

UNIVERSITY OF WISCONSIN – STEVENS POINT - ATHLETIC TRAINING
SCHOOL OF HEALTH CARE PROFESSIONS

Course Title: AT 380: Orthopedic Evaluation of the Upper Extremity	Term: Fall 2017	Credits: 3
Instructor: Holly Schmies, PhD, LAT Phone: 346-2922/572-9600 Email: hschmies@uwsp.edu		
Time and Place: T 10:00-11:50; R 10:00 – 10:50 (AT 301 will meet on Thursday from 11:00 – 11:50)	Office hours: TBD (still working on AT coverage schedule)	

Required Textbook(s): *Evaluation of Orthopedic and Athletic Injuries* by Starkey (purchase)
Muscles: Testing and Function by Kendall (4th edition) (rental)

Course Description:

This class is designed for instruction of evaluation techniques for athletic injuries to the upper extremities, abdomen and thorax. Students will develop techniques and procedures based on orthopedic physical assessment.

Enduring Understanding:

Athletic Training Students will understand that...

- Effective injury assessment is essential for providing quality patient care

Essential Questions:

- How does an athletic trainer evaluate and injury?
- What steps/techniques are important for injury evaluation/assessment?
- How does proper injury assessment lead to better treatment and rehabilitation?

Knowledge (Know):

Athletic training students will be able to/can...

- Understand and apply all the steps in injury evaluation
- Describe upper body anatomy and how it relates to injury
- Perform and assess all neurological responses, range of motion, manual muscle tests and special tests that are needed to evaluate upper extremity injuries
- Analyze the clinical signs and symptoms of athletic injuries for proper assessment

Skills (Able to do):

Students will be able to/can...

- Perform a complete clinical examination of injury athletic injury for each joint of the upper extremity with efficiency and confidence
- Analyze and synthesize the results of the clinical examination to reach an accurate injury assessment

Dispositions (Value/appreciate):

Students will be able to/can...

- Appreciate that each individual patient/body is unique when performing injury assessment
- Appreciate the effect injury can have on the patient/athlete and the need to treat each person as an individual
- Value the importance of professionalism and ethical behavior when evaluating a patient

ASSIGNMENTS, POLICIES AND OTHER CONSIDERATIONS

ATTENDANCE AND PARTICIPATION

Attending class meetings is a requirement and professional expectation of the course/program. If you must miss class, please call before the missed class. If you do not call and talk with the instructor about your absence, it will be

considered unexcused absence. One excused absence is allowed with no loss of points, but for each absence after that the student will drop one letter grade.

- A student's grade will be dropped a ½ of letter grade for every two unexcused absences accumulated.
- Tardiness is considered an unexcused absence.
- Students are solely responsible for obtaining any course material missed due to absence.

Quizzes: There will be quizzes throughout the semester to challenge student's ability to identify topics related to the text and lecture material. They will be targeted toward the anatomy of the area we are studying. They will be worth various points based on the content of the quiz. All quizzes will be completed via D2L and you will be able to re-take them multiple times for learning purposes. You will not see the answers to the questions but you will see if you got them right or wrong. The highest score for the quiz will be recorded.

Exams: There will be four written exams throughout the semester to challenge the student's ability to recall information given. This is important part of preparation for the athletic training board exam which is taken completely in a computer based format. Exam 1: Head, Face, and Neck; Exam 2: Shoulder and Thorax; Exam 3: Elbow, Wrist and Hand; Exam 4: Abdominal and Comprehensive Final Exam. The final examination is cumulative in nature. The points for the exams will range from 50-75 points each depending on the length of each unit.

Assignments:

Concussion Review with your CP: You are all assigned to a CP as part of AT 301 which is associated with this course. You need to have a discussion with your CP about the concussion protocol they utilize at their school. There is a handout to prompt you for questions and your CP will need to sign the form to ensure you are ready for your experience with the CP and a concussion evaluation. (10pt)

Face Injury Assignment: Complete the worksheet provided to you on D2L. Please type your answers into the worksheet and upload to D2L. Also, bring a printed copy to class so you can add notes to your answers as we discuss the answers in class. (20pt)

Article Review (1) – Evidence Based Practice: You will each complete 1 article reviews throughout the semester. Articles will be assigned that will focus on patient assessment or outcomes for that specific area. Complete a review of this article related to Evidence Based Practice. The guiding question should be: how do/does the result(s) of the research impact our actions in the clinical setting? Does the research have merit? Should it change clinical practice? Should more research be done? See the rubric and review guide for more information. You will present your findings to the class when we cover that topic. (30pts)

Extra Information

AT 301 is the practicum (lab) course associated with this class. AT 301 is the "hands on" time for practice of the information that is learned in AT 380. It is important for you to frequently visit the information in this course outside of class time. You may be allowed time to practice during the clinical rotation, but if not, it is up to you to find time. In AT 380, you will only be evaluated on the didactic components of class. All practical assessments will be part of AT 301.

