Fall 9-1-2000

PT 569.01: Therapeutic Procedures II - Manual Therapy

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PT 569 - PHYSICAL THERAPY II - Manual Therapy

Fall semester, 2000

I. Credits: This section is 54 hours

II. Class Meets: T 10:10-12:00
    Th + F 8:10-10:00

III. Professor: Beth Ikeda, PT, MS, OCS, MTC
     Assisting: Patsy Mangan, Thursdays or Fridays

IV. Course Description: Theory, examination, and treatment of joint movement dysfunction.

*** 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. Kisner and Colby: Therapeutic Exercise, FA Davis Co
    2. O'Sullivan: review chapter 5
    3. Notebook in the lounge

VII. Supplemental and Resource Reading:
    Kaltenborn: The Spine, OPTP
    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 Livingston, 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,
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
Practical I 50 points
Comprehensive Final 100 points
Practical II 100 points
Cases
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 spine. 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. Keep in mind that this is your last class to focus on orthopedic problems and 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.

SCHEDULE
September 5- Intro to 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

7+8 Examination and treatment: The shoulder

12 Elbow

14 Wrist

15 + 19 Wrist and Hand

21 Case Study

22+ 26 Foot + Ankle

28 Knee
29 Review and open lab

October
3 Test 1 - Practicals this week
5 +6 review test and cont with Hip
10 Principles of Spinal Mobilization- start Cervical
12+13 Cervical
17 Thoracic
19 case
20 +24 Lumbar
26+27 SIJ
31 TMJ

November-
2 Case in class
3 FINAL - Practicals TBA

Schedule extra sessions?
PT 569 - THERAPEUTIC PROCEDURES II
PROSTHETICS AND ORTHOTICS UNIT
FALL SEMESTER

Professor: Carrie Gajdosik MS, PT

Class Times: Tuesday 10:10 AM - 12:00 PM
Thurs & Fri 8:10 - 10:00 AM

Course Description: Evaluation and treatment procedures for clients with prosthetic and orthotic appliances.

Evaluation Procedures
- Comprehensive Test: 100 points
- Practical: P/F
- Class and lab participation

Attendance to the night class is required. Unexcused absences will result in an incomplete for the class until the student makes up the class on his or her own time.

Grades from this class will be added to the other unit in this course. Grades for each unit are weighted according the number of class hours per unit.

Required Textbooks:
1. O'Sullivan, Schmitz: Physical Rehabilitation: Assessment and Treatment
2. Student Packet (UC book store)

Additional Readings: (In Mansfield Library)
1. 617.58 K18L Karacoloff: LE Amputations: Functional Outcome
2. 617.58 S215L Sanders: Lower Limb Amputation
3. 617.58 R345 Ranerjee: Rehabilitation Management of Amputations

Practical exam:
Students will be expected to 1) identify the components of LE prostheses and LE and spinal orthotics and 2) answer questions regarding the function and care of the devices. See course objectives.
PT 569 - THERAPEUTIC PROCEDURES II: PROSTHETICS AND ORTHOTICS UNIT
FALL SEMESTER 2000

Tues. Nov. 14  Introduction to LE Amputation

Thurs. Nov. 16  Components of LE Prosthesis by Doug Turner, Prosthetist
* Reading: O'Sullivan, Chapter 20

(11-12) LAB: prosthetic components

Tues. Nov. 21  Examination, Gait Abnormalities, and Treatment of the LE Amputee
* Reading: O'Sullivan, Chapter 19.
* Review the Prosthetic Gait Training book
* Watch Videos on gait training on your own

Nov. 22-26  THANKSGIVING HOLIDAY

Tues. Nov. 28  LE spinal Orthotics
* Reading: O'Sullivan, Chapter 30
* Watch Movie on UE amputee for lecture on Monday

Thurs. Nov. 30  Continue Examination, Gait Abnormalities, and Treatment

Thurs. Nov. 30  EVENING CLASS: Amputee Lab 7:00 PM to 8:30 PM

Fri. Dec 1  UE Prosthetics - Doug Turner

Dec 5,7  LE spinal Orthotics

Dec 8  Upper Extremity Orthotics: Lauren Parker, PT
* We need 2 electric frying pans and bring your own scissors

Tues. Dec. 12  Knee and ankle orthotics: Brenda Mahlum, PT

Thurs. Dec. 14  Lab: orthotics and prosthetics

Fri. Dec. 15  Foot orthotics: Joy McKay, PT

Final Exam:  Monday, Dec 18 8:10-10:00

PRACTICALS:  Week of December 18th