Fall 9-1-2000

PT 516.01: Therapeutic Procedures I

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PT 516/517 THERAPEUTIC PROCEDURES I
UNITS I & II

TIME/DAY-  Monday: 10-11 & 1-3
            Wednesday: 1-3
            Thursday: 10-12
            Friday: 10-11

PROFESSOR- CARRIE GAJDOSIK, MS, PT
OFFICE HOURS- WHENEVER CONVENIENT (Please come by and visit.)

REQUIRED TEXTS:
  Magee D: Orthopedic Physical Assessment
  O'Sullivan, Schmitz: Physical Rehabilitation: Assessment and Treatment

SUPPLEMENTARY READING: (in student resource room)
  Minor MA, Minor SD: Patient Care Skills
  Pierson FR: Principles and Techniques of Patient Care, Toronto. W.B. Saunders Co.

LAB CLOTHING: Every class has the potential to include lab time. Men wear shorts and tee shirts, women wear shorts and sports bras. You may wear sweats over your clothes to stay warm until lab begins. Change into lab clothes before class starts. Students who do not wear lab clothes during lab will have 1 point for each incidence taken off their grade on their unit test. The lab area must be cleaned at the end of class.

PRACTICALS: Practical exams are given over a period of days. The following guidelines have been established to ensure confidentiality of the exam material as well as fairness to all students.

1. Do not solicit any information from students who have 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.
   While practical exams are in session do not study, practice, or otherwise loiter in the exam area.

EVALUATION PROCEDURE:
  90-100% = A        80- 89% = B
  70- 79% = C        < 69% - Repeat test or practical

  Lecture = 100 points (from written exam)  Lab – 50 points (practical exam)
Therapeutic Procedures I
Fall 2000

Professor: Elizabeth (Beth) Ikeda, PT, MS, OCS
Assisting: Patsy Mangan, PT, MS
Edie Smith, PT

Course Description:
a: Transfers, positioning, assistive gait-
b: Posture evaluation
** c: Musculoskeletal evaluation-special tests: 50 hours
** d: Soft Tissue Mobilization: 18 hours

Please note that the times and hours vary but our basic schedule will be Monday and Friday 10-11, Monday and Wednesday, 1-3 and Thursday 10-12.

Required Texts: Magee, D: Orthopedic Assessment 3rd ed
O'Sullivan, S: Rehabilitation 4th ed
Hall and Brody: Therapeutic Exercise
Faculty packet- notebook in LSS

Recommended resource texts:
Cyriax J: Textbook of Orthopedic Medicine
Kendall: Muscles- Testing and Function
Hoppenfeld: Physical Examination of the Spine and Extremities
Donatelli: Orthopedic Physical Therapy
Hertling: Management of Common Musculoskeletal Disorders

Recommended videos: Orthopedic Special tests

Musculoskeletal Evaluation
Course Schedule

October

13 + 16 (3) Introduction- Musculoskeletal Assessment
Assessing function

** Assignment: O'Sullivan 4th ed , chapter 5
O'Sullivan, 3rd ed, chapter 5 (notebook)
Magee- review chapter 1
Hall and Brody: pgs 1-19
Fac Pac-"Model of Orthopedic dysfunc..."

Interviewing-

16 + 20 (2) TMJ- skim chapter 4

23 + 26 (5) Shoulder
Assignment: Magee, Chapter 5

27 (1) Elbow
Assignment: Magee, Chapter 6

30+Nov 2 (5) Wrist and Hand
Assignment: Magee, Chapter 7

November

3+6 (2) Case study due - review

6 (2) MIDTERM EXAM (practical exams TBA)

