COURSE OUTLINE

PHTA 103 - Musculoskeletal Pathologies

PREPARED BY: Deborah S. Molnar
A. **TITLE:** Musculoskeletal Pathologies

B. **COURSE NUMBER:** PHTA 103

C. **CREDIT HOURS:** 4

D. **WRITING INTENSIVE COURSE:** No

E. **COURSE LENGTH:** 15 weeks

F. **SEMESTER(S) OFFERED:** Spring semester

G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:**
   3 hours lecture, 3 hours lab per week

H. **CATALOG DESCRIPTION:**
   Spring, 4 credit hours
   Principles and techniques of therapeutic exercise and soft tissue mobilization are presented and related to specific musculoskeletal pathologies across the life span. Students will learn their role in assisting the physical therapist with management of an orthopedic based patient population in relation to the stages of tissue healing. The student will learn to apply a variety of exercise techniques when given the physical therapy plan of care and goals/expected outcomes. There will be a focus on educating the patient and/or care giver throughout the course. Students will also begin to read and understand professional literature. 3 hours lecture, 3 hours lab per week.

I. **PRE-REQUISITES/CO-REQUISITES:**
   Pre-requisites: All first semester PTA curriculum
   Co-requisites: None

J. **GOALS (STUDENT LEARNING OUTCOMES):** By the end of this course, the student will:

<table>
<thead>
<tr>
<th>Course Objective</th>
<th>Institutional SLO</th>
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<tr>
<td>1. Identify stages of tissue healing and general rehabilitation guidelines for each stage.</td>
<td>#3 Prof Comp</td>
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<tr>
<td>2. Describe mechanism of injury, clinical presentation, medical management, and rehabilitation of common musculoskeletal pathologies of the: a. Lower extremity b. Upper extremity c. Spine</td>
<td>#3 Prof Comp</td>
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<td>3. Demonstrate comprehension of the physical therapy plan of care through case scenario implementation for patients with musculoskeletal pathology.</td>
<td>#2 Critical Thinking #3 Prof Comp</td>
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<td>4. Recognize characteristics and rehabilitation</td>
<td>#3 Prof Comp</td>
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### K. TEXTS:

L. REFERENCES:

M. EQUIPMENT:
treatment tables, all exercise equipment in PTA lab and Fitness Center

N. GRADING METHOD (P/F, A-F, etc.):
Students will be assigned a letter grade based on the college grading system A-F
Students must obtain a 75% in both the lecture and laboratory component of the course to pass the course.
Conversion of a number grade to a letter grade is as follows:

<table>
<thead>
<tr>
<th>Number Grade</th>
<th>Letter Grade</th>
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<tbody>
<tr>
<td>90-100</td>
<td>A</td>
</tr>
<tr>
<td>85-89</td>
<td>B+</td>
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<tr>
<td>80-84</td>
<td>B</td>
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<tr>
<td>75-79</td>
<td>C+</td>
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<tr>
<td>70-74</td>
<td>C</td>
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<tr>
<td>65-69</td>
<td>D+</td>
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<tr>
<td>below 60</td>
<td>F</td>
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O. MEASUREMENT CRITERIA/METHODS:
Written examinations, lab competencies, lab practicals, quizzes/homework, literature review

P. DETAILED COURSE OUTLINE:

I. Fundamentals of Therapeutic Exercise
   A. Introduction
   B. Endurance
   C. ROM/Flexibility
      1. Range of motion
         a. Passive range of motion
         b. Active assistive range of motion
         c. Active range of motion
      2. Stretching
         a. Manual passive stretching
         b. Mechanical passive stretching
         c. Active inhibition
         d. Self-stretching
3. Joint mobilization
D. Muscle Performance
   1. Manual vs mechanical
   2. Resistance Exercise
      a. Isometric
      b. Isotonic
      c. Isokinetic
E. Balance/Coordination
F. Relaxation

II. Tissue Healing/Repair
A. Acute inflammatory
B. Proliferative
C. Remodeling
D. General rehab considerations
   1. Ligaments
   2. Bone
   3. Tendons
   4. Muscle

