

PHT 6770
Musculoskeletal Disorders I
Summer 2014

Course Description: This course will provide the student with an understanding of techniques and rationale used in the examination, evaluation and treatment of lower extremity musculoskeletal dysfunction. Examination and treatment techniques will be demonstrated and practiced in laboratory sessions. Clinical problem-solving processes will be discussed and practiced in class. Content provided in previous courses and in concurrent courses will be incorporated.

Course prerequisites: PHT 6187C, 6206C, 6605C, 6188C, 6189C, 6207C, 6152C

Course Offered by: Department of Physical Therapy, College of Public Health and Health Professions, University of Florida

Credits: 2 credits

Course Instructors: Terese Chmielewski, Ph.D., PT, SCS
tchm@ufl.edu, 352-273-6104
Office hours: Room 1139, by appointment

Joel Bialosky, Ph.D., PT, FAAOMPT, OCS
bialosky@php.ufl.edu, 352-273-8636
Office hours: Room 1158, by appointment

Teaching Assistants: Dominique Dubose, MS, ATC dlf967@ufl.edu
Penny Goldberg, DPT, ATC
Jason Bouwkamp, DPT

Web Page address: <http://lss.at.ufl.edu/> (Sakai)

Meeting Place/Clock hours: Room 1104 and assigned clinic
6.5 hours/week (classroom and clinic visits)

Course Objectives:

Upon completion of the course, the student will be able to:

1. Musculoskeletal Examination and Evaluation
 - 1.1. identify mechanisms of common injuries of the lower extremities
 - 1.2. identify the signs and symptoms of common lower extremity musculoskeletal disorders
 - 1.3. describe relationships between patient history and common dysfunctions of the lower extremities
 - 1.4. relate the principles behind the testing of joint motion, muscular strength and endurance, muscle flexibility and ligamentous integrity to a musculoskeletal examination
 - 1.5. discuss and apply basic and advanced components of the musculoskeletal examination to the lower extremities

- 1.6. adapt examination techniques based on patient limitations
- 1.7. conduct and record a comprehensive musculoskeletal history and physical examination
- 1.8. describe the differential diagnoses for common injuries of the lower extremities
- 1.9. determine patient prognoses based on patient history and examination findings
2. Musculoskeletal Treatment
 - 2.1. determine realistic goals of treatment and functional outcomes that specify expected treatment frequency and duration
 - 2.2. demonstrate awareness of the need to collaborate with patients, family members, payers, and other professionals in determining realistic goals of treatment
 - 2.3. demonstrate knowledge of bone and soft tissue repair and its application in treatment of musculoskeletal pathology
 - 2.4. identify common musculoskeletal treatment schemes and the rationale for each scheme
 - 2.5. discuss treatment alternatives and describe how treatments can be adapted for individual patient circumstances
 - 2.6. describe how orthopedic treatments are progressed from the initial evaluation through patient discharge and follow-up
 - 2.7. identify contributions and limitations of therapeutic exercise within the context of specific pathological processes
 - 2.8. demonstrate skill in the application of orthopedic treatment techniques including joint mobilization, specific exercises, dynamic stabilization, and functional training
 - 2.9. identify appropriate re-evaluation strategies and demonstrate the ability to make changes in treatment plans consistent with re-evaluative findings
3. Musculoskeletal Practice
 - 3.1. recognize the importance of individuality and dignity of the patients
 - 3.2. demonstrate how to practice in a safe and ethical manner that minimizes risk to the patient and therapist
 - 3.3. demonstrate the ability to instruct patients in appropriate exercise technique
 - 3.4. discuss when and how to delegate responsibilities to the patient, support staff, and other professions
 - 3.5. demonstrate awareness of considerations for clinical practice (e.g. time management, personality conflicts, incorporation of evidence into practice, etc.)

Teaching Methods: Lecture, laboratory, discussion, clinical observation and guided case studies

Required Textbooks:

Dutton, Orthopaedic Examination, Evaluation and Intervention

Kisner & Colby, Therapeutic Exercise: Foundations and Techniques

CLASS SCHEDULE

Day	Date	Time	Topic
Mon	May 12	12:30-3:30	Introductions/Syllabus review Principles of Rehabilitation
Tue	May 13	3:30-4:30	Principles of Rehabilitation
Mon	May 29	12:30-2:30	Foot & Ankle - intro
		2:30-3:30	Lab A
Tue	May 20	3:30-4:30	Lab B
Mon	May 26	N/A	HOLIDAY
Tue	May 27	3:30-4:30	Quiz Differential Diagnosis/PT Diagnosis
Mon	June 2	12:30-2:30	Foot & Ankle – traumatic injuries
		2:30-3:30	Lab A
Tue	June 3	3:30-4:30	Lab B
Mon	June 9	12:30-3:30	Quiz Foot & Ankle – overuse injuries/running analysis
Tue	June 10	3:30-4:30	Foot and Ankle examination
Mon	June 16	12:30-2:30	Knee – intro and ligamentous injuries
		2:30-3:30	Lab A
Tue	June 17	3:30-4:30	Lab B
Mon	June 23	12:30-2:30	Quiz Knee – ligamentous injuries
		2:30-3:30	Lab A
Tue	June 24	3:30-4:30	Lab B
Mon	June 30	12:30-3:30	Knee – meniscus/cartilage injuries
Tue	July 1	3:30-4:30	Knee- patellofemoral injuries
Mon	July 7	12:30-3:30	Quiz Knee – patellofemoral injuries
Tue	July 8	3:30-4:30	Knee examination injuries
Mon	July 14	12:30-2:30	Return to sport for lower extremity
		2:30-3:30	Competencies
Tue	July 15	3:30-4:30	Competencies
Mon	July 21	12:30-3:30	Open
Tue	July 22	3:30-4:30	Practicals
Mon	July 38	12:30-4:30	Practicals
Tue	July 29	TBD	Exam

Testing and Grading: Students' performance will be assessed by written and practical examinations and written assignments.

