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PT 569.01: Orthopedic Physical Therapy I

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**PT 569 ORTHOPEDICS
FALL SEMESTER**

CLASS: Tuesdays and Thursdays 8:10 to 10:00

LOCATION: Lecture CP 212; Lab SB 020

INSTRUCTOR: Kim Mize-Humphrey PT, DPT, CSCS

OFFICE HOURS: Mon 3:00-4:00

LAB INSTRUCTOR: Sue Ostertag, PT, DPT

COURSE DESCRIPTION: This course will address the examination, evaluation and intervention of musculoskeletal disorders. Competency of course material from PT 516/519 is required as it will be integrated and expanded upon in this class. The evaluation and diagnosis process will be reviewed and refined as it relates to specific physical therapy and pathologic diagnoses. Included in this course are differential diagnosis, mobilization techniques, introduction to manipulation, and integration of therapeutic exercise, modalities and biomechanics when designing an intervention plan.

CREDITS: 3

REQUIRED TEXTS:

1. Dutton M: Orthopaedic Examination, Evaluation, and Intervention 2004
2. Medical Imaging in Rehabilitation. McKinnis, L. and Craig, J. Purchase this CD set (2 CDs) in the main office of the School by making a check for \$35 payable to the University of Montana.

SUPPLEMENTAL TEXTS:

Magee: Orthopedic Assessment

Netter: Atlas of Human Anatomy

Neuman: Kinesiology of the Musculoskeletal System

Kistner and Colby: Therapeutic Exercise Foundations and Techniques

Cyriax J: Textbook of Orthopedic Medicine

McKinnis: Fundamentals of Musculoskeletal Imaging

COURSE STRUCTURE: Through lecture and guided laboratory experience students will refine their evaluation skills by integrating biomechanics, anatomy and therapeutic interventions when faced with a clinical scenario. Study questions are provided to help integrate previous coursework and apply new material. Case studies are integrated throughout the course in class as time allows. Students are encouraged to review all case studies provided in the Dutton text following each unit. Video Analysis and practical exams are designed as learning tools as well as assessment. Required readings out of the Dutton Text (unless otherwise specified) are listed in the

Course Schedule. It is expected that students AT A MINIMUM will read the assigned pages before or immediately following lecture/lab during that unit.

METHODS OF EVALUATION:

Midterm	35% of grade
Final, comprehensive	35% of grade
Practical exam	Pass/Fail
Video Analysis of evaluation	15% of grade
Imaging TAKE-HOME exam	15%

*points will be deducted for late assignments at the rate of 10 percent per day.

GRADING SYSTEM: No retakes will be given for written exams. See student handbook for letter grade breakdown.

VIDEO ANALYSIS

Students are required to break into groups of 3 and videotape each other (or a non-PT student) performing an evaluation. Students are to review their own video and self-critique their performance. A typed initial evaluation of the patient/client and a 2-3 critique paper is due **Thursday Nov 6th**. Specific guidelines will be given in class.

MUSCULOSKELETAL IMAGING CONTENT

Musculoskeletal Imaging is a crucial component of Orthopedic and other areas of Physical Therapy. Students are expected to watch Chapters 10-14 in the CD ROM as they are covered in class. A take-home-exam will be given near the end of the semester which covers the imaging material. Students are asked to maintain complete confidentiality of this exam in regards to all fellow students in the program.

STUDENT'S RESPONSIBILITY:

- 1) Inform your instructors if you have any *conditions that may affect your tolerance* to manual therapy including joint pain, ligamentous instability, systemic disease, congenital bony or joint anomaly, pregnancy, or onset of viral symptoms.
- 2) Be sensitive to your body's needs and limitations. During class, techniques are practiced and refined by repetition. Sometimes minor joint soreness can result. Inform your partner if his or her technique is too vigorous or if you need to decline from being a patient to give your joints a rest.
- 3) *Review* the text, PT 516 notes and relevant anatomy prior to class. This way more time can be spent learning new information. It is suggested that you combine PT 516/519 and PT 529 notes appropriately with this class as we proceed. The MINIMUM reading assignments are listed in your syllabus

under Course Schedule. You should also review each chapter of each extremity covered in class.

4) Be on time to class. Come prepared with appropriate lab attire. Men wear shorts and tee shirts, women wear shorts and sports bras/bathing suit tops. You may wear sweatshirts/pants to stay warm until lab begins. Change to lab clothes *before* class starts. The class instructor reserves the right to take points off of a student's grade for each incident that he or she does not come prepared for class. The lab area must be cleaned at the end of class.

5) Practical exams are given over a period of days. Students are required to show competency in all areas of physical therapy examination/evaluation/Plan of Care/ interventions. Therefore if a student fails a practical he or she is required to re-take the practical or some other means of assessment until competency is established. The following guidelines have been established to ensure confidentiality of the exam material as well as fairness to all students.

1. **Do not solicit any information from students who have taken the exam.**
2. **Do not discuss any part of the exam with classmates who have not taken the exam.**
3. **While practical exams are in session, do not study, practice, or otherwise loiter in the exam area.**

6) Practice manual techniques outside of class. *This is imperative.* Much time may elapse before you actually get to practice these techniques on 'real' patients/clients. You will forget the techniques if you don't use them. It is important to practice with many different body types.

