

The University of Georgia
KINS 3100
Lower Extremity Injury Evaluation in Athletic Training
MW 9:05-9:55 Ramsey 114; T 8:00-9:15 Ramsey 110

Instructor:

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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.
- Floyd RT Manual of Structural Kinesiology. McGraw Hill

WebCT Site

Please utilize the WebCT site. Course notes, information, and assignments will be posted on it. The email address associated with WebCT (your @uga.edu address) will be the primary method of communication for this class. If you wish, set WebCT to forward to your preferred email address.

Dress/Attire/Attendance

- A total of 3 absences will be allowed for the class. Team travel or a note from the Health Center/MD will not count toward your 3. For every absence over 3, your grade will be lowered by 1/3 letter grade.
- 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 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 you final grade for every 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 evaluation procedures
Injury nomenclature and terminology
MMT/ROM
Gait evaluation
Posture
Soft Tissue Management
Fractures
Test 1

Reading Assignment

Handouts
Handouts
Handouts
Hoppenfeld 5
Handouts
Starkey 2
Starkey 3

Unit 2

Toe and Foot Injuries
Ankle Injuries
Lower Leg injuries
Test 2

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

Unit 3

Knee Injuries
Test 3

Starkey 6-7, Hoppenfeld 7

Unit 4

Femur, Hip and Pelvis Injuries
Lumbar Spine Injuries

Starkey 8, Hoppenfeld 6
Starkey 14, Hoppenfeld 9

**The Konin special test book will be used in each section as necessary

Final Examination is Cumulative

Approximately 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	50 points
<u>Quizzes</u>	<u>50 points</u>
Total Points	680 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 in and out of class for the most part during the weeks listed below. The final O/P is cumulative. Approximately 60% of the final oral-practical will cover the most recent material, while the other 40% will cover comprehensive material.

Course Outline LE Eval

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

Dates	Monday	Tuesday Lab	Wednesday
Aug 17, 18, 19	Course Intro Injury evaluation process	Goniometry, girth, MMT, postural screen	Integrated Injury Management - 1
Aug 24, 25, 26	Gait evaluation – Dr. Brown	Gait evaluation – Dr. Brown	Soft Tissue Management - 2
Aug/Sept 31, 1, 2	Soft Tissue Management - 2	Mock practical	Fractures: Diagnosis and Management - 3
Sept 7, 8, 9	Holiday – No Class	O/P #1	TEST 1
Sept 14, 15, 16	Toe and foot anatomy	Toe and foot special tests	Toe and foot injuries and mechanisms - 5
Sept 21, 22, 23	Toe and foot evaluation	Ankle/lower leg special tests	Ankle/lower leg injuries & mechanisms
Sept 28, 29, 30	Ankle/lower leg evaluation	Ankle/lower leg evaluation	Paper patients Review for Test 2
Oct 5, 6, 7	TEST 2	O/P #2	Knee anatomy
Oct 12, 13, 14	Knee biomechanics	Knee special tests	Knee injuries and mechanisms - 6
Oct 19, 20, 21	Knee evaluation	Knee evaluation – On the Field Eval	P/F Injuries - 7
Oct 26, 27, 28	P/F evaluation	P/F evaluation/special tests	Knee eval Make up day if necessary
Nov 2, 3, 4	Review for Test 3	O/P #3	TEST 3
Nov 9, 10, 11	Hip and thigh anatomy, Injuries, and mechanisms - 8	Hip and thigh eval/special tests	Hip and thigh evaluation Case studies/paper patients
Nov 16, 17, 18	Low back evaluation - 14	Low Back Special Tests	Low back anatomy, injuries, mechanisms
Nov 23, 24, 25	NO CLASS - THANKSGIVING	NO CLASS - THANKSGIVING	NO CLASS - THANKSGIVING
Nov/Dec 30,1, 2	Low back evaluation	Low back evaluation	Catch up day
Dec 7	Review for Final	NO CLASS	READING DAY
	FINAL EXAM O/P #4		

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: _____