

**University of Nevada, Las Vegas  
School of Allied Health Sciences  
Department of Physical Therapy**

<b><u>Course Number:</u></b>	DPT 785
<b><u>Course Title:</u></b>	Orthopaedic Rehabilitation
<b><u>Credit Hours:</u></b>	2
<b><u>Lecture Hours:</u></b>	2 hours/week
<b><u>Weekly Schedule:</u></b>	Monday 8.00-10.00am
<b><u>Location:</u></b>	BHS 215
<b><u>Instructor(s):</u></b>	Cassy Turner, PT, DPT, OCS Office location: BHS 314 Office hours: Tuesdays & Thursdays 9.30-11.30am Office phone: 702-895-4213 Email: <a href="mailto:cassy.turner@unlv.edu">cassy.turner@unlv.edu</a>
<b><u>Graduate Assistant(s):</u></b>	N/A

**Course Description:**

Manual therapy and therapeutic exercise techniques for the extremities with emphasis on integrating these techniques into treatment regimes for specific orthopaedic pathologies/disorders. Includes pathogenesis, clinical presentation, medical/surgical management and rehabilitation. Review, integrate, and enhance knowledge from previous course work as it pertains to appropriate entry-level application.

**Course Objectives:**

The following objectives are aligned with curriculum content from the Commission on Accreditation in Physical Therapy Education (Evaluative Criteria of PT Programs-updated 11/2012), the APTA Minimum Required Skills of Physical Therapist Graduates at Entry-Level core document content (updated 10/1/2013), and the Normative Model of Physical Therapist Professional Education: Version 2004.

Additionally, this course has been designed to be consistent with the following guidelines and recommendations:

- APTA Orthopaedic Section Clinical Practice Guidelines
- Entry-Level Curriculum Recommendations for Foot and Ankle (based on FASIG Task-Force report CSM 2013)

- APTA Neurology Section: Neurologic Entry-Level Curricular Content Integrated with a Normative Model of Physical Therapist Professional Education
- APTA Section on Geriatrics: Essential Competencies in the Care of Older Adults at the Completion of the Entry-Level Physical Therapist Professional Program of Study
- Evidence-Based Practice Special Interest Group, Section on Research, American Physical Therapy Association, Doctor of Physical Therapy Education Evidence-Based Practice Curriculum Guidelines
- APTA's Section on Clinical Electrophysiology and Wound Management Guide for Integumentary/Wound Management Content in Professional Physical Therapist Education

**At the completion of the course, the student will be able to:**

1. Review the findings of a patient evaluation and assessment, develop a plan of care integrating therapeutic exercise, functional training, manual treatment and physical agents as reflected by current best evidence for the relevant orthopaedic pathology, and is safe, effective and patient centered.
2. Progress a patient through a plan of care from the acute phase to return to work and/or recreation making modifications based on individual patient response and variables including but not limited to age, gender, type of trauma, surgical technique, tissue quality and comorbidities.
3. Integrate interventions noted in objective 1 to address relevant impairments, activity limitations and participation restrictions (ICF Model)
4. Explain common contraindications in the development of treatment plans for specific orthopaedic pathologies.
5. Recognize and take appropriate action in the event of complications during the course of orthopaedic rehabilitation including but not limited to deep vein thrombosis, pulmonary embolism, post-surgical infection and surgical component failure.
6. Identify during the course of orthopaedic rehabilitation when patient re-assessment needs to occur.
7. Critically evaluate professional literature to assist with the development of orthopaedic treatment plans and which reflect scientific evidence, outcomes research, and standards of practice.
8. Evaluate and synthesize professional literature, current best evidence and expert opinion in order to develop clinical decision making skills when current evidence or consensus is lacking in regards to the treatment of specific orthopaedic pathologies.
9. Perform patient/classmate education in a culturally competent manner using appropriate manual and verbal cues.

**Course Structure and Learning Experience:**

This course combines lecture (DPT 785) and laboratory teaching (DPT 785L) utilized to teach students advanced orthopaedic assessment and intervention skills. The integration of concepts from this and previous classes must be evident in all written work.

The student will gain knowledge in this course from the combination of: 1) Self-study, 2)

Lecture material, 3) Laboratory sessions in DPT 785L, 4) Case studies and 5) Group discussions. Emphasis will be placed on the ability to interpret test results and the organized manner in which intervention is performed. This course will prepare the student to enter the clinic and successfully evaluate and treat a patient with an orthopaedic dysfunction.

### **Evaluation Methods:**

#### **1. Assignments**

##### **a. Assigned Readings:**

Students may be assigned additional reading during the semester. Please see Student Responsibilities.

- b. **Article Review:** Written assignment outlining 2 research articles in order to rationalize treatment choices for an assigned orthopaedic pathology. See separate handout. Worth 50 points

#### **2. Testing**

##### **a. Quizzes**

There will be five written quizzes given throughout the course and these will be conducted at the start of class as noted on the course schedule or assigned through WebCampus to be completed within a specified timeframe. Each quiz will be worth 20 points, giving a total of 100 points.

