PT 569.01: Physical Therapy II - Orthopedics I - Extremities

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PT 569- PHYSICAL THERAPY II- Orthopedics I- Extremities

Fall semester, 2002

I. Credits: This section is 44 hours
II. Class Meets: T and TH 8-10,
III. Professor: Beth Ikeda, PT, MS, OCS, MTC
       Assisting: JW Matheson, PT, MS
IV. Course Description: This class will address the Tissue stress model and review and refine techniques and interpretation of examination. The focus of the class is on intervention of joint movement dysfunction. This intervention will cover joint mobilization, soft tissue mobilization, manual and independent exercise for movement and stabilization.

*** PLEASE NOTIFY ME IF YOU HAVE ANY JOINT DYSFUNCTION, SIGNIFICANT LIGAMENTOUS LAXITY (pregnant, nursing, or taking any hormones, ie BCP'S), SYSTEMIC DISEASE, OR CONGENITAL BONY OR JOINT ANOMALIES. IT IS YOUR RESPONSIBILITY TO TELL YOUR PARTNER (and me) IF YOU ARE HAVING DISCOMFORT OR CAN'T PARTICIPATE IN THE ACTIVITIES OF THE DAY.

V. Course Objectives: see attached
VI. Required Texts:
   1. Magee: Orthopedic Physical Assessment
   2. Prentice: Techniques in Musculoskeletal Rehabilitation
   2. O'Sullivan: review chapter 5
   3. Notebook in the LSS
   4. Sahrmann: Diagnosis and Treatment of Movement Impairment Syndromes

VII. Supplemental videotapes:

VIII. Supplemental and Resource Reading:
   Kaltenborn: Manual Mobilization of the Exremity Joints
   GD Maitland: Vertebral Manipulation, Butterworths, Boston
   GD Maitland: Peripheral Manipulation, Butterworths, Boston
Grieve: Common Vertebral Joint Problems, Churchill Livingstone, New York
Hertling and Kessler: Management of Common Musculoskeletal Disorders, JB Lippincott, Phil.
Cyriax: Textbook of Orthopedic Medicine, Vol 1 and 2, Bailliere Tindall, London
Maigne: Orthopedic Medicine, Charles C Thomas, Springfield, Ill.
Mennell: Back Pain and Joint Pain, Little, Brown, and Co., Boston
Twomey and Taylor: Physical Therapy of the Low Back, Churchill Livingston
Butler D: Manipulation of the Nervous System

I would recommend further courses in mobilization by Stanley Paris, Ola Grimsby, The Maitland group, or the North American Institute of Manual Therapy. A course covering Robyn MacKenzie’s work would also be helpful.

VIII. Evaluation:
Test I                              100 points
Comprehensive Final          100 points
Practical                             50 points
Cases         15 points each
Quizes        ?
IX  Lab: Please be prepared to expose the appropriate body part. Inappropriate
dress hinders your PARTNER's ability to learn. Women must have two piece
swim suits, halters, or jog bras when we work on the shoulder. Keep in mind
the joint we will be working on (it really gives me a clue about how much you
prepared for class 😊). You will not be allowed to participate in lab if you are
not dressed appropriately.

X.  Practical Examinations: Practical exams are given over a period of days, so
there are times when some students have completed the exam while others
are still studying. In order to insure equality of testing procedures for all
students please adhere to the following regulations:
1. Do not solicit any information from students who have
   already 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 being given do not use the
   equipment that might be used during the exam.
4. While practical exams are in session do not study,
   practice, or otherwise loiter in the exam area.

XI. You will be expected to know the evaluation and problem solving techniques
that you learned last year in addition to fairly in depth anatomy. We will try to
focus on integrating this information. You will be graded on your SKILL- this
means you must PRACTICE, PRACTICE, PRACTICE.

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**SCHEDULE**

**September** 3- Intro to Tissue stress theory, manual therapy
  History, theory, art
  assignment: review O'Sullivan chapter 5
  Introduction of Kaltenborn *Spine* + pgs 19-27
  (in Notebook)
  Kisner + Colby- Chapter 5 pgs 147-163
5 + 10+ 12 Shoulder
17 + 19 Elbow
24+26 Wrist and Hand

October
1 Wrist and hand
3 Case Studies

8 MIDTERM EXAM
10 + 15 + 17 Foot and ankle
22 + 24 Knee
29 + 31 Hip

Nov
5 Hip

7 TMJ

12 putting it together

14 review, case

FINAL - Practicals TBA

Schedule extra sessions?