7) Professional behaviors are expected in the course. These include (but are not limited to): taking responsibility for one's own learning, taking responsibility for one's own work (no cheating or plagiarism), completing group and individual assignments in a timely manner, coming to class on time (unless excused), coming to class prepared, treating fellow students, staff, and faculty with respect, and receiving and giving constructive criticism when appropriate. Cell phones should be turned off and put away. Lap top computers may be used to take notes and when appropriate, search the web for information pertaining to the topic being discussed in class. Other uses of personal computing and communication devices in class are prohibited. Please refer to the "Generic Abilities" section in your student handbook. Students causing distraction to other students or the instructor will be asked to leave the room for the remainder of the day.

ACADEMIC HONESTY


All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at <http://life.umt.edu/SA/documents/fromWeb/StudentConductCode1.pdf>





For information on plagiarism please visit this link: <http://www.rbs2.com/plag.htm>

<http://owl.english.purdue.edu/owl/resource/589/01/>

For help with references- <http://www.apastyle.org/elecref.html>

COURSE SCHEDULE: *(subject to change)*

Tuesday August 26 th	Introduction to Ortho Read <u>Dutton p 102-108;385-390; 396-7;403-407</u> <u>Kistner & Colby Ch 5</u> Skim <u>Dutton chap 8 & 10</u>
Thursday August 28 st	Shoulder Mobilization <i>LAB</i>
Tuesday September 2 nd	<i>LAB</i> - shoulder examination/palpations
Thursday September 4 th	<i>LAB</i> -shoulder cont'd
Tuesday September 9 th	Lecture Shoulder instabilities/RTC <u>pp 520-525; 590-595; 601-610; 1667-1678</u> <u>Imaging chap 12</u>
Thursday September 11 th	Shoulder RTC/Adhesive Capsulitis Selective hypomobity <u>pp 584-590</u>
Tuesday September 16 th	Elbow/ULTT <i>LAB</i> <u>pp 705-711; 422-426; 431-436</u>
Thursday September 18 th	finish LAB 1 st hour Lecture Elbow <u>pp 685-692; 699-705</u> <u>Imaging Ch 13</u>
Tuesday September 23 rd	Lecture Elbow: Diagnoses
Thursday September 25 th	Lecture: Finish Elbow Diagnoses Lecture- lower extremity, LLD & hip muscle imbalance <u>pp390-393 (a review); Imaging Ch 10</u>
Tuesday October 30 th	<i>LAB</i> - LE examination: <i>Palpations/exam</i>
Thursday October 2 nd	NO CLASS- Imaging homework
Tuesday October 7 th	<i>LAB</i> Hip/Knee mobilizations <u>Review 1025-1033</u> mm imbalances
<u>Wednesday October 8th</u>	3:10-5:00 GUEST: Bill Temes Lecture/Lab: Intro to Manipulation 
Thursday October 9 th	Manipulation Lab
Tuesday October 14 th	<i>LAB</i> — PFPS, Cases/Taping <u>p 1008-9</u> <u>p 997-1024</u>
Thursday October 16 th	<i>LAB</i> - LE

Tuesday October 21 th	MIDTERM WRITTEN EXAM
Thursday October 23 rd	Lecture: Lower Extremity <u>Read Diagnoses on pp 883-894</u>
Tuesday October 28 th	Lecture- KNEE surgical update & Ligament rehabilitation
Thursday October 30 th	Lecture- KNEE surgical update & Ligament rehabilitation
Tuesday November 4 TH	NO CLASS- Election Day 
Thursday November 6 th	VIDEO ANALYSIS DUE <i>LAB</i> Ankle intro
<u>Monday November 10th</u>	<u>2:10-4:00 catch-up/Ankle prn</u>
Tuesday November 11 th	OFF- Veterans Day 
Thursday November 13 th	<i>LAB</i> Ankle jt play/mobs (Mize) Read pp1112-1120; review PPP4B; read Achilles tend and plantar heel pain at a minimum. Imaging Chap 11
Tuesday November 18 th	<i>LAB</i> - Ankle jt play/mobs (Mize)
Thursday November 20 th	Wrist/Hand Diagnoses(Ikeda) <u>Imaging ch 14</u> <u>Other reading assignments TBA</u> 
Tuesday November 25 th -	Wrist/Hand Diagnoses(Ikeda)
Thursday November 27 th	NO CLASS- Turkey Day
Tuesday December 2 nd	Wrist/Hand (Ikeda) PRACTICALS THIS WEEK
Thursday December 4 th	Wrist/Hand (Ikeda)
Monday December 8 th	FINAL EXAM 

Maya Angelou was interviewed by Oprah for Dr. Angelou's 74th birthday. Oprah asked her what she thought of growing older. And, there on television, she said it was "exciting." Regarding body changes, she said there were many, occurring every day... like her breasts. They seem to be in a race to see which will reach her Waist first, she said. The audience laughed so hard they cried. Dr. Angelou also said:

I've learned
that no matter what happens, or how bad it seems today,
life does go on, and it will be better tomorrow.

I've learned
that you can tell a lot about a person by the way he/she handles these three things: a
rainy day, lost luggage, and tangled Christmas tree Lights.

I've learned
that regardless of your relationship with your Parents,
you'll miss them when they're gone from your life.

I've learned
That making a "living" is not the same thing as making a "life."

I've learned
that life sometimes gives you a second chance.

I've learned
that you shouldn't go through life with a catcher's mitt on both hands; you need
to be able to throw something back.

I've learned
that whenever I decide
something with an open heart, I usually make the right decision.

I've learned
that even when I have pains, I don't have to be one.

I've learned
that every day you should reach out and touch someone. People
Love a warm hug, or just a friendly pat on the back.

I've learned
that I Still have a lot to learn.

I've learned
that people will forget what you said, people will forget what you did, but people will
never forget how You made them feel."