INSTRUCTOR:
Eric Osman PT  
School of Allied Health  
(618) 614-8110  
eosman32@aol.com

OFFICE HOURS: Tuesday 7:30 – 8:00am, 1:00 – 2:30 pm

CLASS SCHEDULE:
Section 001: Tuesday 9:00 am -10:50 am  
Section 002: Tuesday 11:00 am -12:50 pm

TEXTBOOKS:
Required:  

COURSE CATALOG DESCRIPTION:
PTH 230B – Advanced Therapeutic Exercise Application: This course is a progression of PTH 210B designed to develop advanced competencies in therapeutic exercise. Students will perform techniques related to spinal stabilization, movement impairments, soft tissue and joint mobilization, muscle energy, proprioceptive neuromuscular facilitation, and proprioceptive/vestibular systems. Co-requisite: PTH 230A Prerequisites: PTH 210A with a minimum grade of C and PTH 210B with a pass. Restricted to PTH majors.

COURSE OBJECTIVES:
Upon successful completion of this course, the student shall be able to:
1. Palpate structures and perform muscle energy techniques associated with the sacroiliac joint as measured by performance on practical exams.
2. Instruct and perform sacroiliac and spinal stabilization exercises as measured by performance on practical exams.

3. Instruct and perform exercises related to movement impairments as measured by performance on practical exams.

4. Assess physiological end feels for upper and lower extremities as measured by performance on practical exams.

5. Describe and perform inhibitory and facilitative proprioceptive neuromuscular facilitation techniques for upper and lower extremities as measured by performance on practical exams.

6. Identify specific muscle groups that contribute to proprioceptive neuromuscular facilitation patterns for upper and lower extremities as measured by performance on practical exams.

7. Utilize appropriate terminology, verbal instruction and affective behaviors related to advanced therapeutic interventions as measured by performance on practical exams.

8. Utilize previous course work, clinical knowledge to demonstrate appropriate therapeutic exercises for a variety of upper and lower extremity impairments as measured by performance on practical exams.

**OUTLINE OF TOPICS OF LECTURE:**

<table>
<thead>
<tr>
<th>Topics</th>
<th>Percentages</th>
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<tbody>
<tr>
<td>I. Sacroiliac Dysfunctions and Muscle Energy</td>
<td>7.5%</td>
</tr>
<tr>
<td>II. Sacroiliac and Spinal Stabilization Exercise Programs</td>
<td>10%</td>
</tr>
<tr>
<td>III. Temporomandibular Joint and Thoracic Outlet</td>
<td>7.5%</td>
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<tr>
<td>IV. Soft Tissue, Neural and Joint Mobilization</td>
<td>15%</td>
</tr>
<tr>
<td>V. Proprioceptive Neuromuscular Facilitation</td>
<td>12.5%</td>
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<tr>
<td>VI. Neurodynamics</td>
<td>7.5%</td>
</tr>
<tr>
<td>VII. Proprioceptive and Vestibular Balance</td>
<td>10%</td>
</tr>
<tr>
<td>VIII. Upper Extremity Therapeutic Exercise</td>
<td>15%</td>
</tr>
<tr>
<td>IX. Lower Extremity Therapeutic Exercise</td>
<td>15%</td>
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</tbody>
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**SCHEDULE OF WHEN TOPICS ARE TAUGHT:**

Week 1
Laboratory – Course syllabus, overview

Week 2

Laboratory – Upper extremity mobilization

Week 3

Laboratory – End feels, manual stretching

Week 4

Laboratory – Neuromobilization

Week 5

Practical exam 2/16/16

Week 6

Laboratory – Core / trunk stabilization

Week 7

Laboratory – Core / trunk stabilization

Week 8

Laboratory – SI palpation, motion assessment, muscle energy techniques, stabilization

Spring Break 3/15 NO CLASS!

Week 9
Laboratory – Thoracic outlet testing, and treatment. Thoracic spine treatment

Week 10
Laboratory – TMJ palpation, testing, and treatment

Week 11
Practical exam 4/5/16

Week 12
Laboratory – Lower extremity mobilization

Week 13
Laboratory - PNF techniques and manual contacts

Week 14
Laboratory – proprioception; vestibular treatment techniques, balance assessment tools

Week 15
Practical Exam 5/3/16

Week 16 No Lab Class

DESCRIPTION OF TEACHING METHODS AND LEARNING EXPERIENCES
The laboratory and practical exam component of the course is designed to develop the student's affective (professional behaviors) and psychomotor (manual & physical skills) domains of learning by providing student-student and instructor-student interactions. If the student is unwilling or unable to participate in physical interactions, please contact the instructors immediately.

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**STUDENT EVALUATION:**

**Grading Policy:**

All students in the physical therapist assistant program will be graded in a standard procedure for all written tests and practical examinations.

Each student will be responsible for a 15 minute lab presentation on an assigned topic including an introduction / analysis of the problem with expected treatment plan. Treatment plan should include appropriate exercise progression with use of lab partner to demonstrate appropriate exercise instruction including repetition, hold times and other pertinent information. Please include other non-exercise options which may be appropriate for the case (i.e. ice, ultrasound, traction). The student should be able to respond to a short question and answer session about the topic at the conclusion of the presentation. This will be a pass/fail project beginning the 4th class session with 2 students presenting per class on non-practical days. Days and subjects to be assigned and are subject to change at the professors discretion.

Practical exams will be graded on a pass/fail system. A student must achieve 70% of the total points on all practical exams to receive a passing grade for the course. The practical exam scores are not calculated into the lecture grade. There is a maximum of one practical retake for this course.

***PLEASE NOTE INFORMATION / TOPICS COVERED IN LAB MAY BE USED ON LECTURE EXAMS***

If any student requires special services, please notify the instructor and contact Disability Support Services at 453-5738.