

PT 491: Independent Study: Spine (1 cr.)

Course Description:

This course covers current evidence on topics involving the anatomy, biomechanics, assessment, and intervention for the spine. The independent study nature of this course is designed to integrate article reading and video demonstration to teach the function and anatomy of the lumbopelvic and cervicothoracic regions, the assessment process of the low back and neck, manual techniques, and therapeutic exercises.

Faculty: [Kevin O'Brien, PT, DPT, Cert. MDT](#)

Credit Hours: 1 credit

Course Meeting Times: Asynchronous online, by appointment.

Course Prerequisites: Registered in the Professional Physical Therapy curriculum.

Outline of Course Content: See attached course suggested schedule for completion.

Course Objectives:

Upon completion of this course, the student will be able to:

1. Identify the functional anatomy of the neuromusculoskeletal system in evaluation and treatment of mechanical back and neck pain.
2. Explain how the nervous tissue contributes to pain symptoms in the low back and neck.
3. Describe the process of potential for declining load bearing tolerance of the skeleton as it ages, becomes injured, and adaptively changes.
4. Predict the compressive and tensile responses of joints and soft tissue accompanying various postures of the cervical and lumbar spine.
5. Apply current concepts of biomechanics, therapeutic exercise, and manual therapy to treatment of mechanical pain of the low back and neck.

Materials – Text, Readings, & Supplementary Readings:

Selected independent article readings (provided via Blackboard)

Teaching Methods and Practice Model:

The above objectives contribute to the Curriculum Practice Model components of Patient Care: Screening/evaluation/progression/discharge, Patient Care: Physical Therapy Interventions, Practice Model Components of Foundational Science; Clinical Science, Professional Practice, Patient/Client Practice and Management.

Students will be required to demonstrate competency in course content through written examinations and reflection-discussion.

Methods of Evaluation:

- Completion of independent article review
- Reflection / reaction postings
- Written examinations (2)

Course Weighted Grade Composition:

Completion of assigned article readings	30%
Reaction board posts and responses	20%
Lumbar Written Examination	25%
Cervical Written Examination	25%

Final Grading:

Final course grade will be determined as follows:

- 90-100% A
- 80-89.9% B
- 76-79.9% C
- <76% Unsatisfactory

Course Access & Log in Information

This course was developed and will be facilitated utilizing Blackboard. To get started with the course, please go to: <http://blackboard.UND.edu> and log in with your NDUS.Identifier (Username and Password). If you do not know your NDUS Identifier or have forgotten your password, please visit [Your NDUS Account Webpage](#) on the [UIT website](#).

Visit the [Knowledge Base](#) for additional supports and information about general tech requirements for students including information about devices, operating systems, software, internet connection, and major-specific tech requirements.

Communication

Course communication and announcements will be made via Blackboard and email.

Academic Integrity:

In accordance with the rules concerning scholastic dishonesty in the Code of Student Life* at the University of North Dakota, I affirm that I understand these rules and I agree to comply with them.

I will not:

- Receive any additional information or assistance for any exam other than what was provided during class or approved tutor sessions.
- Copy from another student's test.
- Collaborate with or seek aid from another student who may have previously taken the exam.
- Knowingly use, buy, sell, steal, or solicit in whole or in part the contents of any exam.
- Bribe another person to obtain information about any exam.

Department of Physical Therapy Honor Code Pledge:

"Upon my honor as professional student in the physical therapy program at the

University of North Dakota, I pledge that I will not give nor receive unauthorized aid on written examinations, laboratory practical examinations, written assignments, take home assignments or clinical assignments.”

Examination disclaimer: “I affirm that I have adhered to the Honor Code in this assignment.”

Assignment and Late Work Policy

Due dates for each assignment or activity will be posted in Blackboard. All assignments must be submitted by the due date and time posted in the course. All times are posted in the Central Time Zone.

The acceptance and grading of late assignments is at the discretion of the instructor. If extenuating circumstances arise, it is your responsibility to you contact the instructor prior the due date and request an extension. All requirements for this course must be completed during the course dates.

Scholastic Standards Policy

Students are expected to pass written examinations and graded application assignments. In accordance with the UND-PT Scholastic Standards, a passing cumulative score (IRATs, TRATs, applications / assignments, and written block exam scores) of 76% must be achieved to pass the course. A 76% score is the minimum passing score for each of the 4 written block exams. Remediation with the instructor is required for a written exam score below 80%. See the UND-PT *Scholastic Standards* document for further reference.

