

EXRS 3110:
UPPER EXTREMITY INJURY EVALUATION IN ATHLETIC TRAINING

COURSE INFORMATION

Course Instructor: Mike Ferrara 542-4801(o) mferrara@uga.edu
Office hours: by appointment
Meeting Time: Monday and Wednesday 9:05-9:55am

LABORATORY INFORMATION

Teaching Assistant: Janie Herrema and Tracy Ramos
Meeting Time: Tuesday 8:00-9:15am Room 110 Ramsey

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

Catalog Description: The procedures and techniques for the recognition and evaluation of athletic injuries that occur to the upper extremities. Laboratory experiences will emphasize the proper methods and techniques in evaluating upper extremity pathologies.

Course Objectives: This course is designed to teach you advanced injury evaluation techniques of the upper extremity. The student will also be able to classify the type and severity of injuries. Factors that lead to an injury episode such as anatomical and biomechanical considerations will be discussed.

Specific Objectives - Cognitive

Describe commonly accepted techniques and procedures for evaluation of the common injuries and illnesses that are incurred by athletes and others involved in physical activity. These techniques and procedures include the following: a) taking a history, b) inspection or observation, c) palpation, d) functional testing (ROM, ligaments or capsular stress testing, MMT, neurological evaluation to include sensory, motor and reflex testing).

1. Explain how to take measurements and the evaluation of neurological function of cranial and spinal nerves and brachial plexus to include the measurement of and grading of myotomes, dermatomes and reflexes.
2. Describe active, passive and resistive ROM testing and differentiates the significance of the finding of each test.
3. Explain the role of special tests and postural examination in injury assessment.
4. Explain how to measure muscular function using manual muscle testing and break tests.
5. Describe the etiological factors, signs, symptoms and management procedures for injuries of the head, face, thorax, spine, shoulders, upper arm, elbow, forearm, wrist, hands, and fingers.
6. Explain how to identify and evaluate various postural deformities.
7. Describe the signs and symptoms of injuries to the abdominal viscera.

Specific Objectives - Psychomotor

8. Construct and phrases appropriate questions to obtain a medical history of an injured or ill individual that includes previous history and history of the present injury or illness.
9. Visually identify clinical signs associated with common injuries and illnesses.
Palpate bony and soft tissue structures to determine normal or pathological tissues.
10. Demonstrate active, passive and resistive ROM tests for the upper extremity and neck.
11. Measure active and passive ROM with a goniometer.
12. Perform appropriate MMT and/or break tests for the neck and upper extremity.
13. Apply appropriate stress tests for ligament instability of the upper extremity.
14. Apply appropriate and commonly used special tests to evaluate athletic injuries.
15. Assess neurological function of cranial, spinal nerves and the brachial plexus to assess the level of spinal cord involvement following injury, including the function of dermatomes, myotomes and deep tendon reflexes.

Specific Objectives - Clinical

Demonstrate the appropriate recognition of the signs and symptoms and to perform a clinical evaluation for the following injuries, illnesses and/or conditions:

Shoulder/Upper Arm

Dislocation/subluxation of the glenohumeral joint, Sprains of the SC, AC and glenohumeral joints, Brachial plexus nerve injury, Bursitis (subdeltoid, subacromial), Rotator cuff strain, Rupture of the long head of the biceps, tenosynovitis of the long head of the biceps, Fractures (clavicle, scapula, humerus), Epiphyseal plate injuries, Thoracic outlet syndrome, Sprengel=s deformity, Winging scapula

Elbow

Bursitis (Olecranon etc.), Dislocation/subluxation of the elbow, Epicondylitis, Ephyseal plate injuries, Fractures, Nerve injures (radial, ulnar, median), Supracondylar fractures, Ulnar nerve contusion, Sprains, Osteocondritis dissecans, tenosynovitis and tendinitis

Forearm, Wrist and Hand

Fractures (Bartons, Bennett, Boxer=s, Colles, Navicular, radius, ulnar, metacarpal, phalanges, Smith=s etc), Carpal tunnel syndrome, Boutonniere deformity, ganglion, Sprains (wrist, IP, etc.), Dislocation of wrist, lunate, IP etc.), Epiphyseal plate injuries, Felon, Paronychia, Profundus tendon rupture, Volkmann=s ischemic contractures, Disease states (clubbed nails, spoon shaped nails etc.)

Head/Face

Concussion, Intracranial hematoma (epidural, subdural intra cerebral), Skull Fracture, Post concussion syndrome, Orbital blowout fracture, Cauliflower ear, Corneal abrasion and laceration and retinal injuries, dental injuries, Fractures (nose, maxilla, mandible etc.), Otitis externa and media, Styte and hyphema, temporomandibular joint injuries

Neck and Spinal Column

Dislocation/subluxation, Brachial plexus stretch injuries, Vertebral fractures, Nerve root compression and spinal stenosis, Spinal cord injuries (concussion), Spondylitis, spondylolysis, spondylolisthesis, Sprains (intervertebral) and Strains, Postural deviations (kyphosis, lordosis, scoliosis), Intervertebral disc herniation

Thorax/Abdomen/Urogenital

Contusion (ribs, sternum, etc.), Costochondral Injuries (sprain, strain, fracture), Fractures (ribs, sternum), Hernia, Internal Organ injuries (kidney, liver, spleen), Pneumothorax, Testicle contusion, Ulcer, Hemorrhoids, Celiac Plexus Syndrome,

Required Text

1. Starkey C., and Ryan, J. (1996) Evaluation of Orthopedic and Athletic Injuries 2nd Edition. Philadelphia: FA Davis.
2. Hoppenfeld, S. (1976) Physical Examination of the Spine and Extremities. Norwalk, CN: Appleton-Century- Crofts.
3. Konin, J. (1997) Special Tests for Orthopedic Examination 2nd Edition. Thorofare, NJ: Slack, Inc.

