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Fall 9-1-2001

### HHP 489.01: Athletic Injury Assessment

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## **Athletic Injury Assessment**

**HHP 489 sec. 01**

**Autumn 2001**

**Instructors:** JC Weida M.S., A.T., C. & Jennifer Mason M.S., A.T., C.  
**Office:** Adams Event Center Room 249  
**Class Time:** MTWF 10:00 - 11:00  
**Final:** Wednesday, December 19, 8-10

### **Required Texts:**

- Chad Starkey and Jeff Ryan Evaluation of Orthopedic and Athletic Injuries
- Loudon, Bell, & Johnston The Clinical Orthopedic Assessment Guide

### **Course Prerequisites:**

- Professional Athletic Training students only or consent of instructor
- HHP 389

### **Course Description:**

- Recognition and assessment techniques for the identification of sport related injuries.

### **Course Objectives:**

1. Common injuries to each major body part as indicated by contemporary epidemiological studies of injuries in various sports.
2. Characteristic pathology of all common closed soft tissue injuries (sprains, strains, contusions, dislocations, etc.), open wounds (abrasions, lacerations, incision, punctures, etc.), and fractures.
3. Common etiological factors contributing to injury including congenital and/or acquired structural and functional abnormalities, inherent anatomical and biomechanical characteristics, common injury mechanisms, and adverse environmental conditions.
4. Commonly accepted techniques and procedures for clinical evaluation of common athletic injuries/illness including:
  - a) history, b) inspection, c) palpation, d) function testing (range-of-motion teasing, ligamentous/capsular stress testing, manual muscle testing, sensory and motor neurological testing, etc.), and e) special evaluation techniques.
5. Construction and phrasing of questions appropriate to obtaining a medical history of an injured/ill athlete including a past history and history of the present injury/illness.
6. Identification of observable clinical signs typically associated with common athletic injuries/illnesses including structural deformities, edema, discoloration, etc.
7. Location and palpation of "key" anatomical structures commonly involved in injury pathology including bony landmarks, ligamentous/capsular tissues, musculotendinous structures, abdominal regions, etc.
8. Administration of appropriate clinical laxity (stress) tests for ligamentous/capsular instability including application of the principles of joint positioning, segmental stabilization, pressure, etc.

9. Administration of appropriate sensory and motor neurological tests for intracranial injuries (conscious and unconscious athlete) and injuries to the spinal cord, nerve roots, plexuses and peripheral nerves.
10. Administration of commonly used "special tests" for evaluation of athlete injuries to various anatomical areas (Thompson test, apprehension test, etc.).
11. Incorporation of appropriate examination techniques and procedures into an effective, systematic scheme of clinical evaluation.
12. Recognition of the initial clinical evaluation by the Certified Athletic Trainer as an assessment and screening procedure rather than a "diagnostic" procedure.
13. Appreciation of the practical importance of thoroughness in the initial clinical evaluation of the athlete's injury/illness.
14. Respect for the injured athlete as an individual deserving of quality professional health care.
15. Acceptance of the injured athlete's physical complaint(s) without personal bias or prejudice.
16. Administration of static and dynamic postural evaluation and screening procedures including functional testing for muscle shortening.
17. Respect for accepted medical ,paramedical protocol involving confidentiality of medical information, medical ,therapeutic prescriptions, and health care referral as related to the rehabilitation process.

**Course Requirements:**

- Four Exams
- Four practical exams
- Two quizzes
- Tape Review

There will not be any makeup exams, quizzes or practical without prior authorization. If you are ill and unable to make an exam, please notify as early as possible. If at any time you are confused or have questions please ask.

**Grading Scale:**

- 91.5% - 100% A
- 83.5% - 91.4% B
- 74.5% - 83.4% C
- 67.5% - 74.4% D
- < 67.5% F

**Point Breakdown:**

- Four exams 100 pts each. . . . . 400 pts
- Eight tape reviews . . . . . 200 pts
- Four practical exams 100 pts each. . . . . . 400 pts
- TOTAL. . . . . 1000 pts

**THIS SYLLABUS IS SUBJECT TO CHANGE WHEN DEEMED NECESSARY BY THE INSTRUCTOR OR THE UNIVERSITY**

**ATHLETIC INJURY ASSESSMENT**

**HHP 489 - CLASS PLAN**

Autumn 2001

All lab days are in bold. Lab time will be spent doing evaluations. Please come dressed appropriately to be evaluated and prepared mentally to do evaluations. **DON'T WASTE YOUR TIME!**

Tue	9-4	Introduction to Class & Emergency Situations			
Wed	9-5	Splints & Spine Boards			
Fri	9-7	Physiology of Tissue Injury			
Mon	9-10	<u>Tape Review</u>			
Tue	9-11	Feet & Toes			
Wed	9-12	<b>Feet &amp; Toes Lab</b>			
Fri	9-14	Ankle & Lower Leg			
Mon	9-17	<b>Ankle &amp; Lower Leg Lab</b>			
Tue	9-18	<u>Tape Review</u>			
Wed	9-19	PRACTICAL I			
Fri	9-21	Review for Exam I			
Mon	9-24	EXAM I			
Tue	9-25	Knee			
Wed	9-26	<b>Knee Lab</b>	Mon	10-29	Eye
Fri	9-28	<b>Knee Lab</b>	Tue	10-30	<b>Face &amp; Eye Lab</b>
Mon	10-1	Gait	Wed	10-31	Head
Tue	10-2	Thigh & Pelvis	Fri	11-2	Head
Wed	10-3	<b>Thigh &amp; Pelvis Lab</b>	Mon	11-5	<b>Head Lab</b>
Fri	10-5	Review	Tue	11-6	<u>Tape Review</u>
Mon	10-8	<u>Tape Review</u>	Wed	11-7	Neck
Tue	10-9	Low Back	Fri	11-9	<b>Neck Lab</b>
Wed	10-10	<b>Low Back Lab</b>	Mon	11-12	Holiday
Fri	10-12	<b>Extra Lab Day</b>	Tue	11-13	Abdomen & Thorax
Mon	10-15	Genitourinary System	Wed	11-14	<b>Abdomen &amp; Thorax Lab</b>
Tue	10-16	Women's Health Issues	Fri	11-16	<u>Tape review</u>
Wed	10-17	Review for Exam II	Mon	11-19	PRACTICAL III
Fri	10-19	<u>Tape Review</u>	Tue	11-20	EXAM III
Mon	10-22	PRACTICAL II	Wed	11-21	Holiday
Tue	10-23	EXAM II	Fri	11-23	Holiday
Wed	10-24	Face	Mon	11-26	Shoulder
Fri	10-26	Face	Tue	11-27	Shoulder
			Wed	11-28	<b>Shoulder Lab</b>
			Fri	11-30	<b>Shoulder Lab</b>
			Mon	12-3	<u>Tape Review</u>
			Tue	12-4	Elbow
			Wed	12-5	<b>Elbow Lab</b>

Fri	12-7	Wrist & Fingers
Mon	12-10	Wrist & Fingers Lab
Tue	12-11	<u>Tape Review</u>
Wed	12-12	PRACTICAL IV
Fri	12-14	Review / Putting it All Together

Wed	12-19	FINAL 8:00 - 10:00 a.m.
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