Course Evaluation

Near the end of the semester, you will be asked to complete an online course evaluation form (SELF). Your feedback on the course is extremely valuable to us. We read our students’ comments carefully and use them to improve the course the next time we teach it.

- When the time comes, please let us know which aspects of the course helped you learn—and which aspects might be modified to help future students learn more effectively.
- Please note that the course evaluations are anonymous and that we won’t see the results until after the grades for the course are submitted, allowing you to provide honest and constructive feedback.
- Throughout the semester if you have concerns or feedback, please reach out to schedule a time for discussion.

Course Syllabus and Schedule Subject to Change

University of North Dakota Policies & Resources

Technical Requirements & Assistance

Whether you’re taking courses in the classroom or online, it’s important to have the right technology and equipment. Visit the [UND Technical Requirements](#) webpage for more information. Students are expected to use their official UND email in the course. For technical assistance, please contact [UND Technical Support](#) at 701.777.2222. Visit the University Information Technologies (UIT) website for their hours, help documents and other resources.

Resources

UND cares about your success as a student. For more information, visit the [Student Resources Page](#) for

additional information. Students have access to assistance from the [UND Writing Center](#), [Tutoring and Learning Services](#), [Testing Services](#), and more.

Students also have access to the UND Student Resource Site via Blackboard. It is recommended that you become familiar with the tools and tutorials within Blackboard to better equip you in navigating the course and [Educational Technology](#) including Yuja, VoiceThread, Discussion Boards, Riipen, Smart Thinking, Proctoring, etc.

Accessibility Statement

The University of North Dakota is committed to providing equal access to students with documented disabilities. To ensure access to this class and your program, please contact [Accessibility for Students](#) to engage in a confidential discussion about accommodations for the classroom and clinical settings. Accommodations are not provided retroactively. Students are encouraged to register with Accessibility for Students at the start of their program.

More information can be obtained by email, UND.accessibilityforstudents@UND.edu, or by phone at 701.777.2664.

Religious Accommodations

UND offers religious accommodations, which are reasonable changes in the academic environment that enable a student to practice or observe a sincerely held religious belief without undue hardship on the University. Examples include time for prayer or the ability to attend religious events or observe a religious holiday. To request an accommodation, complete the [student religious accommodation request form](#). If you have any questions, you may contact the [Equal Opportunity & Title IX Office](#).

Pregnancy Accommodations

Students who need assistance with academic adjustments related to pregnancy or childbirth may contact the Equal Opportunity & Title IX Office or Academic Affairs to learn about your options. Additional information and services may be found at [Pregnancy Resources](#).

Resolution of Problems

Should a problem or grievance occur, you should speak to your instructor first. If the problem is not resolved by speaking with your instructor, refer to the *UND-PT Scholastic Standards* and *UND-SMSH Grievance and Appeal* policy. Students are required to work through the channels of communication as follows: student, course instructor, department chair, associate dean of health sciences, dean of SMHS. Should the problem persist after taking these initial steps, you have the right to go to the provost next, and then to the president.

Notice of Nondiscrimination

It is the policy of the University of North Dakota that no person shall be discriminated against because of race, religion, age, color, gender, disability, national origin, creed, sexual orientation, gender identity, genetic information, marital status, veteran's status, or political belief or affiliation and the equal opportunity and access to facilities shall be available to all. Concerns regarding Title IX, Title VI, Title VII, ADA, and Section 504 may be addressed to Donna Smith, Assistant Vice President for Equal Opportunity & Title IX and Title IX/ADA Coordinator, 102 Twamley Hall, 701.777.4171, UND.EO.TitleIX@UND.edu or the Office for Civil Rights, U.S. Dept. of Education, 230 S. Dearborn St., 37th Floor, Chicago, IL 60604 or any other federal agency.