Clinical Visit Assignments (short answer; 4 visits x 8 points)	34.8%	32 points
Quizzes (multiple choice/short answer; 4 quizzes x 5 points)	21.7%	20 points
Exam (multiple choice)	43.5%	40 points
Total	100%	92 points

****All scores/grades will be posted on Sakai****

Grading Scale:

Grade Scale (%)	Total Points	Grade	Grade Points
93 - 100	85.6 – 92.0	A	4.00
90 - 92	82.8 – 85.5	A-	3.67
87 - 89	80.0 – 82.7	B+	3.33
83 - 86	76.4 – 79.9	B	3.00
80 - 82	73.6 – 76.3	B-	2.67
70 - 79	64.4 – 73.5	C	2.00
60 - 69	55.2 – 64.3	D	1.00
<60	< 55.1	E	0.00

Clinical Visits: A total of 5 clinical visits will be completed in an outpatient orthopedic setting during the semester. For 4 of the visits, there will be an assignment that pertains to concepts learned in class or other aspects of outpatient orthopedic rehabilitation. Assignments can be obtained on Sakai. Completed assignments should be submitted for grading on Sakai by 9 am on Friday of the week the clinic visit took place.

Quizzes: A total of 4 quizzes (in-class) will be administered during the semester.

Competencies: A competency will be used to assess proficiency in the application of examination and treatment techniques. Students that exhibit unacceptable or unsafe technique will be required to retake the competency and will have 1 point deducted from their grade. A written assignment may be given if the manual technique is applied correctly, but knowledge of the concepts behind the technique is lacking.

Practical Examination: Practical examinations will be used to assess problem-solving skills in examination, evaluation and the formulation of an intervention for a clinical case. Practical examinations will be graded as pass-fail based on the accumulation of points. Students that exhibit unacceptable or unsafe performance will be provided one opportunity to retake the practical examination and will have 3 points deducted from the overall grade. Students must successfully pass the practical examination in order to pass the course.

Lab Set-up and Clean-up: Everyone is responsible for the clean-up of their own space and equipment; however, students will be assigned on a rotating basis to assist the teaching assistants

with laboratory set-up and clean-up. A failure to assist with assigned duties will be documented in the students' professional development file.

Laboratory Activities: In order to expose bony landmarks etc. for visual orientation and palpation, students must have the proper laboratory attire as outlined in the student handbook. Nails must be trimmed short for palpation (for your lab partner's safety). Students are expected to be active participants in laboratory activities and maintain professional conduct. All instances of improper attire or unprofessional conduct will be documented in the students' professional development file.

Policy Related to Class Attendance: Students are expected to attend all class meetings and clinic visits. In the event that a class or clinic visit will be missed due to unavoidable personal circumstances, please refer to the Student Handbook for the procedure on obtaining instructor permission for missed classes.

Policy Related to Make-up Exams or Other Work: Students who miss a class/clinic visit because of an emergency or excused absence should make arrangements with the instructors to complete missed exams or assignments and with fellow students to obtain class notes/hand-outs or to gain information about lab activities. If the absence was unexcused, no opportunity will be given to complete the missed exams or assignments.

Academic Honesty: Per the University of Florida Department of Physical Therapy student handbook, students are required to abide by the UF Academic Honesty Guidelines. Cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior. The following pledge has been accepted by the University and is expected of all students:

“I understand that the University of Florida expects its students to be honest in all of their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in disciplinary action, up to and including expulsion from the University.”

We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity. The following pledge is implied on all work submitted for credit by UF students and is required on clinical observation assignments.

“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”

Accommodations for Students with Disabilities: Students requesting classroom accommodations must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide the documentation to the course instructor when requesting accommodation.

Counseling and Student Health: Students may occasionally have personal issues that arise in the course of pursuing higher education or that may interfere with their academic performance. If you find yourself facing problems affecting your coursework, you are encouraged to talk with an instructor and to seek confidential assistance at the UF Counseling & Wellness Center, 352-392-1575. Visit their web site for more information: <http://www.counseling.ufl.edu/>

The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services, including primary care, women's health care, immunizations, mental health care, and pharmacy services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: www.health.ufl.edu/shcc

Crisis intervention is available 24/7 from:

Alachua County Crisis Center:

(352) 264-6789

<http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx>

Class Demeanor Expected by the Professor (late to class, cell phones, lap tops): Students are expected to come to class prepared to participate in discussions and lab activities. Students who arrive late to class should wait until a break to enter the classroom. Cell phones should not be used during class unless permission has been granted by an instructor. If a cell phone rings during lecture, the cell phone may be taken away until the end of class (at the instructor's discretion). Lap tops may be used during lecture to take notes, but any other activity will result in the lap top being taken away until the end of the class, and more than 1 violation will result in lap top use being prohibited during class.