COURSE SYLLABUS
INTRODUCTION TO THERAPEUTIC EXERCISE APPLICATION
PTH 210B
1 credit hours / 2 contact hours

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

OFFICE HOUR: Tuesday 2:00pm to 4:00pm (after lab session)

CLASS SCHEDULE:
Section 001: Tuesday 10:00 am - 11:50 am (Lab)
Section 002: Tuesday 12:00 pm - 1:50 pm (Lab)

TEXTBOOKS:
Required:


COURSE CATALOG DESCRIPTION:
PTH 210B –Introduction to Therapeutic Exercise Application: This course is an introduction to therapeutic exercise application. Students will be able to 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 PTH 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>
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<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>
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<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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SCHEDULE OF WHEN TOPICS ARE TAUGHT:

Topic 1 (8/23)

Laboratory – PROM, Stretching and AAROM

Topic 2 (8/30)

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

Topic 3 (9/6)

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

Topic 4 (9/13)

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

Topic 5 (9/20)

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

Practical # 1 (9/27)

Written test and practical exam

Topic 6 (10/4)

Laboratory – Wrist and hand palpations, manual muscle tests (strengthening), length tests (stretching) and special tests
OCTOBER 11th FALL BREAK – NO CLASS

Topic 7 (10/18)

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

Topic 8 (10/25)

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

Topic 9 (11/1)

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

Practical # 2 (11/8)

Written Test and practical exam

Topic 10 (11/15)

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 (11/22)

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

Topic 12 (11/29)

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

Practical # 3: (12/6)
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.

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.

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, (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.