Supplemental Texts

1. Prentice, W. (2002) Arnheim's Principles of Athletic Training. 12th Edition, Mosby.
2. Kendall, F., McCreary, E., Provance, P. (1993) Muscles Testing and Function, 4th Edition. Baltimore, MD. Williams and Wilkins.
3. Stone, R., Stone, J. (2003). Atlas of Skeletal Muscles 4th Edition. Boston, Massachusetts, McGraw Hill.

Course Attendance and Dress Policy

Students are expected to attend each classroom and laboratory meeting. Three class meetings and one laboratory session may be missed without affecting your final grade. For each additional absence, you will be deducted **30 points** from your final point total. Travel with teams will not count as an absence unless you fail to notify the instructors prior to team travel.

Class will begin promptly at 9:05! Tardiness will not be tolerated. A closed classroom door indicates that instruction time has begun. It will be the policy of the instructor to allow no one to enter the classroom when the door has been closed. Lateness will be treated as an absence.

Failure to dress appropriately for laboratory will result in an automatic **50 point** deduction from your final point total. There will be no warnings or excuses accepted.

Policy for Make-Up Examination and Quizzes

Unexcused missed tests and quizzes will not be made up unless prior permission is obtained from me. Supporting medical documentation will be required before any make-up is granted.

Academic Honesty

The University of Georgia and the Athletic Training Education program seeks to promote and ensure academic honesty and personal integrity among students and members of the University community. All academic work must meet the standards contained in "A Culture of Honesty."

Students are responsible for informing themselves about those standards before performing any academic work. Academic honesty means performing all academic work without cheating, lying, tampering, stealing or receiving assistance from any other person or using any source of information that is not common knowledge. You should read and become familiar with A Culture of Honesty publication which defines the policies, procedures and sanctions for academic honesty. The link to more detailed information about academic honesty can be found at: <http://www.uga.edu/ovpi/honesty/acadhon.htm> These procedures will be strictly enforced by your instructor(s).

GENERAL COURSE OUTLINE

<u>DATE</u>	<u>TOPIC</u>
1/7	Syllabus and Shoulder Anatomy I
1/9	Shoulder Anatomy I
1/14	Shoulder Anatomy II
1/16	Shoulder Anatomy II
1/21	MLK Day - NO CLASS
1/23	Shoulder Injuries, Conditions, and Evaluation I
1/28	Shoulder Injuries, Conditions, and Evaluation II
1/30	Shoulder Injuries, Conditions, and Evaluation III
2/4	Brachial Plexus Anatomy and Evaluation
2/6	Brachial Plexus Anatomy and Evaluation
2/5	Test Review
2/11	TEST # 1
2/13	Elbow Anatomy I
2/18	Elbow Anatomy II and Elbow Injuries, Conditions, and Evaluation I
2/20	Elbow Injuries, Conditions, and Evaluation II
2/25	Hand and Wrist Anatomy I
2/27	Hand and Wrist Anatomy II
3/3	Hand and Wrist Injuries, Conditions, and Evaluation I
3/5	TEST #2
3/10 & 12	SPRING BREAK - NO CLASS
3/17	Head, Neck, & Face Anatomy
3/19	Head, Neck and Face Injuries, Conditions, &Evaluation I
3/24	Head, Neck and Face Injuries, Conditions, &Evaluation II
3/26	Concussion Evaluation
3/31	Concussion Evaluation
4/2	TEST #3
4/7	Thoracic Cavity Anatomy
4/9	Thoracic Cavity/Internal Injuries and Evaluation
4/14	Spine Anatomy
4/16	Thoracic Spine/Back Injuries and Evaluation
4/21	Lumbar Spine/Back Injuries and Evaluation
4/23	Final Exam Review
4/28	Final Exam Review/Evaluations
5/5	FINAL EXAM (8:00 - 11:00am)

Quizzes/Evaluation Scenario

There will be announced quizzes/evaluation scenarios given during the semester, each worth a variable amount of points (no less than 5 no greater than 15) The total amount of points allotted for quizzes will be 20 points. All quizzes will cover material that has been previously presented in class or laboratory.

Tests

There will be 3 unit tests and a final *comprehensive* exam to be given on **Monday May 5th @ 8:00am**. All tests will cover readings, lectures, and laboratory information. Test material will be gathered from notes, slide presentations, text, assignments, and lectures. Exact test dates will be announced in class. If you have any special needs for taking the test, please notify the instructor in advance.

GRADING

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

Examination 1	100 points
Examination 2	100 points
Examination 3	100 points
Final Examination	130 points
Shoulder O/P	25 points
Elbow O/P	25 points
Hand, wrist, and finger O/P	25 points
Final O/P	50 points
<u>Quizzes</u>	<u>20 points</u>
TOTAL POINTS POSSIBLE	575 points

FINAL GRADE

A	529 points or better
A-	500.5-529 points
B+	477-500 points
B	460-477 points
B-	442-460 points
C+	419.5-442 points
C	402-419 points
D	345-402 points
F	Less than 345 points

FINAL EXAMINATION IS Monday May 5th @ 8:00am AND IS COMPREHENSIVE!

The contents of this syllabus are tentative and may be changed during the progression of this semester. You will be given a written copy of any changes.