

**Western University
Faculty of Health Sciences
School of Kinesiology**

KINESIOLOGY 4560A

Welcome to Advanced Topics in Musculoskeletal Rehabilitation!

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Office Hours: I am happy to meet with you daily between 7 am-2 pm by appointment

<u>Class Times and Location:</u>	Lecture	4 hours/week	TH1102 or 3102
	Tuesday	11:30 – 1:30	
	Thursday	11:30 – 1:30	

NOTE: All course information is available via OWL.

Calendar Course Description

Students will build on previous knowledge gained throughout their undergraduate classes and apply them to all aspects of the rehabilitation process, including evidence of based practice, clinical assessment/treatment techniques, therapeutic modalities and charting.

My Course Description:

Life is a hands-on experience. So is this class! Like a giant game of Jenga, we will be building on past knowledge and incorporating new knowledge and practical skills to create an effective evidence-based rehabilitation repertoire, that you can put to work immediately! On completion students will also take with them an evidence-based portfolio generated by amalgamating the CATs created by the entire class.

Learning Objectives:

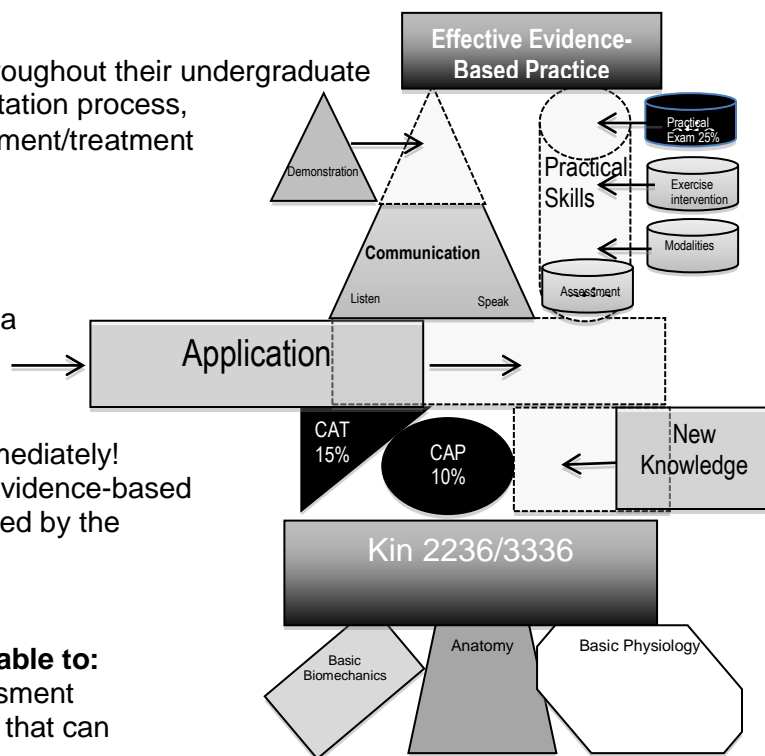
Upon completion of this course students will be able to:

Access a practical knowledge base to include assessment techniques, exercise demonstration and prescription that can be applied immediately in any rehabilitation setting.

Identify and delineate theoretical terms, concepts, and philosophies related to subjective and objective assessment techniques.

Compare and contrast theoretical approaches to rehabilitation.

Synthesize research and theoretical knowledge as it relates to a particular research topic and present in the form of a Critically Appraised Paper (CAP) and Critically Appraised Topic (CAT)



Pre-requisites: Kin 3336A/B

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course. Lack of a pre-requisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found ineligible for a course, you may be removed from it at any time and you will receive no adjustment to your fees. This decision cannot be appealed.

Course Evaluation Summary

CAP	10%	September 28 at 1:30 pm*
Infographic	15%	Due Nov. 2 on-line at 11:00 pm*
Midterm	25%	Nov 9 Room TBA
Practical	25%	December 5th (noon-8 pm)
Final	25%	Date TBA

*Late submissions will not be accepted and will be graded as 0.

Practical assessment will be completed on december5th. 5 minute practical exam and a 45 minute scenario based written component. Specifics regarding content will be given during the course.

Textbook: Highly recommended! It is expensive, but will be a great resource for those who want to continue in any way in the rehabilitation field.

Houglum, Peggy. Therapeutic Exercise for Musculoskeletal Injuries, 3rd edition, Human Kinetics, Windsor, 2011

Proposed Schedule of Topics*

Date	Topic	Chapter
September 7 th	Lecture 1 Evidence Based Practice (CAPs AND CATs)	
Sept 12	Literature Search Strategies and Tricks & CAP Search Time Taylor Library Kellogg room	
Sept 14	Lecture 2 Concepts of Rehabilitation and Case study 1	
Sept 19	Case take-up and Lecture 3 Physics of Rehabilitation	
Sept 21	Lecture 4 Aqua-therapy & Therapeutic Modalities Case Study 1.2- revisit	
Sept 26	Aqua therapy lab in pool- Bring swimsuits in Rec. Centre pool 2 - 1 hour sections	
Sept 28	Lecture 5 Concepts of Healing CAP due!	
Oct 3.	7-9:30 pm Practical Session at Fowler Kennedy – no class in AM	
Oct 5	Lecture 6 Examination and assessment review, AROM, PROM & Flexibility Measurement Techniques	

Date	Topic	Chapter
Oct 9-13	Thanksgiving and Fall Reading Week	
Oct 17	AROM and Flexibility practical session Testing	
Oct 19	AROM and Flexibility practical session Testing	
Oct 24	Lecture 7 Muscle Strength & Endurance Principles- Measurement &	
Oct 26	Strengthening Practical session	
Oct 30	Lecture 8 Proprioception Techniques For Upper & Lower Extremity	
Nov 2	Proprioception and Functional activity Lab Infographic due!	
Nov 7	Lecture 9 Posture and Alignment	
Nov 9	Midterm- during class time - room TBA	
Nov 14	Posture and alignment lab-	
Nov 16	Lecture 10 Back pain and Case based- Subjective exam/interview	
Nov 21	Lecture 11 Core and C-spine Stability	
Nov 24	Core lab	
Nov 28	Lecture 13 Gait Aids Practical Session- Selection, Fitting, Education, Surfaces	
Nov 30	Pulling it all together- Practical Application Lab 1	
Dec 5	Practical Exam. ~1 hr time slots from noon- 8 pm	

*** Topics and dates may vary by term**

Please make sure you are familiar with the information below!

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the instructor. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

2. **Written documentation:** Students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the Kinesiology Undergraduate Office **not** to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An "Accommodation Consideration Request Form" found online or in the Kinesiology Undergraduate Office" for **ALL** such accommodation requests must be submitted into the Kinesiology Undergraduate office. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy. See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.

3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.
15% of course grades will be posted by the last day to drop a course.

4. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:
http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>)

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. **Formatting** (*as recommended by the course instructor*): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the **Examination Conflict policy**, "A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor." **This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

7. **Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place

them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave

8. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

Students who are in emotional/mental distress should refer to Mental Health@Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.”