INSTRUCTOR:
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OFFICE HOURS:
Monday 1:00 pm-3:00 pm
Wednesday 12:00 pm–3:00 pm
Thursday 1:00 pm-2:00 pm
or by appointment

CLASS SCHEDULE:
ASA Room 062
Thursday
Section 001: 9:00 - 10:50 am
Section 002: 11:00 - 12:50 pm

TEXTBOOK:
Required
W.B. Saunders Co, St. Louis, MO.
ISBN: 9780721604275

PREREQUISITES: PTH 210A with a minimum of C, PTH 210B with a pass

COURSE CATALOG DESCRIPTION:
Students will be able to demonstrate, through supervised application, advanced therapeutic exercise interventions such as sensory integration, motor reflexes, motor development, and utilization of synergies for specific clinical neurological conditions.
COURSE OBJECTIVES:
Upon successful completion of this course, the student shall be able to:

1. Understand the scientific principles of therapeutic exercise.
2. Identify and describe the developmental reflexes and reactions that are appropriate from 0-12 months.
3. Identify and describe the gross motor milestones from 0-15 months.
4. Identify and describe the fine motor milestones from 0-15 months.
5. Identify and describe the basic stages of individual development throughout the lifespan.
6. Describe and identify the influence of normal and abnormal reflex activity on gross motor development.
7. Describe and administer appropriate sensorimotor facilitation and inhibition techniques to enhance therapeutic exercise.
8. Recognize and elicit the synergistic movement components normally seen with central nervous system deficits resulting in spasticity.
9. Describe and demonstrate therapeutic exercises for specific conditions including developmental delay, hemiplegia following cerebral vascular accident and other central nervous system disorders.
10. Describe and demonstrate therapeutic exercise/developmental activities for specific conditions including peripheral vascular disease, coordination deficits and Parkinson Disease.
11. Recognize changes in muscle tone and the impact of tone on trunk alignment and functional movement.
12. Demonstrate the ability to administer selected standardized tests for balance.
13. Understand and demonstrate the ability to administer therapeutic exercise for balance and coordination.
14. Recognize changes in the direction and magnitude of patient's state of arousal, mentation and cognition.
15. Understand and safely and correctly apply pre-selected exercise techniques within the patient’s pain tolerance/physiological limitation and with patient properly supported and body parts properly stabilized by:
   a. Describing and applying the safety rules for equipment and for the patient and person providing the treatment.
   b. Describing and demonstrating proper body mechanics for lifting and bending with respect to the exercise techniques being used.
   c. Describing and applying rules for the various exercise techniques commonly used for specific conditions.
      i. Modifying the exercise procedures when indicated.
      ii. Instructing patient’s family members in exercise procedures utilizing proper teaching techniques, which result in correct performance by patient or family.
   d. Describing and utilizing appropriate terminology used for specific exercise techniques.
TENTATIVE OUTLINE OF TOPICS OF LABORATORY EXPERIENCE:
Week 1  Disability/Enablement Models
Week 2  Normal and Abnormal Developmental Reflexes
Week 3  Motor Development, Associated Reactions, Abnormal Reflexes
Week 4  Abnormal Reflexes and Motor Milestones- Lab Assignment
Week 5  Positioning and Handling, Treatment Theories
Week 6  Assessments
Week 7  Movement Analysis – Lab Assignment
Week 8  PRACTICAL
Week 9  SPRING BREAK
Week 10  Bed Mobility, Positioning, Transfers for CVA
Week 11  TBI Techniques
Week 12  SCI Techniques
Week 13  TBA
Week 14  TBA
Week 15  Other Neurological Techniques
Week 16  PRACTICAL EXAM
Week 17  FINAL EXAM
Section 001 – Thursday, May 12, 8:00 am
Section 002 – Thursday, May 12, 10:15 am

**Topics are subject to modification as necessary

DESCRIPTION OF TEACHING METHODS AND LEARNING EXPERIENCES:
This course is taught in a laboratory format. Students will be provided with hands-on laboratory experiences including demonstration, patient simulation, and video presentation to supplement lecture material presented in PTH 220A.

STUDENT EVALUATION:
2 Lab Assignments (20 points each)     40
2 Practical Exams (50 points each)     100
140 points total

Grading
Grading for this lab is pass/fail. Students must achieve a minimum of 70%, or 98 total points to receive a grade of pass.

Lab Assignments (40)
For selected lab experiences (2), there will be a corresponding lab assignment. Students will be required to complete each assignment by the end of the class period and submit the assignment. Late assignments will not be accepted.

Practical Exams (100)
There will be 2, non-cumulative practical exams. Each practical exam will be worth 50 points. Students will be expected to satisfactorily perform selected hands-on techniques practices in laboratory experiences. Questions asked may include corresponding lecture material from PTH 220A.
**Lab Participation**
Each student is expected to arrive to class on time, bring required materials and be prepared for subject matter. Lab requirements include hands on demonstration of learned skills; students must be prepared with proper attire and materials. This course requires student to student and student to instructor contact. Please notify your instructor of any difficulties or issues.

**Professional Behavior** - The development of professional behaviors is essential to any aspiring health care professional. One realm of professional behavior lies in the expectation of the person to be punctual, prepared and present.

**Student Grades/Confidentiality** – No information regarding student grades or class progress will be communicated via telephone or email. All grades will be posted on Desire2Learn as soon as they are available. 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.

**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.

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