Spring 1-2003

PT 519.01: Musculoskeletal Examination and Evaluation

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Musculoskeletal Examination and Evaluation PT 519
Course Syllabus Spring 2003

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Office Hours: Office Hours are by appointment only. Please e-mail me at jamesmatheson7147@msn.com or contact me in the afternoons at Peak Performance Physical Therapy at 542-0808 with any questions. I will be happy to answer your questions via e-mail or phone or set up a meeting with you as soon as possible. I will be placing all lecture materials on the internet in the PT 519 folder.

Course Objective: Each student will achieve an entry level proficiency in the examination and evaluation of lower extremity musculoskeletal pathology. Students will recognize the importance of objective and functional reassessment.

Time: Monday, Wednesday, Thursday 8-10 am

Location: Lectures- Skaggs 113 Labs – 020 (Note that Dr. Fehrer’s lectures will be extra the first two weeks on Wednesdays from 1:00 to 3:30 pm)

Required Texts
Clarkson: Musculoskeletal Assessment, 2nd ed
Magee, D: Orthopedic Assessment 4th ed
O’Sullivan, S: Rehabilitation 4th ed
Hall and Brody: Therapeutic Exercise
Faculty packet- notebook in LSS

Recommended resource texts
Hertling, D: Management of Common Musculoskeletal Disorders 2nd
Hoppenfeld, S: Physical Examination of the Spine and Extremities
Sahrmann, S: Diagnosis and Treatment of Movement Impairment Syndromes
Richardson, C et al.: Therapeutic Exercise for Segmental Stabilization in Low Back Pain
McGill, S: Low Back Disorders

January

27 Introduction and Lower Extremity Reflexes and Myotomes
29 Thoracic and Lumbar Spine ROM and MMT Also 1-3:30 Rm 117 with Dr. Fehrer
30 Different Spine Examination Models and Classifications
February
3  Spine surgeries and pathology
5  Thoracic and Lumbar Spine special tests Also 1-3:30 Rm 117 with Dr. Fehrer
6  Sacroiliac Joint (SIJ) Pathology
10 SIJ Special tests
12 SIJ Mobility testing and joint play: Coral Hanna
13 Examination #1: Coral Hanna
17 HOLIDAY
19 Hip Pathology and Surgery
20 Hip ROM and Hip MMT
24 Hip Special Tests and Joint Mobilizations
26 Hip Review
27 Review Spine, SIJ, and Hip

March
3  Practical #1 and Form Project Due
5  Knee ROM and MMT
6  Common Non-surgical Knee Disorders and Knee Special Tests
10 ACL and PCL and Knee Special Tests
12 Meniscal lesions and Knee Special Tests
13 Collateral Ligaments and Knee Special Tests
17 Complicated Knee Injuries and Knee Special Tests
19 Joint Play of the Knee
20 Knee Review
24  SPRING BREAK
26  SPRING BREAK
27  SPRING BREAK
31  Ankle AROM and MMT

April
3   Ankle Pathology and Special Tests
7   Ankle Surgeries and Special Tests
9   Ankle Joint Play and Special Tests
10  Foot ROM and MMT
14  Foot Pathology
15  Foot Special Tests
17  Joint play of the Foot
21  Foot and Ankle Review
23  Functional Testing Algorithm for the Lower Extremity
24  Gait analysis- Carrie Gajdosik
28  Gait analysis- Carrie Gajdosik
30  Gait analysis- Carrie Gajdosik

May
1   Gait analysis- Carrie Gajdosik
5   Gait analysis- Carrie Gajdosik
7   Review
8   Practical #2 and Form Project Due

FINAL EXAM – Scheduled for Wednesday, May 14 at 8-10
***This class is designed to have a large lab component, you will be expected to dress in appropriate clothing to fully expose the body part we are examining that day. Inappropriate dress hurts your partner, not you. **You may be asked not to participate if you are not dressed properly!**

***Class participation is expected, attendance will not be taken. You will be responsible for obtaining information from missed classes. You must contact me on or before the day of a test if you are sick or leave a message with Wendy (243-4753).

***Points will be deducted for late assignments at the rate of 10 percent per day, unless otherwise arranged.

***Grading (grades will be calculated for all units on the basis of percentage of hours):

<table>
<thead>
<tr>
<th>PT 519 Grade Breakdown</th>
<th>Points</th>
<th>Date Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test 1</td>
<td>100</td>
<td>2/13/03</td>
</tr>
<tr>
<td>Comprehensive Final Test</td>
<td>150</td>
<td>5/14/03</td>
</tr>
<tr>
<td>Case study</td>
<td>25</td>
<td>5/14/03</td>
</tr>
<tr>
<td>Subjective Form Project</td>
<td>20</td>
<td>3/03/03</td>
</tr>
<tr>
<td>Objective and Assessment Form Project</td>
<td>20</td>
<td>5/08/03</td>
</tr>
<tr>
<td>Practical 1</td>
<td>50</td>
<td>3/03/03</td>
</tr>
<tr>
<td>Practical 2 (comprehensive)</td>
<td>50</td>
<td>5/08/03</td>
</tr>
</tbody>
</table>

NOTES ON PROJECTS

- **Form Projects:** This project is for you to develop your own subjective and objective questionnaires. You may use something from a clinic you have worked at during a rotation or as a volunteer. However, you must type up and personalize your own form. I will place several examples in the LRC.

- **Case Study:** I am not assigning a formal case study. However I am working with Professor Laskin to incorporate PT 519 material into the project you are completing for his class.

NOTE ON PRACTICAL EXAMINATIONS:

- I will provide you with 5 patient case scenarios two weeks prior to your practical exam. You will have to become proficient in performing all ROM, MMT, joint play, and special tests for each scenario. You will be randomly assigned one of the five scenarios when you take your practical examination.

- Please do not solicit any information from students who have already taken the exam or do not discuss any part of the exam with classmates who have not taken the exam. By giving you the five possible scenarios you will be tested upon, there is no need for this type of discussion.