

HSP 3415.010

Therapeutic Interventions for Musculoskeletal Injuries

Fall 2021



Instructor: Michael Terrill, MS, ATC, LAT

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Office: Archer Building (HHS) 222D

Office Hours:

Monday 2 – 4 PM.

Tuesday 9 – 11 AM.

Course Information

Course Description

This course instructs HSP students on the theory and practical application of therapeutic modalities and exercise for musculoskeletal injuries.

Course Credits

3

Prerequisite and Co-requisite Courses

BIO 2423 or HSP 2401 or BIO 2123

BIO 2323 or HSP 2101 & 2301

Open Lab Times:

Monday 12:00 – 2:00

Tuesday 8:00 – 10:00

Prerequisite Skills

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the HSP 3415.

Program Outcomes

Upon completion of the program of study for the Health Science Professions, the graduate 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:
1. Introduce the effects, development, and progression of tissue during trauma and repair.	Online Quizzes and Exams.
2. Discuss the concepts and theories that relate to different components related to therapeutic modalities and rehabilitative exercises.	Reflections, Exams, and Lab Reports
3. Describe and explain functional testing procedures, functional measurements as a basis for implementing rehabilitation program as well as appropriate usage of therapeutic interventions throughout the healing cycle.	Online Quizzes, Exams, Reflections, and Lab Reports
4. Illustrate the basic components of general therapeutic exercise and therapeutic modalities applications.	Online Quizzes, Exams, Reflections, and Lab Reports
5. Discuss and describe principles of ethical decision making including the use of critically appraised topics and evidence based medicine.	Online quizzes, reflections, and exams.

Course Delivery

This is a face-to-face course with learning resources and supplemental materials posted on Blackboard.

Required Texts and Materials

Higgins, M. Therapeutic Exercise from Theory to Practice. F.A. Davis. 978-0-8036-1364-5

Starkey, C. Therapeutic Modalities, 4th Edition. F.A. Davis. 978-0-8036-2593-8

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](#)

Topic Outline

Date	Topic	Assignment	Lab	Chapter
8-23-2021	Introduction			
8-25-2021	Development		EBP	S3
8-27-2021	Patient Exam	Quiz 1 Reflection 1	Patient versus Clinical	S3
8-30-2021	Adminsitration		Documentation and Billing	S4
9-1-2021	Desinging a treatment plan		Patient- Centered Smart Goals	H1
9-3-2021	Desinging a treatment plan	Quiz 1 Quiz 2 Reflection 2	Clinical Smart Goals	H1
9-6-2021	NO CLASS			
9-8-2021	The injury response process		Injury Response Lab	S1, H2
9-10-2021	Psychological Aspects of Pain	Quiz 3 Reflection 3	Pain Lab	S2

9-13-2021	Physiology of Pain		Pain Lab 2	S2
9-15-2021	Psychological Aspects of Rehabilitation		Relaxation Lab	H3
9-17-2021	NO CLASS	Quiz 4 Reflection 4		
9-20-2021	Thermal Modalities Cold		Cold Lab	S5
9-22-2021	Thermal Modalities Hot		Hot Lab	S5
9-24-2021	Thermal Modalities Application	Quiz 5 Reflection 5 Exam 1	Hot Lab 2	S6
9-27-2021	Therapeutic Ultrasound		Sound Wave Lab	S7
9-29-2021	Therapeutic Ultrasound		Ultrasound Application Lab	S7 S8
10-1-2021	Lab Day	Quiz 6 Reflection 6	Paraffin Wirlpool	S8
10-4-2021	Electrical Stimulation		EM Wave Lab	S11
10-6-2021	Electrical Stimulation		Electrical Stimulation Experience Lab	S12
10-8-2021	Electrical Stimulation	Quiz 7 Reflection 7	Electrical Stimulation Application Lab	S13
10-11-2021	Intermittent Compression		Intermittent Compression Lab	S14
10-13-2021	Electrprmyographic Biofeedback		Biofeedback Lab	S18
10-15-2021	Low-Level Laser Therapy	Quiz 8 Reflection 8	Low-Level Laser Lab	S19
10-18-2021	Range of Motion		Range of Motion Lab	H4
10-20-2021	Streching		Streching Lab	H5
10-22-2021	Therapeutic Massage	Quiz 9 Reflection 9 Exam 2	Massage Lab	S17
10-25-2021	Softtissue Mobilization and Release Techniques		Soft Tissue Mobilization Lab	

10-27-2021	Joint Mobilization		Joint Mobilization Lab	H6
10-29-2021	Mobilization Techniques	Quiz 10 Reflection 10 Exam 3	MWM Lab	
11-1-2021	Strengthening		Strength Lab	H7
11-3-2021	Aerobic Conditioning		Arobic Lab	H11
11-5-2021	Gym	Quiz 11 Reflection 11	Gym	
11-8-2021	Proprioception		Propioception Lab	H13
11-10-2021	Proprioception		Proprioception activity lab	
11-12-2021	Gym	Quiz 12 Reflection 12	Gym	
11-15-2021	Core Stability		Core Lab	H8
11-17-2021	Plyometrics		Plyo Lab	H9
11-19-2021	Gym	Quiz 13 Reflection 13 Exam 3	Gym	
11-22-2021	Aquatic Exercise		Aquatic Tecniques	H12
11-24-2021	NO CLASS			
11-26-2021	NO CLASS			
11-29-2021	Aquatic Exercise		Aquatic Planning	H12
12-1-2021	POOL DAY		POOL DAY	
12-3-2021	Final Reveiw	Quiz 14 Reflection 14		
12-6-2021		Final Exam		

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
3 Exams	300
Final Exam	200
Labs Report	200
Quizzes	200
Reflections	100
TOTAL	1000

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 = 900.00-1000 points
- B = 800.00-899.99 points
- C = 700.00-799.99 points
- D = 600.00-699.99 points
- F = 0-599.99 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

Exams 3 at 100 points each

Exams will be completed in class on the assigned days. The exams are designed to be completed during regular class time, but you may work until the end of our normal lab time if needed.

Quizzes: 200 points 14 at 16 points each

Quizzes will open at 12:00AM (Midnight) on the dates below and will close at 11:59PM on the dates below. You can use your notes or books when taking the quizzes, however you may not use the assistance of another person to complete the quizzes. Each quiz has a 60 minute time limit. You may try 2 attempts at each quiz, however the last attempt will be graded.

Reflections: 100 points 14 at 8 points each

These reflections will be turned in on BlackBoard and are designed to help you critically think about concepts discussed during class and labs. Reflections are to be submitted in APA format using the guide and rubric provided in BlackBoard. Reflections must be between 500 – 1000 words, and be turned in on the date assigned.

Labs: 200 points.

Lab assignments will be completed in Lab and turned in that day. There are actually more than 20 labs. I will use your best 20 lab assignments for the 100 points. Additional labs completed will be counted as bonus points. There will be no make-up labs without instructor approval.

Assignment Submission

All assignments MUST be submitted through the Assignments link in the Blackboard site, except lab reports. 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

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.

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.

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

Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)

Learning to apply course material (to improve thinking, problem solving, and decisions)

Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course

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>