

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



COURSE OUTLINE

PHTA 105 – Musculoskeletal Assessment

Prepared By: Jennifer McDonald

**SCHOOL OF HEALTH, SCIENCE, & CRIMINAL JUSTICE
PHYSICAL THERAPIST ASSISTANT
MAY 2015**

- A. **TITLE:** Musculoskeletal Assessment
- B. **COURSE NUMBER:** PHTA 105
- C. **CREDIT HOURS:** 2
- D. **WRITING INTENSIVE COURSE:** No
- E. **COURSE LENGTH:** 15 weeks
- F. **SEMESTER(S) OFFERED:** Spring
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:**
1 lecture hour, 2 lab hours per week

H. CATALOG DESCRIPTION:

This course introduces students to data collection tools used to assist the physical therapist with assessment of the musculoskeletal system. Emphasis will be placed on developing skill competency with goniometry, manual muscle testing, and postural assessment. Students will also gain familiarity with common medical imaging tests, orthopedic special tests, and functional assessments. One lecture and two laboratory hours per week in the second semester of the Physical Therapist Assistant curriculum.

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 be able to:

1. Explain the role of the PTA in musculoskeletal system assessment.	2. Critical Thinking 3. Professional Comp
2. Recognize when an assessment finding would warrant consultation with the physical therapist.	2. Critical Thinking 3. Professional Comp
3. Discuss concepts of reliability and validity as they relate to musculoskeletal assessment techniques.	2. Critical Thinking 3. Professional Comp
4. Recognize common medical imaging tests used to diagnose musculoskeletal pathology.	3. Professional Comp
5. Recognize common orthopedic special tests used by the physical therapist.	3. Professional Comp
6. Demonstrate competence in performing components of data collection skills essential for carrying out the plan of care to include: <ul style="list-style-type: none"> a. Limb length b. Limb girth c. Observation of presence/absence of muscle mass d. Recognition of normal & abnormal muscle length e. Recognition of normal & abnormal joint movement f. Manual muscle testing g. Posture h. Range of motion (goniometry) i. Functional range of motion 	3. Professional Comp
7. Accurately document findings related to musculoskeletal data collection.	3. Professional Comp
9. Demonstrate appropriate communication skills while acting as a student PTA during all lab interactions & competency testing.	1. Communication 3. Professional Comp

K. TEXTS:

Musculoskeletal Assessment, Joint Range of Motion and Manual Muscle Strength 3rd edition, Clarkson H, Lippincott Williams and Wilkins, Philadelphia, 2013.
Fundamental Orthopedic Management for the Physical Therapist Assistant 3rd edition, Shankman, GA, Mosby, St. Louis, 2011.

L. REFERENCES:

Clinical Kinesiology and Anatomy, 5th edition, L. Lippert, F.A. Davis, Phil., 2011
Muscles: Testing and Function with Posture and Pain, Kendall FP, et al, 5th edition, Lippincott Williams & Wilkins, Philadelphia, 2005.
Joint Range of Motion and Muscle Length Testing, Reese NB, Bandy WD, WB Saunders, Philadelphia, 2002.
Therapeutic Exercise: Foundations and Techniques, 6th edition, Kisner and Colby, FA Davis, Philadelphia, 2013.

M. EQUIPMENT: No specialized equipment required

N. GRADING METHOD: A-F

N. MEASUREMENT CRITERIA/METHODS:

- Lab Competencies
- Lab Practical
- Written Final Exam
- Weekly Quizzes
- Homework Assignments

P. DETAILED COURSE OUTLINE: (must use the outline format listed below)

- A. Introduction to Physical Assessment
 1. Role of PTA
 2. Components of assessment
 3. Assessment of musculoskeletal structures
- B. Introduction to Tests and Measures
 1. Goniometry
 2. Manual Muscle Testing
 3. Special Orthopedic Tests
 4. Functional Assessment
- C. Musculoskeletal Assessment by Body Region
 1. Lower Extremity
 2. Upper Extremity
 3. Spine
 4. Posture

Q. LABORATORY OUTLINE

- A. Musculoskeletal Assessment by Body Region
 1. Lower Extremity
 - a. Hip

- b. Knee
 - c. Ankle/Foot
- 2. Upper Extremity
 - a. Shoulder Girdle
 - b. Glenohumeral Joint
 - c. Elbow/Forearm
 - d. Wrist/Hand
- 3. Spine
- 4. Posture