

9-2002

## PT 569.01: Physical Therapy II - Orthopedics I - Extremities

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### Recommended Citation

Ikeda, Elizabeth, "PT 569.01: Physical Therapy II - Orthopedics I - Extremities" (2002). *Syllabi*. 2730.  
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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 LIGAMENOUS 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. Sahrman: 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

Donatelli and Wooden: Orthopaedic Physical Therapy, Churchill Livingstone, New York

Maigne: Orthopedic Medicine, Charles C Thomas, Springfield, Ill.

Mennell: Back Pain and Joint Pain, Little, Brown, and Co., Boston

Bourdillon JF, et al: Spinal Manipulation, Butterworth Heinemann, Boston,

Basmajian JS, Nyberg R: Rational Manual Therapies, Williams and Wilkins, Baltimore, 1993

Grieve BP: Common Vertebral Joint Problems, Churchill Livingstone, NY, 1981

Twomey and Taylor: Physical Therapy of the Low Back, Churchill Livingstone

White AA, Panjabi MM: Clinical biomechanics of the Spine, 2nd ed, Philadelphia, JB Lippincott, 1990

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
Quizzes	?

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?