Course Description: This course will provide the student with an understanding of techniques and rationale used in the examination, evaluation and treatment of hip, spine and upper extremity musculoskeletal dysfunction. Examination and treatment techniques will be demonstrated and practiced in laboratory sessions. Clinical problem-solving processes will be discussed and practiced in class. Content provided in previous courses and in concurrent courses will be incorporated.

Course prerequisites: PHT 6187C, 6206C, 6605C, 6188C, 6189C, 6207C, 6152C, 6770

Course Offered by: Department of Physical Therapy, College of Public Health and Health Professions, University of Florida

Credits: 4 credits

Course Instructors: Joel Bialosky, PT, PhD  FAAOMPT, OCS
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Judi Schack-Dugre PT,MBA,DPT
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Teaching Assistants: Brittney Barrie PT, DPT herdb@shands.ufl.edu
Abby Wilson PT,DPT abigail.wilson@ufl.edu
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Kaysha Heck PT, DPT kayshaheck@hotmail.com

Web Page address: http://lss.at.ufl.edu/ (Canvas)

Meeting Place/Clock hours: Tuesday and Thursday 8:00 am until 11:00 am CLC space
Wednesdays assigned clinics as scheduled
6-14 hours/week (classroom and clinic visits)

Course Objectives: Upon completion of the course, the student will be able to:
1. Musculoskeletal Examination and Evaluation
   1.1. describe the mechanisms of common injuries of the spine and upper extremity
   1.2. describe the signs and symptoms of common spine and upper extremity musculoskeletal disorders
   1.3. describe relationships between patient history and common dysfunctions of the spine and upper extremity
   1.4. discuss the principles behind the testing of joint motion, muscular strength and endurance, muscle flexibility and ligamentous integrity
   1.5. discuss and apply basic and advanced components of the musculoskeletal examination to the spine and upper extremity
   1.6. adapt examination techniques based on patient limitations
   1.7. conduct and record a comprehensive musculoskeletal history and physical examination
   1.8. describe the differential diagnoses for common injuries of the spine and upper extremity
   1.9. determine patient prognoses based on patient history and examination findings

2. Musculoskeletal Treatment
   2.1. discuss how to determine realistic goals of treatment and functional outcomes that specify expected treatment frequency and duration
   2.2. discuss the need to collaborate with patients, family members, payers, and other professionals in determining realistic goals of treatment
   2.3. demonstrate knowledge of bone and soft tissue repair and its application in treatment of musculoskeletal pathology
   2.4. discuss common musculoskeletal treatment schemes and the rationale for each scheme
   2.5. discuss treatment alternatives and describe how treatments can be adapted for individual patient circumstances
   2.6. discuss how orthopedic treatments are progressed from the initial evaluation through patient discharge and follow-up
   2.7. identify contributions and limitations of therapeutic exercise within the context of specific pathological processes
   2.8. demonstrate skill in the application of orthopedic treatment techniques including joint mobilization, joint manipulation, specific exercises, dynamic stabilization, and functional training
   2.9. develop appropriate re-evaluation strategies and demonstrate the ability to make changes in treatment plans consistent with re-evaluative findings

3. Musculoskeletal Practice
   3.1. recognize the importance of individuality and dignity of the patients
   3.2. demonstrate how to practice in a safe and ethical manner that minimizes risk to the patient and therapist
   3.3. demonstrate the ability to instruct patients in appropriate exercise technique
   3.4. discuss when and how to delegate responsibilities to the patient, support staff, and other professions
   3.5. demonstrate awareness of considerations for clinical practice (e.g. time management, personality conflicts, incorporation of evidence into practice, etc.)

**Teaching Methods:** Lecture, laboratory, discussion, clinical observation and guided case studies

**Required Textbooks:**
Dutton, *Orthopaedic Examination, Evaluation and Intervention*
Kisner & Colby, *Therapeutic Exercise: Foundations and Techniques*
**Specific readings will be announced prior to the associated class**

### CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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| Aug 22 | Fall Syllabus and Semester Review  
Introduction to LBP and Classification |
| Aug 24 | Quiz  
Low Back Pain |
| Aug 29 | Quiz  
Low Back Pain |
| Aug 31 | Low Back Pain |
| Sept 5 | Lumbar Competency  
Paper cases |
| Sept 7 | Quiz  
Thoracic Spine |
| Sept 12 | Quiz  
Cervical Spine |
| Sept 14 | Quiz  
Cervical Spine |
| Sept 19 | Cervical Spine |
| Sept 21 | Spine exercise and progression |
| Sept 26 | Spine manual therapy round robin |
| Sept 28 | Cervical and Thoracic Competency  
Cervical Paper Case Study |
| Oct 3 | Quiz  
Hip |
| Oct 5 | Quiz  
SOAP note review  
Hip |
| Oct 10 | Hip and spine patient case day |
| Oct 12 | Hip and Spine Practical |
| Oct 17 | Exam 1 |
| Oct 19 | Pelvic Floor |
| Oct 24 | Quiz  
TMJ |
| Oct 26 | Quiz  
Elbow |
| Oct 31 | Quiz  
Shoulder |
| Nov 2 | Quiz  
Shoulder |
| Nov 7 | Shoulder |
| Nov 9 | Shoulder Competency  
Shoulder paper cases |
| Nov 14 | Wrist and hand |
| Nov 16 | Wrist and hand |
| Nov 21 | Elbow wrist and hand competency  
Elbow, wrist, and hand paper cases |
| Nov 23 | No Class: Thanksgiving |
| Nov 28 | Upper extremity exercise and progression |
Upper extremity patient case day

<table>
<thead>
<tr>
<th>Dec</th>
<th>Practical Exam 2 (8:30 – 10:00 at CLC)</th>
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Topic order is subject to change and will be announced in class.

Where indicated, lecture material will be recorded and available on Canvas. Students are required to view the lectures prior to the scheduled class time and to come to class prepared to discuss the content.

**Testing and Grading:** Students’ performance will be assessed by written and practical examinations and written assignments. Grading is according to the Department of Physical Therapy Student Handbook.

<table>
<thead>
<tr>
<th></th>
<th>Percentage</th>
<th>Points</th>
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<tbody>
<tr>
<td>SOAP Notes (2 x 10)</td>
<td>9.5%</td>
<td>20</td>
</tr>
<tr>
<td>Quiz (11 x 5 points)</td>
<td>25.5%</td>
<td>55</td>
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<tr>
<td>Exam (2 x 40 points)</td>
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<td>80</td>
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<tr>
<td>Competency (4 x 5 points)</td>
<td>9.5%</td>
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<tr>
<td>Practical (2 x 20 points)</td>
<td>18.5%</td>
<td>40</td>
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<tr>
<td>Total</td>
<td>100%</td>
<td>215</td>
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**All scores/grades will be posted on Canvas**

**Grading Scale:**

<table>
<thead>
<tr>
<th>Grade Scale</th>
<th>Grade</th>
<th>Grade Points</th>
<th>Minimum Points Required</th>
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<tbody>
<tr>
<td>93 - 100</td>
<td>A</td>
<td>4.00</td>
<td>199.5</td>
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<tr>
<td>90 - 92</td>
<td>A-</td>
<td>3.67</td>
<td>193.5</td>
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<tr>
<td>87 - 89</td>
<td>B+</td>
<td>3.33</td>
<td>187</td>
</tr>
<tr>
<td>83 - 86</td>
<td>B</td>
<td>3.00</td>
<td>178</td>
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<tr>
<td>80 - 82</td>
<td>B-</td>
<td>2.67</td>
<td>172</td>
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<tr>
<td>70 - 79</td>
<td>C</td>
<td>2.00</td>
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<tr>
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<tr>
<td>&lt;60</td>
<td>E</td>
<td>0.00</td>
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**SOAP Notes:** Students will be responsible for writing up a SOAP note related to both the Hip and Spine case study AND the Upper Extremity case day. These should be typed unless prior arrangements are made with the course instructor. The structure of the SOAP note is at the discretion of the student; however, templates from clinical sites should not be used.

Spine and Hip SOAP assignment: due Wednesday 10/11 by 5 pm on Canvas
Upper extremity case study SOAP assignment: due Friday 12/1 by 5 pm on Canvas

Late assignments will still be accepted with a 20% point deduction.

**Quizzes:** A total of 11 quizzes worth 5 points each will be given during the semester.
Exams: Students receiving a grade of "C" or less on an exam should schedule an appointment to meet with the primary instructor. Students will be able to review their exams with the answer key the week following return of the exams. Questions missed by the majority of the students will be discussed in class. Students wishing to discuss exam questions should schedule individual appointments.

Competencies: Competencies will be used to assess proficiency in the application of manual and exercise techniques. A written assignment may be given if the manual or exercise technique is applied correctly, but knowledge of the concepts behind the technique is lacking. Students will be given one opportunity to retake the competency and have one point deducted from their grade if the first attempt is unsatisfactory. Students may also be given additional assignments and practice requirements to ensure proficiency.

