INSTRUCTOR: Eric Osman PT/ATC
College of Applied Science & Arts
Room 62 & 64
Phone: 618-614-8110
Email: eosman32@aol.com

OFFICE HOUR: Tuesday & Thursday 3:00pm to 4:00pm (after lab session)

CLASS SCHEDULE:
Section 001: Tuesday 1:00 - 2:50 (Lab)
Section 002: Thursday 1:00 - 2:50 (Lab)

TEXTBOOKS:
Required:

PREREQUISITE TO: PTH 230A&B, PTH 212A&B, PTH 214, PTH 321A&B

COURSE CATALOG DESCRIPTION:

PTH 210B –Introduction to Therapeutic Exercise Application: This course is an introduction to therapeutic exercise application. Students will palpate anatomical landmarks, perform length tests and manual muscle tests to individual muscles and muscle groups. Students will also learn to select, instruct and perform exercises to improve flexibility and muscle performance. Co-requisite: PTH 210A. Prerequisite: PTH 207 with a minimum grade of C. Restricted to major.
**COURSE OBJECTIVES:**

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

1. Administer and interpret length testing of the spinal and upper/lower extremity musculature as measured by performance on practical exams.

2. Instruct and/or perform stretching exercises for spinal and upper/lower extremity musculature as measured by performance on practical exams.

3. Administer and interpret manual muscle testing of the spinal and upper/lower extremity musculature as measured by performance on practical exams.

4. Instruct and/or perform muscle performance exercises for spinal and upper/lower extremity musculature as measured by performance on practical exams.

5. Palpate anatomical landmarks and specific muscle or muscle groups as measured by performance on practical exams.

6. Instruct and/or perform appropriate therapeutic exercises for scoliosis and postural abnormalities as measured by performance on practical exams.

7. Utilize appropriate terminology, verbal instruction and affective behaviors related to manual muscle testing, length testing and performing therapeutic exercise as measured by performance on practical exams.

**OUTLINE OF TOPICS OF LAB:**

<table>
<thead>
<tr>
<th>Topics</th>
<th>Percentages</th>
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<tbody>
<tr>
<td>I. Palpation of Upper Extremity Anatomical Landmarks</td>
<td>10%</td>
</tr>
<tr>
<td>II. Manual Muscle Testing of the Upper Extremities</td>
<td>15%</td>
</tr>
<tr>
<td>III. Length Testing of the Upper Extremities</td>
<td>10%</td>
</tr>
<tr>
<td>IV. Palpation of Lower Extremity Anatomical Landmarks</td>
<td>10%</td>
</tr>
<tr>
<td>V. Manual Muscle Testing of the Lower Extremities</td>
<td>15%</td>
</tr>
<tr>
<td>VI. Length Testing of the Lower Extremities</td>
<td>10%</td>
</tr>
<tr>
<td>VII. Palpation of Spinal Anatomical Landmarks</td>
<td>10%</td>
</tr>
<tr>
<td>VIII. Manual Muscle Testing of the Spinal Musculature</td>
<td>10%</td>
</tr>
<tr>
<td>IX. Length Testing of the Spinal Musculature</td>
<td>10%</td>
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</tbody>
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SCHEDULE OF WHEN TOPICS ARE TAUGHT:

**Topic 1 (8/25 & 8/27)**

Laboratory – PROM, Stretching and AAROM

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**Topic 2 (9/1 & 9/3)**

Laboratory – Isotonic, isometric and manual resistive exercises; MMT grades

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**Topic 3 (9/15 & 9/17)**

Laboratory – Shoulder palpations, manual muscle tests (strengthening), length tests (stretching) and special tests

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**Topic 4 (9/22 & 9/24)**

Laboratory – Shoulder palpations, manual muscle tests (strengthening), length tests (stretching) and special tests.

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**Topic 5 (9/29 & 10/1)**

Laboratory – Elbow palpations, manual muscle tests (strengthening), length tests (stretching) and special tests.

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**Practical # 1 (10/6 & 10/8)**

Written test and practical exam

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**Topic 6 (10/15 & 10/20)**

Laboratory – Wrist and hand palpations, manual muscle tests (strengthening), length tests (stretching) and special tests

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**Topic 7 (10/22 & 10/27)**

Laboratory – Wrist and hand palpations, manual muscle tests (strengthening), length tests (stretching) and special tests
Topic 8 (10/29 & 11/3)

**Laboratory** – Hip and pelvic palpations, manual muscle tests (strengthening), length tests (stretching) and special tests

Topic 9 (11/5 & 11/10)

**Laboratory** – Knee palpations, manual muscle tests (strengthening), length tests (stretching) and special tests

Practical # 2 (11/12 & 11/17)

Written Test and practical exam

Topic 10 (11/19 & 11/24)

**Laboratory** – Ankle and foot palpations, manual muscle tests (strengthening), length tests (stretching) and special tests

**Laboratory** – Ankle manual muscle tests; Pronation/supination and gait deviations

Topic 11 (12/1 & 12/3)

**Laboratory** – Postural assessment; lumbar/cervical palpations, MMT and length tests; appropriate stretching and strengthening exercises

Topic 12 (12/8 & 12/10)

**Laboratory** – Lumbar/cervical palpations, MMT and length tests; appropriate stretching and strengthening exercises

Practical # 3: All on 12/15 if schedules allow
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 student-instructor interactions. If the student is unwilling or unable to participate in physical interactions, please contact the instructors immediately.