9 (2) Cervical Spine
Assignment: Magee, Chapter 3

13 (3) Review test + C and Thoracic spine,
Assignment: Magee Chapter 8

16+17 (3) Lumbar Spine
Assignment: Magee Chapter 9

20 (3) Lumbar Spine, Myotomes and Pelvis ?
Assignment: Magee Chapter 10

27 (1) Pelvis

27+30 (4) Pelvis and Hip
Assignment: Magee, Chapter 11

December

1 (1) Hip

4 (3) Hip and Knee
Assignment: Magee, Chapter 12

7+8 (3) Knee

11+13 (5) Ankle-foot
Assignment: Magee, Chapter 13

14 Case study due- review in class

15 Review
FINAL EXAM - Thursday, December 21, 1-3 , Practicals will be given Finals week.

***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 (I know you know your anatomy by now!). Inappropriate dress hurts your partner, not you. You may be asked not to participate if you are not dressed properly!

*** You are expected to read the assignment for the day BEFORE coming to class. This will help you appreciate the subtleties of the in-class demonstrations and will save you time and energy in the long run. You should also plan on reviewing the videotapes. A list of the "special tests" which you are expected to know is attached (Some of them are not described in your text and some are not on the video, which is currently being revised).

***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 (243-5190 or 728-6858) or leave a message with Sheila (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):

**PT 516 grades**

- Test 1: 100 points
- Comprehensive Final (special tests): 200 points
- Case studies: 15 points each
- Quizzes: 25 pts

**PT 517 lab grades**

- Practical 1: 50 points
- Practical 2 - comprehensive ms eval + STM: 100 points

**NOTE ON 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 (or with someone else in their presence).

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.

Please contact me if you have any questions or problems at 243-5190, 728-6858(home) or leave a message in the office. Remember that I am always available to help you outside of class, but you must take the responsibility to come to me. Asking for help is NOT a sign of weakness— we (PT's) would be out of business if people did not ask for help.

**Schedule for Soft Tissue Mobilization:**

**October**

9 (3) Introduction  
Tissue Evaluation and Preparation  
Touch  

11 Massage, Effleurage, petrissage, Tapotement  
TRUNK/SPINE  

18 EXTREMITIES  

25 Soft Tissue Mobilization techniques  
TRUNK/SPINE  

**November**

1 quiz  
STM Extremities  

8 Friction Massage  

15 Inhibitive and deep techniques  
Cases and practice  

29- tools, trigger points, tender points  
Other practitioners  

**December** 6- Cases, open lab  

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Schedule for Musculoskeletal Pathology

Thursdays September 21, 28, October 5, 12, 19 10:00-12:00
All assignments are to be completed by the date under which they are listed.

Sept 6  
1-3 PM  
Lecture & LAB Introduction, draping & positioning

Sept 7  
10-12  
LAB - Draping and positioning  
Assignment: Watch video on positioning; Fac Pac: info on draping & positioning

Sept 8  
10-11  
LAB - Draping and positioning

Sept 11  
10-11  
Lecture- Body Mechanics and injuries on the job; sexual misconduct, functional levels  

1-3 PM  
LAB – Bed mobility and transfers  
Assignment: Watch transfer video; Fac Pac: info on transfers

Sept 13  
1-3  
LAB Transfers

Sept 14  
10-12  
LAB Transfers

Sept 15  
10-11  
Lecture in lab room- Introduction to assistive devices  

Sept 18, 20, 22  
LAB - assistive devices

Sept 25  
10-11  
LAB - assistive devices

1-3  
LAB – sensory testing  
Reading: O'Sullivan, pgs. 137-149 (stop at cranial nerve screening)

Sept 27  
1-3  
LAB – sensory testing
Sept 29  Lecture – Examination of Posture
10-11
Reading: McGee, Chapter 15: Assessment of Posture

Oct 2  Lecture – Examination of Posture
10-11

1-3  LAB - Posture

Oct 4  LAB – Posture, prepare for practical exam
1-3

Oct 6  WRITTEN EXAM
10-11

Oct 16th  Open lab review for practical exams
3-5

Oct 23-27 Practical exams (combined with modalities class)