

THE UNIVERSITY OF WESTERN ONTARIO
LONDON CANADA

Faculty of Health Science
Musculoskeletal Disorders in Rehabilitation
Rehabilitation Science 3360B

COURSE INFORMATION

Lecturer Peter Theodosopoulos, MS(Kin), DPT (Physical Therapy), CertMDT
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Office Hours: By appointment

Course Website: <https://webct.uwo.ca>

Times and Location of Lectures: HSB-35
Wednesday 6:00-9:00pm

COURSE DESCRIPTION

An introductory course in the area of musculoskeletal disorders is encountered in sport and in the workplace. Materials covered include the mechanisms of injury, tissue biomechanics, pathology, assessment, treatment and prevention of acute and chronic trauma. Current evidence based practices in diagnostic testing and treatment options will be addressed. Topics will include injuries in both upper and lower extremities, spinal pathologies and workplace prevention. Problem solving and critical inquiry will be addressed through various case reviews and simulations.

The course is offered in **lecture/seminar format** (3 hour/week)

Prerequisites:

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Antirequisite(s): Health Sciences 3091A if taken in 2008-2009 or 3091B section 001 if taken in 2011.

Prerequisite(s): [Health Sciences 2300A/B](#) or [2330A/B](#) or [Kinesiology 2222A/B](#) or Anatomy & Cell Biology 2221.

Corequisite(s):

Pre-or Corequisite(s): Registration in a Rehabilitation Sciences module or enrollment in the School of Health Studies.

Upon completion of this course, the student will be able to:

1. Demonstrate a working clinical knowledge of the anatomy, biomechanics and pathomechanics of the spine and extremities as they relate to the musculoskeletal system
2. Demonstrate an understanding of the mechanisms of injury and disease and identify various conditions and disease processes seen in the rehabilitation setting.
3. Demonstrate an understanding of current evidence based musculoskeletal diagnostic tests and assessments, including, but not limited to CT, MRI, EMG, and X-ray
4. Demonstrate a working knowledge of current evidence based musculoskeletal treatment procedures and protocols
5. Identify barriers to rehabilitation and consider alternative methods of evaluation and treatment
6. Identify common workplace injuries and management strategies in rehabilitation

EVALUATION

Group Presentation	10%
Quizzes (8 total)	10%
Midterm (2hr)	40%
Final Exam (3hr)	40%

Grade Distribution

A=80-100
B=70-79
C=60-69
D=50-59
F = Below 50

. COURSE POLICIES AND PROCEDURES*Course Website*

The course website should be your primary source of information regarding course content and procedures (outside of lecture).

*Bulletin Board**Lecture*

You are expected to attend every class as all material, including videos and guest speakers will be part of the course evaluation

Quizzes

All quizzes must be physically handed in at the end of class. Emailed quizzes turned into the health science main office, will be discarded. Late quizzes will not be accepted for any reason (i.e. you will receive zero for the quiz).

Group Presentations

Your group presentation will consist of musculoskeletal topics not previously discussed in class.

You will each get a chance to speak in front of your peers in a powerpoint format and you will each get a chance to evaluate your peers as well using the rater forms provided

Midterm and Final Examinations

Examinations will consist of a mixture of multiple choice and short answer material. Final Exam is cumulative.

LECTURE AND TOPIC SCHEDULE

Changes to this lecture schedule will be announced in class and on the course website. All lecture overheads will be available for download (from course website), one week prior to lecture, and so it is expected that you will obtain printouts of the overheads prior to attending the lecture. Additional assigned readings will be uploaded to the course website one week in advance.

DATE	WEEK	TOPIC
Jan 8	1	Course Introduction What are Musculoskeletal Disorders
Jan 15	2	Soft-tissue Injury: Tendon and Ligament (Quiz 1)
Jan 22	3	Soft-tissue Injury: Peripheral Nerves and Muscle (Quiz 2)
Jan 29	4	Neck/Shoulder (Quiz 3)
Feb 5	5	Elbow (Quiz 4)
Feb 12	6	MIDTERM (40%)
Feb 26	7	Wrist/Hand/Finger (J.Pipicelli – OT – St. Josephs/HULC) (Quiz 5)
Mar 5	8	Low Back (Quiz 6)
Mar 12	9	Hip/Knee (Quiz 7)
Mar 19	10	Ankle/Foot (D. Boundikas – Pedorthist) (Quiz 8)
Mar 26	11	Group Presentations (5%)
Apr 2	12	Group Presentations
Apr 9	13	
	14	FINAL EXAM

ADDITIONAL STATEMENTS

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 The University of Western Ontario, 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>.

Accommodation for Medical Illness or Non-Medical Absences

http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website:

<https://studentservices.uwo.ca/secure/index.cfm>.

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. 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, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf .

Additionally,

1. 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 The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).
2. 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.

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/>