NOTE: A grade of C or above is required for the Physical Therapist Assistant Program.

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 course grade. There is a maximum of one practical retake for this course.

Class attendance and participation will not be calculated into the course grade as a percentage score. However, it is the expectation of the program faculty that all PTA students demonstrate a professional interest in the material, attend all classes and actively participate. Utilization of cell phones, other than recording lectures or videoing labs, will not be tolerated during class time. It is expected that phones will be shut off during class.

Student Grades/Confidentiality – No information regarding student grades or class progress will be communicated via telephone or email. If you have questions regarding current course grades or course information, students must speak directly with the instructor. This may be possible either immediately before or after class, during office hours or by making an appointment to meet with the instructor.

SIU Policy on “Incomplete” as a Course Grade – The following text is taken from the 2014-2015 Undergraduate Catalog, p. 32:

An INC is assigned when, for reasons beyond their control, students engaged in passing work are unable to complete all class assignments. An INC must be changed to a completed grade within a time period designated by the instructor but not to exceed one year from the close of the term in which the course was taken, or graduation, whichever occurs first. Should the student fail to complete the course within the time period designated, not to exceed one year, or graduation, whichever comes first, the incomplete will be converted to a grade of F and the grade will be computed in the student’s grade point average. Students should not reregister for courses in which an INC has been assigned with the intent of changing the INC grade. Re-registration will not prevent the INC from being changed to an F.

Classroom Attendance Policy – This is a professional program. Attendance in class is expected, but is the responsibility of the student. Students should be prepared to participate in class at the designated start time for the course. Prepared means the student is seated in the class with all necessary classroom supplies available to them and assignments due that day are turned in to the instructor. The University Policy on Accommodating Religious Students may be found in the 2014-2015 Undergraduate Catalog, p. 579.
**Academic Dishonesty** - Each student is responsible for making himself/herself aware of the policies and procedures in the Student Conduct Code that pertain to Acts of Academic Dishonesty. These policies cover such acts as plagiarism, preparing work for another student, cheating by any method or means, falsifying or manufacturing data, furnishing false information to a university official relative to academic matters, and solicitation, aiding, concealing, or attempting conduct in violation of this code. See the Morris Library Guide on Plagiarism (http://libguides.lib.siu.edu/plagiarism).

**Disruptive Behavior Policies** – As with any public forum, the classroom is a shared space where consideration and compassion for others are not negotiable. To learn the interpersonal and professional skills offered in the course requires that, as with a sport or any instrument, we practice them daily. A positive attitude, a willingness to listen and learn, and an embrace of differences as well as similarities…these are just a few of the dynamics we will strive to practice.

Sexual harassment, either verbal or physical, will not be tolerated in this class, this program, or at Southern Illinois University Carbondale. Students engaged in harassing behavior will be removed from the program immediately.

SIU contains people from all walks of life, from many different cultures and sub-cultures, and representing all strata of society, nationalities, ethnicities, lifestyles, and affiliations. Learning from and working with people who differ from you is an important part of your education in this class, as well as an essential preparation for your career.

**Electronic Devices**- The use of electronic devices, such as cell phones, will not be permitted in the classroom. All electronic devices should be TURNED OFF when entering the classroom. In the case of an emergency, persons may call the School of Allied Health office at (618) 453-7211 and a message will be delivered to the classroom.

**SIU Emergency Procedures** - Southern Illinois University Carbondale is committed to providing a safe and healthy environment for study and work. Because some health and safety circumstances are beyond our control, we ask that you become familiar with the SIUC Emergency Response Plan and Building Emergency Response Team (BERT) program. Emergency response information is available on posters in buildings on campus and the Emergency Response Guideline pamphlet. It is also available on BERT’S website at http://www.bert.siu.edu/ and on the Department of Safety's website www.dps.siu.edu.

Instructors will provide guidance and direction to students in the classroom in the event of an emergency affecting your location. It is important that you follow these instructions and stay with your instructor during an evacuation or sheltering emergency. The Building Emergency Response Team will provide assistance to your instructor in evacuating the building or sheltering within the facility.

**Supplementary Assistance** – With the cooperation of SIU’s Disability Support Services (DSS), each student who qualifies for reasonable supplementary assistance has the right to receive it. Students requesting supplementary assistance must first register with DSS in Woody Hall B-150, (453-5738) or http://disabilityservices.siu.edu/.
Notice: If you have any type of special need(s) or disability for which you require accommodations to promote your learning in this class, please contact the instructor as soon as possible. The Office of Disability Support Services (DSS) offers various support services and can help you with special accommodations. You may wish to contact DSS at 453-5738 or go to Room 150 in Woody Hall to verify your eligibility and options for accommodations related to your special need(s) or disability.

**Saluki Cares** – The purpose of Saluki Cares is to develop, facilitate and coordinate a university-wide program of care and support for students in any type of distress—physical, emotional, financial, or personal. By working closely with faculty, staff, students and their families, SIU will continue to display a culture of care and demonstrate to our students and their families that they are an important part of the community. You may contact Saluki Cares at (618) 453-5714 or siucares@siu.edu.

**SIU PTA course materials, including the course syllabus are not to be duplicated without consent of the SIU PTA Program.**