III. Soft Tissue Mobilization
A. General massage techniques
B. Orthopedic based soft tissue techniques

IV. Hip/Pelvis Pathology
A. Fractures
B. Total Hip Replacement
C. Bursitis
D. Muscular Strains

V. Knee Pathology
A. Ligamentous Injury
B. Meniscus Injury
C. Total Knee Replacement
D. Fractures
E. Patellofemoral Syndrome
F. Contusions

VI. Ankle/Foot Pathology
A. Tendinitis/Fascitis
B. Sprains/Instabilities
C. Fractures

VII. Shoulder Pathology
A. Impingements/Tendonitis
B. Instabilities/Separations
C. Adhesive Capsulitis
D. Fractures
E. Total Shoulder Replacement
F. Complex Regional Pain Syndrome
VIII. Elbow Pathology
   A. Tendinitis
   B. Fractures

IX. Wrist/Hand Pathology
   A. Tendinitis
   B. Carpal Tunnel Syndrome
   C. Fractures

X. Arthritis/Osteoporosis/Fibromyalgia
   A. Osteoarthritis/Rheumatoid Arthritis
   B. Osteoporosis
   C. Fibromyalgia/Systemic Lupus Erythematosus

XI. Spinal Pathology
   A. Ligament and Muscle Injury
   B. Fractures/Instability
   C. Disc Protrusion/Herniation
   D. Spinal Stenosis
   E. Scoliosis
   F. SI Joint Dysfunction

Q. LABORATORY OUTLINE:
   I. Introduction

   II. Endurance
      A. Cardiovascular Equipment
      B. Aerobic Exercise Programs

   III. Soft Tissue Techniques
      A. Effleurage
      B. Pettrisage
      C. Deep Friction Massage
      D. Ischemic Compression

   IV. Hip/Pelvis
      A. ROM/Flexibility
         1. PROM/AAROM/AROM
         2. Self-Assisted ROM
         3. Manual Stretching
         4. Self-Stretching
      B. Strengthening
         1. Manual Resistance
         2. Mechanical Resistance and Muscle Setting
         3. Closed Chain Exercises
V. Knee
   A. ROM/Flexibility
      1. PROM/AAROM/AROM
      2. Self-Assisted ROM
      3. Manual Stretching
      4. Active Inhibition Techniques
      5. Self-Stretching
      6. CPM
   B. Strengthening
      1. Manual Resistance
      2. Mechanical Resistance and Muscle Setting
      3. Closed Chain Exercises
      4. Plyometrics

VI. Ankle/Foot
   A. ROM/Flexibility
      1. PROM/AAROM/AROM
      2. Self-Assisted ROM
      3. Manual Stretching
      4. Self-Stretching
   B. Strengthening
      1. Manual Resistance
      2. Mechanical Resistance
      3. Closed Chain Exercises

VII. Shoulder
   A. ROM/Flexibility
      1. PROM/AAROM/AROM
      2. Self-Assisted ROM
      3. Assisted ROM Exercises
      4. Manual Stretching
      5. Active Inhibition Techniques
      6. Pendulum Exercise
      7. Self-Mobilizations
      8. Self-Stretching
   B. Strengthening
      1. Manual Resistance
      2. Self-Assisted Isometrics
      3. Mechanical Resistance
      4. Closed Chain Exercises
      5. Plyometrics

VIII. Elbow
   A. ROM/Flexibility
      1. PROM/AAROM/AROM
      2. Self-Assisted ROM
3. Manual Stretching
4. Active Inhibition Techniques
5. Self-Stretching
B. Strengthening
   1. Manual Resistance
   2. Mechanical Resistance

IX. Wrist/Hand
   A. ROM/Flexibility
      1. PROM/AAROM/AROM
      2. Self-Assisted ROM
      3. Manual Stretching
      4. Self-Stretching

   B. Strengthening
      1. Manual Resistance
      2. Mechanical Resistance

X. Spine
   A. Cervical Spine
      1. ROM/Flexibility
         a. PROM/AAROM/AROM
         b. Stretching
      2. Strengthening/Stabilization
         a. Axial Extension
         b. Cervical Flexors
         c. Manual Resistance
         d. Self-Resisted Isometrics
   B. Thoraco-lumbar spine
      1. ROM/Flexibility
         a. Stretching
      2. Strengthening
         a. Stabilization Exercises
         b. Abdominals
         c. Back Extensors
      3. Postural Awareness/Body Mechanics/Prevention
      4. Ergonomics