

MSU-Billings
College of Allied Health Professions
Department of Health and Human Performance
Fall, 2009

COURSE RUBRIC & TITLE: 576 - Rehabilitation Techniques

INSTRUCTOR: Jennifer Schroder, ATC

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Meeting Time & Location: Tues. & Thurs. 10:30am-12:00pm, PE 105 & PE 59(ATR)

Office Hours: Regular ATR hours of operation and by appointment

Course Description

HHP 576 Rehabilitation Techniques 3 cr. Prerequisite: Admission to the graduate athletic training program. Offers an intensive study of anatomy and physiology, goniometry, therapeutic mediation (intervention), and therapeutic exercise geared toward preparing the athletic training student for the BOC exam.

Required Texts

William Prentice (2004) Rehabilitation Techniques for Sports Medicine and Athletic Training. McGraw-Hill.

Knight, K. (2001) Assessing Clinical Proficiencies in Athletic Training, A Modular Approach. Human Kinetics.

Course Goals

The instructor will plan, structure, and guide the course consistent with this syllabus, striving to communicate clearly, evaluate student work fairly, provide appropriate and constructive feedback, and serve as a resource to students.

Students are expected to be prepared for each class by having completed all relevant, outside work needed to contribute effectively and to conduct themselves always in a professional manner. It is expected that students will develop accurate understanding and an initial fluency in applying concepts in the following areas:

- The theoretical and empirical dimensions of athletic training that provide the scientific foundation for a professional application of rehabilitation techniques in athletic training,
 - Principles, techniques, philosophies, and development that affect the rehabilitation decisions of athletic trainers
 - Learn and appropriately apply rehabilitation, theory, principles and techniques.
 - Students will demonstrate competence in all competencies and proficiencies assigned to this course. This includes all competencies and proficiencies taught in coursework prior to this semester as well as those specific to rehabilitation interventions and therapy techniques.
- SEE Competency and proficiency Matrix, Modular book (H1-16) and Concordance:**
- Students must demonstrate and document the proper application of competencies and proficiencies through graded modules in the lab and in the clinical education experience.

Learn and assess the athletic training competencies and proficiencies assigned to this course. Complete second learning and assessment of competencies/ proficiencies in Risk management, Assessment of injury/ illness, First Aid and emergency care, Pathology of injury and illness, Therapeutic exercise.

1. The student will be provided the opportunity to learn and apply the techniques needed to pass the BOC exam and be an effective practicing athletic trainer.
2. The student will develop sound rehabilitation intervention, prescription and evaluation techniques.
3. The student will develop sound integrated evaluation and rehabilitation techniques of the body.
4. The student will develop and demonstrate preventative and supportive taping and bracing techniques in patient care and rehabilitation.

Course Objectives: At the conclusion of this course students will:

1. Understand basic components of a comprehensive athletic injury/illness rehabilitation program.
2. Evaluate common risk factors and causes of athletic injuries in various sports.
3. Recognize environmental risk factors associated with climatic conditions, facilities, equipment, and sanitation.
4. The student will apply the techniques needed to be an effective athletic trainer including record keeping skills, confidentiality, management and administration strategies.
5. The student will apply preventative and supportive taping, bracing, splinting, and wrapping techniques
6. Evaluate common injuries associated with sports participation.
7. Analyze the roles and functions of allied medical professionals in rehabilitation.
8. Know and demonstrate use of standard terminology of athletic injuries and communication with medical personnel.
9. Understand basic principles of tissue repair.
10. Synthesize the history and development of athletic training and its professional organizations.
11. Know anatomical landmarks (bones, ligaments, muscles).
12. Students will analyze knowledge and psychomotor skills in modality and rehabilitation techniques
13. Assess the basics of rehabilitation methods, programs, techniques and interventions.
14. Demonstrate the ability to evaluate an injury (HOPS, signs, symptoms).
15. Demonstrate a basic knowledge of therapeutic modalities (general).

The specific objectives in this course are taught and assessed in the lecture, laboratory, and clinical field experience. The Modular book, Matrix, and Concordance will help you identify specific objectives. The measurable assessments of these objectives are given through written and O/P exams and module completion. Refer to the objective at the top of each module as indicated in the course schedule.

Course Policies: The course is conducted consistent with the code of Student Conduct in the current MSU-B Student Handbook and students must be familiar with academic honesty and related requirements. Academic dishonesty, including plagiarism, cheating, inappropriate use of electronic devices, failure to hold one's fellow students equally accountable as oneself, or any violation of the expectations enumerated in the MSU-Billings Student Handbook **will result in failing the course.** Since the course is a graduate course required of students preparing for profession of Athletic Training, students are expected to handle all assignments and activities in a professional manner. This involves being prepared for each class by completing all outside work needed in order to contribute effectively and conduct themselves in a professional manner in all class activities. By its nature as a course in HHP this course occasionally requires physical effort and skill, and students are expected participate. **Please use a locker or always have athletic clothing available so that you may actively participate in class!**

Attendance: Although no specified deductions of points are established for missing class, students are expected to manage their attendance consistent with being professionals who have responsibilities to the class. Work conducted, assigned, collected, or graded during a particular class session is the student's responsibility – the instructor is not responsible for repeating the information.

