adductor Injury
- 4) Abdominal Injury
- 5) Lumbar Spine 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 in the 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](mailto: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](#)<sup>1</sup>
- [Angelo State University Catalog](#)<sup>2</sup>

### **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](#).<sup>3</sup>

## **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](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>4</sup> 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](mailto: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](#)<sup>5</sup> for more information.

## **Plagiarism**

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)<sup>6</sup> 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](#).<sup>7</sup>

## **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](#)<sup>8</sup> 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 Miller, J.D. You may submit reports in the following manner:

Online: [www.angelo.edu/incident-form](http://www.angelo.edu/incident-form)

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: [michelle.miller@angelo.edu](mailto:michelle.miller@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](http://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**

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

<sup>2</sup> <https://www.angelo.edu/catalogs/>

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

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

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

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

<sup>7</sup> [https://www.angelo.edu/dept/writing\\_center/academic\\_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)

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