

The University of Western Ontario
REHABSCI 3360B
Musculoskeletal Disorders in Rehab
January 2023

Instructor: Michael Robinson PhD CAT(C) ATC

Lecture Location: TC-203

Email: mrobin7@uwo.ca

Office Hours: Wednesdays from 10:00 am to 3:00 pm – Appointments must be booked 24 hours in advance: <https://michaelrobinsonuwo.youcanbook.me/>

Communication: Please communicate any questions via email and allow for 72 hours for a response.

Lectures

There are two in-person lectures per week: Thursday 10:30 – 12:30, Friday 11:30-12:30

Prerequisite Checking

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

Pre-or Corequisite(s): Registration in a Rehabilitation Sciences module or enrolled in third or fourth year of the School of Health Studies or School of Kinesiology.

Antirequisite(s): Health Sciences 3091B section 001 if taken in 2011.

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 if you are dropped from a course for failing to have the necessary prerequisites.

Course Description

An introductory course in the area of musculoskeletal disorders as 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.

Statement on Multiple Choice Exams

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.

Course Materials

All course materials will be posted to OWL in advance of lectures. A reading list will be posted on OWL during the first week of the course. Lecture slides are intellectual property of the course instructor; copying without permission is copyright infringement and can constitute plagiarism.

Attendance and Classroom Behaviour

In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, and learning outcomes. Regular attendance is expected and essential for all courses. **Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.**

Methods of Evaluation

Midterm 30% Feb 16th, 2023

Assignment 30% Friday, March 31, 2023

Final 40% TBD by University during the scheduled exam period.

Examinations will be comprised of a combination of multiple-choice questions, short and long answer. Final exams are cumulative.

Schedule (Subject to change)

In-Person Schedule	Lecture
Thursday, January 12, 2023	Introduction to MSK Injuries Clinical Assessment Process
Friday, January 13, 2023	Clinical Assessment Process
Thursday, January 19, 2023	Foot and Toe Pathologies
Friday, January 20, 2023	Foot and Toe Pathologies
Thursday, January 26, 2023	Ankle and Leg Pathologies
Friday, January 27, 2023	Ankle and Leg Pathologies
Thursday, February 2, 2023	Knee and Patellofemoral Pathologies
Friday, February 3, 2023	Knee and Patellofemoral Pathologies
Thursday, February 9, 2023	Pelvis and Thigh Pathologies
Friday, February 10, 2023	Pelvis and Thigh Pathologies
Thursday Feb 17, 2023	Midterm
Thursday Feb 18, 2023	No Class
Thursday, February 23, 2023	READING WEEK
Friday, February 24, 2023	READING WEEK

Thursday, March 2, 2023	Lumbar/Thoracic Pathologies
Friday, March 3, 2023	Lumbar/Thoracic Pathologies/Cervical Pathologies
Thursday, March 9, 2023	Lumbar/Thoracic Pathologies/Cervical Pathologies
Friday, March 10, 2023	Special Topic TBD
Thursday, March 16, 2023	Exercise Rehab
Friday, March 17, 2023	Exercise Rehab
Thursday, March 23, 2023	Elbow and Forearm Pathologies
Friday, March 24, 2023	Elbow and Forearm Pathologies
Thursday, March 30, 2023	Wrist, Hand and Finger Pathologies
Friday, March 31, 2023	Neurological Pathologies
Thursday April 6, 2023	Review
Friday April 7, 2023	Review

Assignment

Part 1 Infographic Group Assignment (15%)

- In groups of 4 you need to create an infographic that covers one specific injury. This infographic should be directed towards an educated audience.
- You will need to cover the following:
 - Anatomy involved (2%)
 - Etiology/Mechanism of injury (2%)
 - Epidemiology (1.5%)
 - Differential Dx (1.5%)
 - Assessment Techniques (imaging and orthopedic tests) (2%)
 - Treatment Options (1%)
 - Prognosis (1%)
- You should include images and base the information off scholarly resources (text books, peer reviewed articles etc.)
- A separate reference sheet in AMA format is required. (1%)
- Overall design (3%)
 - Note: You will not be graded on the quality of your design/images (i.e. you don't need to be a graphic designer)

Part 2 Independent Writeup (15%)

- Working independently, you will need to write a summary of the same injury expanding on the information in the infographic. You will need to cover the following:
 - Anatomy involved (2%)
 - Etiology/Mechanism of injury (2%)
 - Epidemiology (1.5%)
 - Differential Dx (1.5%)
 - Assessment Techniques (imaging and orthopedic tests) (2%)
 - Treatment Options (1%)
 - Prognosis (1%)
- References in AMA format are required. (1%)
- Writing (2%)
 - Includes grammar, spelling etc.
- Paper is to be double spaced, 11 point font, 1 inch margins and a maximum of 6 pages.

Missed Assignments and Exams

A missed mid-term examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances. Exams will not be re-weighted and must be completed. Missed assignments that have been formally approved for accommodation will be due 72 business hours from the time the accommodation expires.

Statement on Academic 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 Web site:

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

Academic Consideration:

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or*
- (ii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to academic advising office in their Faculty of registration, in order to be eligible for academic consideration.*

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;*
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for an SMC;*
- Are advised that all necessary documentation, forms, etc. are to be submitted to the academic advising office within two business days after the date specified for resuming responsibilities*

Support Services:

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

1. Student Development Centre -- <http://academicsupport.uwo.ca/>
2. Student Health -- <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

Health and Wellness:

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarly life with our personal lives can be tough, but it's important to learn how to manage stress. Western provides several health and wellness-related services to students, which may be found at <http://www.health.uwo.ca/>. You can also check out the Campus Recreation Centre or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>), for alternative spaces to reconnect with your bodies and restore your spirit. You may also want to access local resources that are closer to where you are living during the school year. Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body from stress mode into a more relaxed state.

If you are in emotional or mental distress should refer to Mental Health@Western [Mental Health Support - Health & Wellness - Western University \(uwo.ca\)](http://www.uwo.ca/mentalhealthsupport) for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: [Health & Wellness - Western University \(uwo.ca\)](http://www.uwo.ca/healthandwellness). It's also advisable to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

Contingency plan for an in-person class pivoting to 100% online learning:

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any remaining assessments will also be conducted online as determined by the course instructor.

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, tests and examinations in this course will be

conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Common Concerns:

Concern	How to address concern
Course administrative matters	Read through the course outline or email instructor if question cannot be answered from information in the course outline
Course content questions	Refer to the OWL Resources (notes, calendar, etc). Email the instructor.
Grade disputes and requests for appeals	<p>A student requesting an appeal to a specific course with respect to a grade for an assignment or examination must first contact their instructor to discuss such matters.</p> <p>Visit the following website for guide on submitting an appeal: https://uwo.ca/fhs//policies/appeals.html</p>

Grade policy:

The university-wide descriptor of the meaning of letter grades, as approved by Senate:

A+	90-100	<i>One could scarcely expect better from a student at this level</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently satisfactory</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

It is expected that the grades for this course will fall between 74-78. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.