Late Work: Students are responsible for managing the timeliness of their work and unless they have made prior arrangements, make-up quizzes or other late work is not acceptable or an option.

Accommodations: Students who have a documented disability or believe they need accommodations to complete course assignments should contact the instructor and/or the office of Disability Support Services (657-2283) during the first week of the course to provide the prior notice needed to make appropriate arrangements.

Evaluation/Assessment Criteria

Research Abstracts: Abstracts of Rehabilitation related articles. Two abstracts will be due during the semester (10/15 & 11/19). We will discuss articles on the day they are due, be prepared to quickly present your article to the class. Abstracts should follow Abstract Content and Structure outlined below, citing relevant information from the article. The article must be properly referenced at the top of the page using AMA format. The article must be from a current and reputable journal in the field of sports medicine. Examples: Journal of Athletic Training, Physician and Sport medicine, Medicine and Science in Sport and Exercise. The articles must have been published within the last three years. You must also include a photo copy of the article. **TYPED, double spaced, 10-12 font, not to exceed 2 pages,** response.

Abstract Content and Structure: Paragraph 1: Introduction of topic, Paragraph 2: What did you learn from this information?, Paragraph 3: How would you apply this information in your field? (i.e. With the knowledge obtained from this research I would make sure and carry pickle juice in the medical kit and properly rehydrate at a rate of 8 oz. every 15 minutes. Use a bit more detail to explain your thoughts) , Paragraph 4: Conclusion, is this information good?, is there a need for this?, what would be a follow up study?, etc. **Please proofread and spell check your material.**

Exams: 3 exams– as listed in the course schedule. Each exam will include a variety of types of items and be worth approximately 100 points. **Final Exam:** Tuesday December 15th, 2009, 2:00pm-3:50pm

Class Rehabilitation Project: Each student will be responsible for putting together a “rehab manual” for a specific joint. Sections of the project will be turned in throughout the semester for a grade. The student can make appropriate changes and/or additions to original drafts and include them in the final copy turned in at the end of the semester. This will be discussed in further detail and on a separate explanation sheet.

Rehabilitation Project Presentation: Each student will present the final draft of their project to the class. The student will provide a copy for each classmate and instructor of his or her final draft of the rehabilitation manual.

Course Grading

Abstracts	2x25pts ea	50pts
Exam 1		100pts
Presentation		25pts
Rehabilitation Project		100pts
Practical Final Exam		100pts
Written Final Exam		100pts
Pop Quizzes	?x10pts ea	???pts

90-100	A
80-89	B
70-79	C
60-69	D

Course Schedule

Subject to Change ☺

Date	Topic(s)
Sept. 10 th	Intro to Ther. Ex
Sept. 15 th	Chap. 1 Considerations in Designing a Rehab Plan
Sept. 17 th	Chap. 2 The Healing Process
Sept. 22 nd	Chaps. 3 & 4 Evaluation and Psychological Considerations, Muscle Chart Due
Sept. 24 th	Out of Town TBA
Sept. 29 th & Oct. 1 st	Chaps. 5-9 Goals of Rehab
Oct. 6 th & 8 th	Chaps. 10-17 Tools of Rehab, ROM section due on the 6th
Oct. 13 th	St. V's Rehab
Oct. 15 th	More Tools if needed, Abstract #1 Due , Review
Oct. 20 th	Exam #1 , Out of Town
Oct. 22 nd	Chaps. 23 & 24 Low Leg, Ankle, and Foot
Oct. 27 th	Chap. 25 The Spine
Oct. 29 th	Home MSOC game, no class, make good use of this time!
Nov. 3 rd & 5 th	Chap. 18 The Shoulder, Rehab section due on the 3rd
Nov. 10 th & 12 th	Chap. 22 The Knee
Nov. 17 th	Chaps. 19 & 20 Elbow, Wrist, Hand, and Fingers
Nov. 19 th	Chap. 21 Hip, Groin, and Thigh, Abstract #2 Due
Nov. 24 th & 26 th	No Class all week. Work on your projects!
Dec. 1 st	Wrap-up
Dec. 3 rd	Project Presentations, Final Draft of Manual Due
Dec. 8 th & 10 th	Practical Finals
Dec. 15 th	Written Final Exam 2:00-3:50pm