

AT 6325

Rehabilitation of
Musculoskeletal Injuries

F10 & Lab F1Z

Fall 2021



Archer College of Health and Human Services

Instructor: Dr. Yo-Rong Chen, PhD, LAT, ATC

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Class Time: Monday, Wednesday, and Thursday; 2:00PM-4:30PM; August 23rd-October 14th

Open Lab Hours: Monday 12:00-2:00 and Tuesday 8:00-10:00

Classroom: HHS 114

Office Hours: Monday and Wednesday 9-11 AM and by appointment

Office Number: HHS 224M

Course Information

Course Description

This course instructs athletic training students on the theory and practical application of therapeutic exercise and rehabilitation for musculoskeletal injuries of a diverse population. Emphasis is placed on the planning and implementation of these therapeutic rehabilitation protocols.

Prerequisite Courses

AT 6315, 6410

Prerequisite Skills

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the AT 6325.

Program Outcomes

Upon completion of the course, students will be prepared to:

Student Learning Outcomes

CODE	Student Learning Outcome Description
	By completing all course requirements, students will be able to:
PCC-58	Incorporate patient education and self-care programs to engage patients and their families and friends to participate in their care and recovery.
PCL-71.4.j	Pain level
PCL-71.4.m	Specific functional tasks
PCL-73	Select and incorporate interventions (for pre-op patients, post-op patients, and patients with nonsurgical conditions) that align with the care plan. Interventions include (but are not limited to) the following:
PCL-73.1	Therapeutic and corrective exercise
PCL-73.2	Joint mobilization and manipulation
PCL-73.3	Soft tissue techniques
PCL-73.4	Movement training (including gait training)
PCL-73.5	Motor control/proprioceptive activities

Course Delivery

This is primarily a face-to-face course with roughly 25% of the course delivered online via Blackboard¹. All of the course lectures and PowerPoints should be accessed via Blackboard.

Required Texts and Materials

Therapeutic exercise: Foundations and techniques (7th ed.). Philadelphia: F.A. Davis. Kisner, Carolyn., and Lynn Allen Colby. Therapeutic Exercise: Foundations and Techniques

¹ <https://blackboard.angelo.edu>

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](#)

Topic Outline

Date	Topic	Assignments	Ch.
Week 1 8/23-8/29	1: Therapeutic Exercise: Foundational Concepts 2: Prevention, Health, and Wellness 3: Range of Motion 4: Stretching for Impaired Mobility 5: Peripheral Joint Mobilization/Manipulation *Healing Process and Rehab Approach	Chapter 1, 2, 3, 4, 5 Lecture and Lab Section Quiz 1: Due 8/29	1, 2, 3, 4, 5
Week 2 8/30-9/5	6: Resistance Exercise for Impaired Muscle Performance 7: Principles of Aerobic Exercise 8: Exercise for Impaired Balance 9: Aquatic Exercise *Lower YBT + PNF.1	Chapter 6, 7, 8, 9 Lecture and Lab Section Quiz 2: Due 9/5	6, 7, 8, 9
Week 3 9/6-9/12	10: Soft Tissue Injury, Repair, and Management 11: Joint, Connective Tissue, and Bone Disorders and Management 12: Surgical Interventions and Postoperative Management 13: Peripheral Nerve Disorders and Management *Trigger Point Dry Needling + PNF.2	Chapter 10, 11, 12, 13 Lecture and Lab Section Quiz 3: Due 9/12	10, 11, 12, 13
Week 4 9/13-9/19	14: The Spine: Structure, Function, and Posture 15: The Spine: Management Guidelines 16: The Spine: Exercise and Manipulation Interventions *Muscle Energy Technique W*Guest Speaker: Michael Terrill (Spinal Manipulation Skills) 09/16 Midterm Online Exam (Thursday)	Chapter 14, 15, 16 Lecture & Lab + Lockdown browser	14, 15, 16

