

The University of Georgia
EXRS 3100
Lower Extremity Injury Evaluation in Athletic Training

Instructor:

Cathy Brown

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office hours by appointment

Pre-Requisites

CBIO 2200, EXRS 2100

Course Purpose:

Lecture and lab sessions will introduce students to orthopedic evaluation and examination skills for the lower extremity. This course will help you develop skills to recognize, evaluate, classify, and grade musculoskeletal injuries. Laboratory sessions will involve hands on practice and testing, and incorporate individual orthopedic tests as well as comprehensive patient evaluations through partner and group work, paper patients, and clinical scenarios.

Course Goals:

1. Identify and define anatomical structures of the lower extremity and their role in orthopedic injuries and conditions. Describe relevant biomechanical factors for specific injuries.
2. Recognize, classify, and describe chronic and acute athletic injuries to the lower extremity.
3. Demonstrate, employ, and interpret results of orthopedic tests and evaluations of the lower extremity.
4. Organize and synthesize an appropriate orthopedic evaluation based on the patients' presentation and assess the injury in different environments (clinic, pre-practice, on-field).
5. Differentiate between and analyze orthopedic test results to formulate a clinical diagnosis.

Required Text:

- Starkey C., and Ryan, J. (1996) Evaluation of Orthopedic and Athletic Injuries 2nd Ed. FA Davis.
- Hoppenfeld, S. (1976) Physical Examination of the Spine and Extremities. Prentice-Hall.
- Konin, J. (2006) Special Tests for Orthopedic Examination 3rd Edition. Slack, Inc.

Supplemental Texts

- Arnheim, D. and Prentice, W. Principles of Athletic Training. Mosby.
- Booher, J. and Thibodeau, G. Athletic Injury Assessment. 2Mosby

WebCT Site

Please utilize the WebCT site. Course notes, information, and assignments will be posted on it.

Dress/Attire

To maintain a professional environment no hats will be worn during class periods.

During lab times and O/P test days you will be expected to dress in a manner which will allow access to the body part being evaluated. Failure to do so will result in 30 points being deducted from your final grade. There will be no excused absences from lab unless you are traveling with a team. 30 points will be deducted from your final grade for every absence from lab. When we are evaluating feet, please be considerate of your partner and practice food foot hygiene.

Course Reading Assignments

Unit 1

Basic injury evaluation procedures
Injury nomenclature and terminology
MMT/ROM
Gait evaluation
Posture
Test 1

Reading Assignment

Starkey 1
Starkey 2
Handouts
Starkey 9, Hoppenfeld 5
Starkey 3,

Unit 2

Toe and Foot Injuries
Ankle Injuries
Lower Leg injuries
Test 2

Starkey 4, Hoppenfeld 8
Starkey 5, Hoppenfeld 8
Starkey 5

Unit 3

Knee Injuries
Test 3

Starkey 6-7, Hoppenfeld 7

Unit 4

Thigh and Hip Injuries
Low Back Injuries

Starkey 8, Hoppenfeld 6
Starkey 10, Hoppenfeld 9

Final Examination is Cumulative

About 60% of the exam will test you over the most recent material, the other 40% will test you information from the entire semester.

Grading Procedures:

Grades will be based on examinations, quizzes/assignments, and oral/practical examinations. Grades will be based on total points earned.

Examination 1	100 points
Examination 2	100 points
Examination 3	100 points
Examination 4 (Final)	150 points
O/P #1	20 points
O/P #2	30 points
O/P #3	30 points
O/P #4	100 points
<u>Quizzes and Assignments</u>	<u>70 points</u>
Total Points	700 points

Grading scale:

A = 94-100%	B+ = 87-89%	C+ = 77-79%	D = 65-69%
A- = 90-93%	B = 84-86%	C = 74-76%	F = below 65%
	B- = 80-83%	C- = 70-73%	

O/P testing sessions will be scheduled outside of class for the most part during the weeks listed below. The final exam is cumulative. Approximately 60% of the exam will cover the most recent material, while the other 40% will cover comprehensive material.

Course Outline

****This course outline is tentative and subject to change**

Dates	Monday	Tuesday Lab	Wednesday
Aug 16			Course Intro Injury evaluation process
Aug 21,22,23	Injury evaluation process Nomenclature/Terminology	Manual muscle test basics Nomenclature and eval worksheets; Palpation	Nomenclature/Terminology
Aug 28, 29, 30	Gait biomechanics	Gait evaluation	Gait evaluation Postural assessment
Sept 04,05,06	NO CLASS - HOLIDAY	ROM assessment; girth measurements; Practice	Postural assessment
Sept 11,12,13	Postural assessment Review for Test 1	O/P #1	TEST 1
Sept 18,19,20	Toe and foot anatomy	Toe and foot injuries and mechanisms	Toe and foot evaluation
Sept 25,26,27	Toe and foot evaluation	Ankle/lower leg anatomy	Ankle/lower leg injuries & mechanisms
Oct 02,03,04	Ankle/lower leg evaluation	Ankle/lower leg evaluation Case studies/paper patients	Review for Test 2
Oct 09,10,11	TEST 2	O/P #2	Knee anatomy
Oct 16,17,18	Knee biomechanics	Knee injuries and mechanisms	Knee evaluation
Oct 23,24,25	Knee evaluation	Knee evaluation	Knee evaluation
Oct 30,31, Nov 1	Knee evaluation	Knee evaluation Case studies/paper patients	Knee eval Make up day if necessary
Nov 6,7,8	Review for Test 3	O/P #3	TEST 3
Nov 13,14,15	Hip and thigh anatomy	Hip and thigh injuries and mechanisms	Hip and thigh evaluation
Nov 20,21,22	Hip and thigh evaluation	Hip and thigh case studies/paper patients	Low back anatomy
Nov 27,28,29	Low back injuries and mechanisms	Low back evaluation	Low back evaluation, case studies/paper patients
Dec 4,5,6	Review for Final	O/P #4	Review for Final
Dec 13			FINAL EXAM 8-11 am

Honor code

University Honor Code and Academic Honesty Policy

Students in this course are expected to conform to the UGA Student Honor code:

“I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others”
Academic honesty means performing all academic work without plagiarism, cheating, lying, tampering, stealing, receiving unauthorized or illegitimate assistance from any other person, or using any source of information that is not common knowledge. Examples of academic dishonesty are copying answers from another student during an exam, giving a false excuse for failing to show up for an exam, obtaining advance copies by unauthorized means, and damaging a computer disk to prevent evaluation of the work on that disk. Students who assist other students in academically dishonest acts are in violation of the policy. Consequences of academic dishonesty may include receiving a lower grade, community service, a notation on the student’s transcript, or suspension or expulsion from the University. Students have the responsibility for knowing the University’s policies and procedures on academic dishonesty, which are described in the publication, A Culture of Honesty. Copies of this publication can be obtained from the Office of the Vice President for Instruction or may be viewed at the following web site:

<http://www.uga.edu/honesty/>

I have read and understand the above statement.

Signed: _____

Date: _____