

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

Course Title: AT 380: Orthopedic Evaluation of the Upper Extremity	Term: Fall 2016	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	Office hours: Office Hours: Mon 9-10; Tues/Thurs 2-3 (HEC 123)	

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 on the anatomy of the area we are studying. They will be worth various points and may be announced or unannounced.

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. The first 3 examinations will be focused on the body parts recently covered. 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:

I Hurt My Face!!: There are many myths surrounding what is the best treatment for facial injuries. You will be given questions on assessment and treatment of facial injuries. Complete the worksheet prior to coming to class. It must include assessment techniques, differential diagnosis, and also referral/treatment/prevention recommendations. (10pt)

Case Study: Utilizing one of the patients you observe in the clinical setting – you will present a case study for class. You will each be assigned a body part and will be part of the teaching with this case study. The case study will be presented by you to the class and you will ask participants to provide answers to you based on the background of the patient. We will do this toward the end of the units so all are versed on the tests and assessments. The case study must include the patient hx, testing and evaluation procedures and findings, actual diagnosis, differential diagnosis, treatment plan or referral. As you know, patient assessment is not always black and white! You will lead the class through the case study – 10 minute maximum. The goal is to create a case that is not an easy assessment/dx. (20pts)

Article Review (2) – Evidence Based Practice: You will each complete 2 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 – 25 for writing/critical application; 0-5 points for presentation)

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.

Grading scale: The grade will be awarded as follows:

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:

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 and Cleland will be the main texts for reading. Kendall will be utilized for manual muscle testing and neurological testing.

Date	Topic	Due Dates	Readings
9/6	Course introduction – Review of athletic training skills/Concussion review		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 and Cleland 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 😊)
9/8	Concussion Review - Head and Face	Due: Concussion review with CP	
9/13	Head and Face continued	Due: Facial injuries worksheet	
9/15	Holly late for class – Cervical Spine – Anatomy review		
9/20	Cervical Spine – Evaluation techniques and assessment		
9/22	Cervical spine – Pathologies		
9/27	Cervical spine - Pathologies	Article Review – c-spine	
9/29	Cervical Spine - Pathologies		
10/4	Exam 1		
10/6	Shoulder – Anatomy review		
10/11	Shoulder – Evaluation techniques and assessment		
10/13	Shoulder – Evaluation techniques and assessment	Article Review (acute shoulder)	
10/18	Shoulder – Pathologies		
10/20	Shoulder – Pathologies		
10/25	Shoulder - Pathologies	Article Review – (chronic shoulder)	
10/27	Shoulder - Pathologies		
11/1	Exam 2		
11/3	Elbow		
11/8	Elbow – (Meeting on your own – will have class work)	Meet for article review – send me summary	
11/10	Elbow		
11/15	Wrist		
11/17	Wrist		
11/22	Wrist	Article Review	
11/24	Happy Thanksgiving!		
11/29	Hand		
12/1	Hand		
12/6	Hand	Article Review	
12/8	Abdomen and Thorax		
12/13	Abdomen and Thorax	Article Review	
12/15	Exam 3		
Final	AT 380 – Friday 16 th 8:00-10:00am (practicals)		
Final	AT 301 – Mon 19 th 2:45-4:45pm (written for AT 380)		