Practical Examination: Practical examinations will be used to assess problem-solving skills in examination, evaluation and the formulation of an intervention for a clinical case. Practical examinations must be passed as indicated by a minimum score of 14 out of 20 possible points. Students scoring below a 14 or exhibiting unacceptable or unsafe performance will have 4 points deducted from their grade and will be provided one opportunity to retake the practical examination. Students must successfully pass the practical examination in order to pass the course.

Equal Access Clinic: Equal Access Clinic provides a unique experience to apply the material from this course and Musculoskeletal Disorders I in a supervised and low stress environment prior to having to apply the material clinically during your first full time internship. You are expected to attend Equal Access Clinic two times during the semester and fulfilling this requirement is necessary for successfully passing this course. Dr. Bialosky will work with the clinic directors to determine weekly attendance as proof of having fulfilled this requirement.

Attendance/Illness: It is expected that all students attend ALL class (lecture and laboratory) sessions. Students who are ill should contact the front office before class starts and should meet with the primary instructor regarding missed material.

Lab Set-up and Clean-up: Everyone is responsible for the clean-up of their own space and equipment, however, students will be assigned to return tables to an orderly arrangement on a rotating basis. Absence from a set-up or clean-up assignment without an excuse will result in a loss of professional behavior points.

Laboratory Activities: In order to expose bony landmarks etc. for visual orientation and palpation, students must have the proper laboratory attire as outlined in the student handbook. Nails must be trimmed short for palpation (for your lab partner's safety). Students are expected to be active participants in laboratory activities and maintain professional conduct. All instances of improper attire or unprofessional conduct will be documented in the students' professional development file.
Policy Related to Class Attendance: Students are expected to attend all class meetings. Please alert Drs. Lulofs-MacPherson and Bialosky and Dr. Dunleavy if an emergency prevents you from attending a class meeting. Class roll may be taken at the instructor's discretion. If a class meeting is missed, instructors and teaching assistants are not obligated to meet outside of class to review lecture or lab material. More than one non-emergency absence will be documented in the student's professional development file. Students are also expected to attend all clinical visits. Please contact Dr. McGehee if an emergency prevents you from attending a clinical visit.

Policy Related to Make-up Exams or Other Work: Students who miss a class because of an emergency or excused absence should make arrangements with the instructors to complete missed exams or assignments and with fellow students to obtain class notes/hand-outs or to gain information about lab activities. If the absence was unexcused, no opportunity will be given to complete the missed exams or assignments.

Academic Honesty: Per the University of Florida Department of Physical Therapy student handbook, students are required to abide by the UF Academic Honesty Guidelines. Cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior. The following pledge has been accepted by the University and is expected of all students:

"I understand that the University of Florida expects its students to be honest in all of their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in disciplinary action, up to and including expulsion from the University."

We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity. The following pledge is implied on all work submitted for credit by UF students and is required on case study assignments.

"On my honor, I have neither given nor received unauthorized aid in doing this assignment."

Unless specified otherwise in writing, all assignments, quizzes, and exams are to be completed independently. This means that collaboration with or assistance from any other person on assignments, quizzes or exams will be considered a violation of the UF Honor Code and referred to the Dean of Students office.

Accommodations for Students with Disabilities: Students requesting classroom accommodations must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide the documentation to the course instructor when requesting accommodation.

Counseling and Student Health: Students may occasionally have personal issues that arise in the course of pursuing higher education or that may interfere with their academic performance. If you find yourself facing problems affecting your coursework, you are encouraged to talk with an instructor and to seek confidential assistance at the UF Counseling & Wellness Center, 352-392-1575. Visit their website for more information: [http://www.counseling.ufl.edu/](http://www.counseling.ufl.edu/)

The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services, including primary care, women's health care, immunizations, mental health care, and pharmacy services. The clinic is located on the second floor of the Dental Tower in the Health
Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: www.health.ufl.edu/shcc

Crisis intervention is available 24/7 from:
Alachua County Crisis Center:
(352) 264-6789
http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx

**U Matter, We Care:** Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

**Class Demeanor Expected by the Professor (late to class, cell phones, lap tops):** Students are expected to come to class prepared to participate in discussions and lab activities. Students who arrive late to class should wait until a break to enter the classroom. Cell phones should not be used during class unless permission has been granted by an instructor. If a cell phone rings during lecture, the cell phone may be taken away until the end of class (at the instructor’s discretion). Lap tops may be used during lecture to take notes, but any other activity will result in the lap top being taken away until the end of the class, and more than one violation will result in lap top use being prohibited during class.