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9-2002

### PT 483.01: Measurement and Modalities

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## PT 482/483 - Fall 2002

### Measurement and Modalities

#### Course Instructors:

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Office Hours: by appointment (individual or groups)

- Credits: PT 482 (3 units), PT 483 (1 unit)
- Class Times: Mon., Wed., & Fri. - 8:10 to 10:00 AM
- SB 102 or P.T. Clinic SB 129

#### Laboratory Attire:

Men and women must wear loose shorts and women must wear an appropriate bra, sports bra or the upper portion of a two piece swimsuit (one piece swimsuits are not acceptable). Sweats may be worn during lab when not acting as the client.

#### Required Textbooks:

Clarkson, H.M. (2000). *Musculoskeletal assessment, 2<sup>nd</sup> edition*. Philadelphia: Lippincott Williams & Wilkins.

Starkey, C. (1999). *Therapeutic modalities, 2<sup>nd</sup> edition*. Philadelphia: F. A. Davis Company.

## Unit Description:

### Physical Agents

This unit covers the physiology, indications, contraindications, and methods of applying physical agents including, but not limited to superficial heat and cold, ultrasound, and electromagnetic radiation.

### Measurement

This unit covers the techniques, indications, and rationale of performing manual muscle testing and goniometry.

### Electrotherapy

This unit covers the physiology, indications, contraindications, and methods of applying electrotherapeutic modalities.

## Unit Objectives:

The unit learning objectives are those set forth by the National Athletic Therapy Association.

## Unit Evaluation:

### PT 482

#### Written Unit Examinations

Physical Agents	100 points
Measurement	100 points
Electrotherapy	60 points
Lecture Quizzes (1 per unit)	20 points each
Research Article Assignment	10 points

### PT 483

#### Practical Exam

Physical Agents/Electrotherapy	60 points
Measurement (2 exams)	50 points each
Lab Quizzes (1 per unit)	20 points each
Research Article Presentations	20 points

**\*\*Exam and quizzes will cover lecture, lab, and assigned readings\*\***

## Research Article Assignment:

This assignment will require that each student find a recent (within the last five years) research article (no descriptive or literature review articles) from a peer reviewed journal. The selected article must deal with the effectiveness and/or the clinical application of a modality discussed in class. If you have any questions please see Professor Laskin. The student will prepare a concisely written summary which includes the rationale, methodology, and results of the study. The student will then provide a critique of the research article and provide some insight as to the clinical relevance and the clinical application of the results.

**A copy of the article must be attached to the assignment.** This assignment must be typed (maximum three typed pages - double spaced, 12 point font, & 1 inch margins) and be prepared in APA format.

Each student must review a different article. I would suggest that when you do your literature search you select several potential articles. Please confirm your article with Professor Laskin, by Monday Sept. 20<sup>th</sup>, 2002. The assignment is due in class on Monday Oct. 18<sup>th</sup>, 2002.

The grading scheme for this assignment is as follows:

- 1 point - overall presentation, grammar, appropriate language, use of the APA format, and etc.
- 2 points - reporting of the article's introduction and purpose
- 3 points - accurately and concisely reporting the article's methodology and results
- 4 points - discussion of the clinical relevance/application

## Research Presentations:

Each student will have 10 minutes (7 minutes for the presentation and 3 minutes for questions) to present their research article assignment to their assigned research group. The presentation will be based on the previously completed research article assignment. As in the assignment the presentation will included the purpose of the study,

the methodology, and most importantly focus on the clinical relevance and the clinical application of the results. For each presentation a student within the group will be assigned to ask the initial question(s) and will be responsible to have read the article being presented prior to class. Each small group will have a faculty member present and along with the rest of the student audience they will assess the presenters' performance based primarily on the following criteria:

1) Clarity of the presentation (5 points)

- appropriate language
- clarity of speaking voice
- quality of AV and handout

2) Quality of the presentation (15 points)

- logical and concise presentation of material
- addressed each of the required components
- appropriate responses to questions
- adherence to the time limit

Practical Examination:

Details for the practical examination will be forthcoming.

Course Schedule:

Monday	2-Sep-02	Labor Day
Wednesday	4-Sep-02	Intro., Research Assignment, & Safety
Friday	6-Sep-02	No Class
Monday	9-Sep-02	Thermal Agents: Pain and healing
Wednesday	11-Sep-02	Thermal Agents: Superficial Heat
Friday	13-Sep-02	Thermal Agents: Superficial Heat
Monday	16-Sep-02	Thermal Agents: Cryotherapy
Wednesday	18-Sep-02	Thermal Agents: Cryotherapy
Friday	20-Sep-02	Thermal Agents: Lab

Monday	23-Sep-02	Therapeutic Ultrasound
Wednesday	25-Sep-02	Therapeutic Ultrasound
Friday	27-Sep-02	No Class
Monday	30-Sep-02	Therapeutic Ultrasound
Wednesday	2-Oct-02	Therapeutic Ultrasound Lab
Friday	4-Oct-02	No Class
Monday	7-Oct-02	Hydrotherapy
Wednesday	9-Oct-02	Electromagnetic Radiation
Friday	11-Oct-02	Electromagnetic Radiation
Monday	14-Oct-02	Physical Agents Exam
Wednesday	16-Oct-02	Measurement 1
Friday	18-Oct-02	Research Article Presentations
Monday	21-Oct-02	Measurement 2
Wednesday	23-Oct-02	Electrotherapy Fundamentals
Friday	25-Oct-02	Measurement 3
Monday	28-Oct-02	Measurement 4
Wednesday	30-Oct-02	Electrotherapy Fundamentals
Friday	1-Nov-02	Measurement 5
Monday	4-Nov-02	Measurement 6
Wednesday	6-Nov-02	TENS & Interferential lec/lab
Friday	8-Nov-02	Measurement 7
Monday	11-Nov-02	Veteran's Day
Wednesday	13-Nov-02	NMES lec/lab
Friday	15-Nov-02	Measurement 8
Monday	18-Nov-02	Measurement 9
Wednesday	20-Nov-02	Iontophoresis lec/lab
Friday	22-Nov-02	Measurement 10

Monday	25-Nov-02	Measurement 11
Wednesday	27-Nov-02	Thanksgiving
Friday	29-Nov-02	Thanksgiving

Monday	2-Dec-02	Measurement 12
Wednesday	4-Dec-02	Measurement 13
Friday	6-Dec-02	Measurement 14

Monday	9-Dec-02	Practical Exams
Wednesday	11-Dec-02	Practical Exams
Friday	13-Dec-02	Practical Exams