Date	Topic	Assignments	Ch.
Week 5 9/20-9/26	17: The Shoulder and Shoulder Girdle 18: The Elbow and Forearm Complex 19: The Wrist and Hand *Assisted Soft Tissue Mobilization-Graston and Upper YBT	Chapter 17, 18, 19 Lecture & Lab Section Quiz 4: Due 9/26	17, 18, 19
Week 6 9/27-10/3	20: The Hip 21: The Knee 22: The Ankle and Foot Wed3:00 *Guest Speaker: Kayla Parsons, LMT Thur2:00 *Guest Speaker: Dr. Lee Atkin (Biomechanical/Gait Lab)	Chapter 20, 21, 22 Lecture & Lab Section Quiz 5: Due 10/3	20, 21, 22
Week 7 10/4-10/10	23: Advanced Functional Training and Plyometric (*FMS) 24: Women's Health: Obstetrics and Pelvic Floor 25: Management of Lymphatic Disorders *Pain Perspective *Suction and Fire Cupping Thur 2:30 *Guest Speaker: Tamra Bullard, PT, DPT (Pelvic Floor) 10/07 Case Study Final Presentation (Thursday)	Chapter 23, 24, 25 Lecture and Lab * See explanation and rubric Peers' Grading Sheet: Due 10/7 Quiz Inputs: Due 10/7 Section Quiz 6: Due 10/10	23, 24, 25
Week 8 10/11-10/14	10/11 Q&A and open lab 10/13 Practical Exam * (Wednesday) 10/14 Final Online Exam + (Thursday)	* See rubric + Lockdown browser	

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	Points of Total Grade
Section Quizzes (50 points each) *6	300
Midterm Online Exam	200
Case Study Final Presentations	200
Peers' Grading Sheet for Presentations (20 points each) *4	80
Quiz Inputs	20
Practical Exam	200
Final Online Exam	200

Assessment	Points of Total Grade
TOTAL	1200

Section Quizzes (300/1200)

Sectional quizzes will be opened on individual Fridays and close on the same Sunday at 11:59 PM. There are 6 sections. Each section includes 10 questions.

Midterm (200/1200) and Final Online (200/1200) Exams

The midterm exam (Sep 16th) and final exam (Oct 14th) will be taken place at regular class time 2:00PM. It will be performed on a lockdown browser with the school laptops to practice the BOC examination style.

Case Study Final Presentation (200/1200)

Each student will receive a case scenario. According to the theories and therapeutic exercises and techniques introduced in this course, students are required to implement a rehabilitation protocol for the assigned case and to present in the class in a conference style. The presentation needs to include: 1) introduction of the scenario, 2) summaries of peer-reviewed journals evidence (at least 3 articles published within the past 5 years), 3) suggestions from at least 2 mentors' interviews, and 4) the one-month rehab plan with critical rational. Please read the document [Case Presentation Explanation](#) for more detailed information.

Peers' Grading Sheet (80/1200)

Students will have the chance to grade each classmate's presentation. See the [Peers' Grading Rubric](#) for detailed information.

Quiz Input (20/1200)

Students are required to generate two quiz questions according to the material and the research evidence they present. These questions will be organized and served as the section 6 quiz question pool.

Practical Exam (200/1200)

This exam assesses students' ability to incorporate the theories and therapeutic exercises and techniques correctly along with the scenario's background and educate the patients with self-care programs and clear communications. Each student has 60 minutes exam window. In the first 30 minutes, each student will receive the case scenario on a paper and decide the short-term and long-

term goals with exercise/ mobilization/ training/ activity...etc accordingly. In the last 30 minutes, the students will explain the rehabilitation protocol with the rationale to the instructor. Then, the student will demonstrate and teach listed exercises to the patients. See the [Practical Exam Grading Rubric](#) for detail information.

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 = 1080-1200 points

B = 960-1079.99 points

C = 840-959.99 points

D = 720.-839.99 points

F = 0-719.99 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

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.

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](#)²
- [Angelo State University Catalog](#)³

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

² <https://www.angelo.edu/student-handbook/>

³ <https://www.angelo.edu/catalogs/>

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](#).⁴

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](#).⁵ 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

⁴ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁵ <https://www.angelo.edu/services/disability-services/>

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](#)⁶ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁷ 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](#).⁸

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](#)⁹ 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

⁶ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁷ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁸ https://www.angelo.edu/dept/writing_center/academic_honesty.php

⁹ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>

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. Acquiring skills in working with others as a member of a team.
5. Learning to apply knowledge and skills to benefit others or serve the public good

End of Syllabus