Accommodations: UWSP is committed to providing reasonable and appropriate accommodations to students with disabilities and temporary impairments. If you have a disability or acquire a condition during the semester where you need assistance, please contact the Disability and Assistive Technology Center on the 6th floor of Albertson Hall (library) as soon as possible. DATC can be reached at 715-346-3365 or DATC@uwsp.edu.

Academic Honesty and Academic Misconduct: You have chosen to come to UWSP to get an education and you are entitled to a great learning environment. I will do my best to create this environment for you and provide the opportunities you need to have a successful learning experience in this course. You will also have to commit to doing the same, work hard, and not engage in acts of disturbing the learning environment or acts of academic misconduct. You can find out more information on these definitions and your student rights and responsibilities at:

<http://www.uwsp.edu/dos/Pages/Academic-Concerns%20for%20Students.aspx>

Grading scale: The grade is calculated as follows. You will get the letter grade you earn.

A: 94-100%	B: 83-86%	C: 73-76%	D: 60-64%
A-: 90-93%	B-: 80-82%	C-: 70-72%	F: 59% or below
B+: 87-89%	C+: 77-79%	D+: 65-69%	

Tentative Course Outline:

Date	Topic	Due Dates	Readings
9/5	Course introduction – Review of athletic training skills/Concussions		The reading assignments for each day are not divided out separately for you – you are responsible for the chapter that coincides directly for that body part. Starkey will be the main texts for reading. Kendall will be utilized for manual muscle testing and neurological testing. (yes – this is hard to read in a different direction....I am just testing you to see if you are taking the time to read....even if it is difficult to understand at first 😊)
9/7	Concussions and Concussion Evaluations	Due: Concussion review with CP	
9/12	Head and Face	Due: Head and Face Anatomy Quiz	
9/14	Head and Face	Due: Facial Injuries Assignment	
9/19	Cervical Spine – Anatomy/Palpation/ROM/MMTs	Due: C-Spine Anatomy Quiz	
9/21	Cervical spine – Anatomy/Special Tests/Neuro		
9/26	Cervical spine – Pathologies		
9/28	Cervical Spine – Pathologies	Due: Article Review C-Spine	
10/3	Exam 1		
10/5	Shoulder – Anatomy/Palpation/ROM/	Due: Shoulder Anatomy Quiz	
10/10	Shoulder – Anatomy/MMTs/Special Tests/Neuro		
10/12	Shoulder – Anatomy/MMTs/Special Tests/Neuro		
10/17	Shoulder – Pathologies		
10/19	Shoulder – Pathologies	Due: Article Review Shoulder 1	
10/24	Shoulder – Pathologies	Due: Article Review Shoulder 2	
10/26	Shoulder - Pathologies		
10/31	Thoracic and Abdominal Anatomy/Assessment	Due: Thor/Ab Anatomy Quiz	
11/2	Thoracic and Abdominal Anatomy/Assessment	Due: Article Review Thor/Ab	
11/7	Exam 2		
11/9	Elbow – Anatomy/Palpation/ROM/ MMTs	Due: Elbow Anatomy Quiz	
11/14	Elbow – Anatomy/Special Tests/Neuro		
11/16	Elbow – Pathologies	Due: Article Review Elbow	
11/21	Wrist, Hand and Fingers (Anatomy)	Due: Wrist Anatomy Quiz	
11/23	Happy Thanksgiving!		
11/28	Wrist, Hand and Fingers (Anatomy)	Due: Hand/Fingers Anatomy Quiz	
11/30	Wrist Pathologies and Special Tests		
12/5	Wrist, Hand and Fingers Pathologies and ST	Due: Article Review Wrist	
12/7	Wrist, Hand and Fingers Pathologies and ST		
12/12	Wrist, Hand and Fingers Pathologies and ST	Due: Article Review Hand	
12/14	Exam 3		
Final	AT 380 – Wednesday Dec 20 th – 12:30-2:30pm		
Final	AT 301 – will have a final practical TBD		