

**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

Shultz, S., Hougum, P., Perrin, D (2000). Assessment of Athletic Injuries. Champaign, IL :Human Kinetics

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

Konin, J. (1997) Special Tests for Orthopedic Examination, 2nd Edition. Thorofare, NJ: Slack, Inc.

Supplemental Texts

Starkey, C., and Ryan, J. (1996) Evaluation of Orthopedic and Athletic Injuries 2nd Edition. Philadelphia: Davis.

rnheim, 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 no 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!

COURSE READING ASSIGNMENTS

UNIT 1

Basic Injury Assessment Procedures
Anatomy Review of Bones, Muscles, Joints
Injury Nomenclature
Gait Evaluation / Posture

Test 1

READING ASSIGNMENT

Shultz 1

Shultz 2
Supplement, Hoppenfeld 5

UNIT 2

Toe and Foot Injuries
Ankle Injuries
Lower Leg Injuries

Test 2

Shultz 8, Hoppenfeld 8
Shultz 8, Hoppenfeld 8
Shultz 8

UNIT 3

Knee Injuries

Test 3

Shultz 9, Hoppenfeld 7

UNIT 4

Thigh and Hip Injuries
Low Back Injuries

Shultz 9-10, Hoppenfeld 6
Supplement, 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 on information from the entire semester.

GRADING EXRS 3100

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)	120	points
O/P #1	20	points
O/P #2	30	points
O/P #3	30	points
O/P #4	100	points
Quizzes and assignments	50	points
TOTAL POINTS	650	points

Final Grade

A	585 points	= 90%
B	520 points	= 80%
C	455 points	= 70%
D	390 points	= 60%
F	< 390 points	

TENTATIVE COURSE OUTLINE
EXRS 3100

Week	Monday	Wednesday
1	Course intro Assessment procedures	Assessment procedures Injury nomenclature
2	Injury nomenclature Bones, muscles, joints anatomy review	Bones, muscles, joints anatomy review
3	Normal phases of gait	Test review
4	TEST 1	Toe, foot, and ankle anatomy
5	Toe, foot, and ankle injuries and mechanisms	Toe, foot, and ankle injuries and mechanisms
6	Lower leg anatomy	Lower leg injuries and mechanisms
7	Discussion of case studies relevant to toe, foot, ankle, and lower leg injuries	Test review
8	TEST 2	Knee anatomy
9	Knee anatomy and biomechanics	Knee biomechanics
10	Acute knee injuries (ligament) assessment and mechanisms	Acute injuries (meniscus and bones) assessment and mechanisms
11	Extensor mechanism injuries, assessment and mechanisms	Extensor mechanism injuries, assessment and mechanisms
12	Test review	TEST 3
13	Thigh and hip anatomy	Thigh and hip anatomy and biomechanics
14	Thigh and hip injuries, assessment and mechanisms	Low back anatomy
15	Low back injuries, assessment and mechanisms	Low back injuries, assessment and mechanisms