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Fall 9-1-2001

### PT 569.02: Therapeutic Procedures II - Manual Therapy

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## **PT 569- PHYSICAL THERAPY II- Manual Therapy**

Fall semester, 2001

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: JW Matheson

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

**\*\*\* PLEASE NOTIFY ME IF YOU HAVE ANY JOINT DYSFUNCTION, SIGNIFICANT LIGAMENOUS 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 LSS

4. Kaltenborn: The Spine, OTP

VII. Supplemental and Resource Reading:

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,  
Churchill Livingstone, New York  
Maigne: Orthopedic Medicine, Charles C Thomas,  
Springfield, Ill.  
Mennell: Back Pain and Joint Pain, Little, Brown, and  
Co., Boston  
Bourdillon JF, et al: Spinal Manipulation, Butterworth Heinemann, Boston,  
Basmajian JS, Nyberg R: Rational Manual Therapies,  
Williams and Wilkins, Baltimore, 1993  
Grieve BP: Common Vertebral Joint Problems,  
Churchill Livingstone, NY, 1981  
Twomey and Taylor: Physical Therapy of the Low Back,  
Churchill Livingston  
White AA, Panjabi MM: Clinical biomechanics of the Spine,  
2nd ed, Philadelphia, JB Lippincott, 1990  
Butler D: Manipulation of the Nervous System

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	50 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. You will be graded on your SKILL- this means you must PRACTICE, PRACTICE, PRACTICE.

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### **SCHEDULE**

#### **September 4-** 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

6+7 Examination and treatment: The shoulder

11 Elbow

13 Wrist

14 + 18 Wrist and Hand

20 Case Study

21+ 25 Foot + Ankle

27 Knee

28 review/lab

### October

2 Test 1 - Practicals this week

4 +5 review test and cont with Hip

9 Principles of Spinal Mobilization- start Cervical

11+12 Cervical

16 Thoracic

18 case

19- Faculty retreat- reschedule Lumbar?

23 Lumbar

25+ 26 SIJ-

30 TMJ

### November-

1 Case in class

2 FINAL - Practicals TBA

Schedule extra sessions?