##### **b. Written Exams**

Two exams will be given during the course of the semester: a midterm totaling 100 points and a final exam totaling 150 points. The final exam will cover material presented in this course **as well as fundamental material from the two previous orthopaedic courses** (excluding spine) and integration of content from Foundations and Therapeutic Exercise. All students must take all exams. If any student cannot take the final due to an emergency, then plans must be made at the professor's discretion to complete all coursework within a specified time period.

#### **3. Grading**

The final course grade is a letter grade. The course grade will be based on the following:

Quizzes	100 points
Article Review	50 points
Midterm	100 points
Final Exam	150 points
Total	400 points

**Each student must receive a pass in practical examinations (73 or better) to receive a passing grade in the course.**

#### **Numeric and Letter Grade Translation (no rounding!)**

A	93-100	B-	80-82
A-	90-92	C+	77-79
B+	87-89	C	73-76

**Instructional Practices:**

**1. Teaching Methods**

- a. Power point Lecture
- b. Class discussion
- c. Student self-study

**2. Teaching Aids**

- a. Smart board technology
- b. Video
- c. Human skeleton
- d. Practical demonstration of techniques by instructor in class/lab
- e. High-low tables
- f. Therapeutic Exercise equipment
- g. APTA Orthopaedic Section website

**3. Student Responsibilities**

- a. Attention and active participation are required in all sessions. Each student is expected to prepare for the lecture session by reading the required materials prior to that session.
- b. Any student having particular difficulty with material presented in this course should seek direction and/or assistance from the professor as soon as the difficulty is perceived.
- c. Each student is expected to act according to the guidelines of Professional Abilities set forth in the Student Manual.

**4. Course Policies**

- a. For general Course Policies see the Department of Physical Therapy Student Manual.
- b. Academic Misconduct – Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's function as an educational institution. An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the Student Academic Misconduct Policy (approved December 9, 2005) located at:  
<http://studentconduct.unlv.edu/misconduct/policy.html>.
- c. Copyright – The University requires all members of the University Community to familiarize themselves and to follow copyright and fair use requirements. You are individually and solely responsible for violations of copyright and fair use laws. The university will neither protect nor defend you nor assume any responsibility for

employee or student violations of fair use laws. Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at: <http://provost.unlv.edu/copyright/statements.html>.

- d. Disability Resource Center (DRC) – The UNLV Disability Resource Center (SSC-A 143, <http://drc.unlv.edu/>, 702-985-0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be available to you. If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to me during office hours so that we may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach me before or after class to discuss your accommodation needs.
- e. Religious Holidays Policy – Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the instructor no later than the end of the first two weeks of classes of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. This policy shall not apply in the event that administering the test or examination at an alternate time would impose an undue hardship on the instructor or the university that could not reasonably be avoided. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=4&navoid=164>.
- f. Tutoring – The Academic Success Center (ASC) provides tutoring and academic assistance for all UNLV students taking UNLV courses. Students are encouraged to stop by the ASC to learn more about subjects offered, tutoring times and other academic resources. The ASC is located across from the Student Services Complex (SSC). Students may learn more about tutoring services by calling (702) 895-3177 or visiting the tutoring web site at: <http://academicsuccess.unlv.edu/tutoring/>.
- g. Rebelmail – By policy, faculty and staff should e-mail students' Rebelmail accounts only. Rebelmail is UNLV's official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students' e-mail prefixes are listed on class rosters. The suffix is always @unlv.nevada.edu.
- h. Library Resources – Students may consult with a librarian ([www.library.unlv.edu/consultation](http://www.library.unlv.edu/consultation)) about research needs. For this class, the subject librarian is Xan Goodman. UNLV Libraries provides resources to support students' access to information. Discovery, access, and use of information are vital skills for academic work and for successful post-college life. Access library resources and ask questions at [www.library.unlv.edu/](http://www.library.unlv.edu/)

**Required Readings:**

Required readings will be assigned from texts and other sources, including but not limited to journal articles

**Online:**

Clinical Practice Guidelines: Orthopaedic Section website and JOSPT. See Schedule for assigned readings.

**Required Texts:**

Brotzman SB & Mankse RC. (2011). Clinical Orthopaedic Rehabilitation (3<sup>rd</sup> Ed.) Mosby ISBN 978-0323055901

Maxey L & Magnusson J. (2013). Rehabilitation for the Postsurgical Orthopedic Patient. (3<sup>rd</sup> ed.).

Elsevier. ISBN 0-323-07747-7

**Recommended Texts:**

Cioppa Mosca, J, Cahill, J and Young, C. (2006). Post-Surgical Rehabilitation Guidelines for the Orthopedic Clinician (Hardcover) ISBN-10: 0323032001 (Recommended)