

**COURSE SYLLABUS**  
**ADVANCED THERAPEUTIC EXERCISE APPLICATION**  
**PTH 230B**

**1 credit hour / 2 contact hours (laboratory)**

**INSTRUCTOR:**

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**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:**

Kisner C. & Colby L.A. (2012). *Therapeutic Exercise: Foundations and Techniques* (6<sup>th</sup> ed.). Philadelphia, PA: F.A. Davis Company.

**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:**

<b>Topics</b>	<b>Percentages</b>
I. Sacroiliac Dysfunctions and Muscle Energy	7.5%
II. Sacroiliac and Spinal Stabilization Exercise Programs	10%
III. Temporomandibular Joint and Thoracic Outlet	7.5%
IV. Soft Tissue, Neural and Joint Mobilization	15%
V. Proprioceptive Neuromuscular Facilitation	12.5%
VI. Neurodynamics	7.5%
VII. Proprioceptive and Vestibular Balance	10%
VIII. Upper Extremity Therapeutic Exercise	15%
IX. Lower Extremity Therapeutic Exercise	15%

#### **SCHEDULE OF WHEN TOPICS ARE TAUGHT:**

##### **Week 1**

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**Laboratory** – Course syllabus, overview

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**Week 2**

**Laboratory** – Upper extremity mobilization

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**Week 3**

**Laboratory** – End feels, manual stretching

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**Week 4**

**Laboratory** – Neuromobilization

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**Week 5**

**Practical exam 2/16/16**

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**Week 6**

**Laboratory** – Core / trunk stabilization

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**Week 7**

**Laboratory** – Core / trunk stabilization

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**Week 8**

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

Spring Break 3/15 NO CLASS!

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**Week 9**

**Laboratory** – Thoracic outlet testing, and treatment. Thoracic spine treatment

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**Week 10**

**Laboratory** – TMJ palpation, testing, and treatment

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**Week 11**

**Practical exam 4/5/16**

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**Week 12**

**Laboratory** – Lower extremity mobilization

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**Week 13**

**Laboratory** - PNF techniques and manual contacts

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**Week 14**

**Laboratory** – proprioception; vestibular treatment techniques, balance assessment tools

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**Week 15**

**Practical Exam 5/3/16**

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**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 4<sup>th</sup> 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.**