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Spring 1-2003

### PT 519.01: Musculoskeletal Examination and Evaluation

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## **Musculoskeletal Examination and Evaluation PT 519**

### **Course Syllabus Spring 2003**

Instructors: J.W. Matheson PT, MS, SCS, CSCS  
Coral Hanna PT, ATC  
Steve Fehrer PT, PhD  
Carrie Gajdosik, PT, MS

Office Hours: Office Hours are by appointment only. Please e-mail me at [jamesmatheson7147@msn.com](mailto: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, 2<sup>nd</sup> ed  
Magee, D: Orthopedic Assessment 4<sup>th</sup> ed  
O'Sullivan, S: Rehabilitation 4<sup>th</sup> ed  
Hall and Brody: Therapeutic Exercise  
Faculty packet- notebook in LSS

#### Recommended resource texts

Hertling, D: Management of Common Musculoskeletal Disorders 2<sup>nd</sup>  
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):

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

### 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.