

**LOWER EXTREMITY INJURY EVALUATION IN ATHLETIC TRAINING
EXRS 3100**

Instructor

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Pre-Requisites

CBIO 2200, EXRS 2100

Course Description

Classroom sessions will detail the procedures and techniques for the recognition and evaluation of athletic injuries that occur to the lower extremities. Laboratory experiences will emphasize the proper methods and techniques in evaluation of lower extremity pathologies.

Course Objectives

This course is designed to teach advanced injury evaluation techniques for the lower extremity. At the completion of the course, you will be able to recognize and classify the type and severity of lower extremity injuries based on their evaluation and the relevant biomechanical and anatomical factors that lead to an injury episode.

- A. You will be able to recognize and evaluate common injuries that occur during athletic participation, distinguishing between various types of acute and chronic injuries.
- B. You will be able to identify and perform a comprehensive injury evaluation to determine the severity of an injury and the potential damage that has occurred to specific structures of the lower extremity.
- C. You will identify the anatomical location of the major muscles, tendons, and ligaments of the lower extremity.

Required Texts

Starkey, C., and Ryan, J. (1996) Evaluation of Orthopedic and Athletic Injuries. Philadelphia: Davis.

Hoppenfeld, S. (1976) Physical Examination of the Spine and Extremities. Norwalk, CN: Appleton-Century-Crofts.

Konin, J. (1997) Special Tests for Orthopedic Examination. Thorofare, NJ: Slack, Inc.

Supplemental Texts

Arnheim, D. and Prentice, W. (1993) Principles of Athletic Training. 8th Edition, Mosby.

Booher, J. and Thibodeau, G. (1989) Athletic Injury Assessment. 2nd Edition, C.V. Mosby.

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 ever absence from lab. When we are evaluating feet, please be considerate of your partner and practice good foot hygiene!

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 exam 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 policy 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/ovpi/>.