Reporting of Discrimination, Harassment, or Sexual Misconduct

If you or a friend has experienced sexual misconduct, such as sexual harassment, sexual assault, domestic violence, dating violence, or stalking, please contact the [Equal Opportunity & Title IX Office](#) or UND's Title IX Coordinator, Donna Smith, for assistance: 701.777.4171; donna.smith@UND.edu; or visit the [Title IX webpage](#). You may also contact the Equal Opportunity & Title IX office if you or a friend has experienced discrimination or harassment based on a protected class, such as race, color, national origin, religion, sex, age, disability, sexual orientation, gender identity, genetic information, pregnancy, marital or parental status, veteran's status, or political belief or affiliation.

Faculty Reporting Obligations Regarding Discrimination, Harassment, or Sexual Misconduct

It is important for students to understand that faculty are required to share with UND's Title IX Coordinator any

incidents of sexual misconduct or of discrimination or harassment based on a protected class that they become aware of, even if those incidents occurred in the past or are disclosed as part of a class assignment. This does not mean an investigation will occur if the student does not want that, but it does allow UND to provide resources to help the student continue to be successful at UND. If you have been impacted by discrimination, harassment, or sexual misconduct, you can find information about confidential support services on the [Equal Opportunity & Title IX webpage](#).

Health and Safety

UND is committed to maintaining a safe learning environment while providing quality learning experiences for our students. As such, UND asks students and instructors to be flexible when necessary to promote a safe environment for learning. Please do not attend an in-person class or lab if you are feeling ill or if you have been directed by health professionals to quarantine or isolate. If you are not able to attend class or lab, please notify your instructor as soon as possible and discuss options for making up any missed work in order to ensure your ability to succeed in the course. If you will have an extended absence due to serious illness or other uncontrollable circumstances, you may request an absence notification through the [Office of Community Standards](#). If they may need to cancel class or temporarily move your course to online delivery to ensure that you are able to complete the course successfully. Instructors may require students to wear masks in the classroom or in the laboratory as a preventative measure designed to facilitate uninterrupted classroom engagement and to facilitate health and safety in the classroom. If your instructor does require masks in class or in a laboratory, you are expected to comply with that request.

UND also strongly encourages all members of the University community, including students, to get vaccinated, seek out testing when needed, and model positive behavior both on- and off-campus to foster a healthy and safe learning environment for all students. Individuals who would like to discuss disability accommodations regarding masks should contact Accessibility for Students at 701.777.2664 or UND.accessibilityforstudents@UND.edu. Individuals who are unable to wear a mask due to a sincerely held religious belief should contact the UND Equal Opportunity and Title IX Office at 701.777.4171 or UND.EO.TitleIX@UND.edu.

UND Cares Program

How to Seek Help When in Distress

We know that while college is a wonderful time for most students, however, some students may struggle or have issues that arise. You may experience students in distress on campus, in your classroom, in your home, and within residence halls. Distressed students may initially seek assistance from faculty, staff members, their parents, and other students. In addition to the support we can provide to each other, there are also professional support services available to students through the Dean of Students and University Counseling Center. Both staffs are available to consult with you about getting help or providing a friend with the help that he or she may need. For more additional information, please visit the [UND Cares Program Webpage](#).

Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeate this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.

Additional Resources

It is my goal to foster an environment of mutual respect in which everyone feels comfortable voicing their opinions, sharing their stories, and learning about potentially heavy or personally relevant material. If, at any point, you feel like the information covered in this class elicits thoughts, feelings, or concerns that you would like to discuss further, don't hesitate to reach out to me, or the [UND Counseling Center](#) (701-777-2127).

Further, if you experience extenuating circumstances, sexual violence, identity-based harm, or any other personal crisis during the semester, don't hesitate to reach out to me so we can provide academic assistance and help you in this course, and put you in contact with the appropriate resources and services (if needed).

- [UND Care Team](#): 701-777-2664 (8:00 AM to 4:30 PM M-F) or 701-777-3491 (evenings and weekends)
- [UND Campus Police](#): 701-777-3491 ·UND Student Health: 701-777-4500
- [UND Title IX Resources](#)
- [Abuse and Rape Crisis Hotline \(CVIC\)](#): 701-746-8900 (24 hours)
- [Grand Forks Police Department](#): 701-787-8000 (24 hours)
- [Emergency Room](#): 701-780-5280
- [UND Student Diversity and Inclusion](#): 701-777-6985
- [Food For Thought Pantry](#): (Wilkerson Commons Room 169; 701-777-4200)
- [National Suicide Prevention Lifeline](#): (1-800-273-8255)