

PT 426: MANUAL THERAPY I

Tuesday/Thursday 11:00-1:00 pm: Room E312

Spring Semester 2021

Instructors: Dr. Gary Schindler, Dr. Kevin O'Brien, Dr. Ricky Morgan,

TA's: Britton Bussman, Dustin Koehnen, Brady Wold-Heyen

Zoom Link: <https://und.zoom.us/j/94523609001>

DATE	Faculty	TOPIC/MOBILIZATION	READING
Jan 12	Jeno	Intro: Connective Tissue Healing: <u>LIVE ZOOM (ALL)</u>	Handouts
14	Jeno	Intro to Principles and Concepts: <u>LIVE ZOOM (ALL)</u>	Handouts
19/21	Schindler	Hip (SPLIT LAB):	159-171
26/28	Schindler	Knee, Leg (SPLIT LAB)	173-190
Feb 02/04	O'Brien	Ankle, Foot/Toes (SPLIT LAB)	193-227
09/11	Morgan	Principles and Concepts of Soft Tissue Mobilization: <u>Pre-recorded Lecture</u>	Handouts
		Soft tissue mobilization: UE/LE (SPLIT LAB)	
16		Open Lab/Review:	
		Group 1: 11:00-12:50 (Rm E312)	
		Group 2: 1:00-2:50 (Rm E311)	
18		Written and Practical exam I-LE: Practical PRACTICAL: ROOM E311 (11:00-2:00)	
23/25	Schindler	Shoulder Complex: Scapula, AC, SC, GH (SPLIT LAB)	83-106
Mar 02/04	Schindler	Elbow, Soft Tissue: (SPLIT LAB)	109-123
9/11	Schindler	Humero-Radial, Radio-Ulnar joints, Radiocarpal Midcarpal, Volar/Dorsal Arch	
		1 st Carpo-Metacarpal Joint, Fingers: (SPLIT LAB)	125-155
16/18		SPRING BREAK	
23		Open Lab/Review:	
		Group 2: 11:00-12:50 (Rm E312)	
		Group 1: 1:00-2:50 (Rm E311)	
25		Written and Practical Exam II- UE PRACTICAL: ROOM E311 (11:00-2:00)	
Ma-Apr 30/01	Morgan	Cervical/Lumbar Spine: <u>Pre-recorded Lecture</u>	
		Principles of Spine, Lumbar Spine (SPLIT LAB)	57-82
06/08	Morgan	Cervical/Thoracic Spine (SPLIT LAB)	23-56
13/15	O'Brien	Sacroiliac Joint: <u>Pre-recorded Lecture</u>	Handout: 57-82
		Sacroiliac Joint: (SPLIT LAB)	
20/22	O'Brien	McKenzie Lecture: <u>Pre-recorded Lecture</u>	Handout
		McKenzie Lumbar Labs (SPLIT LAB)	
27/29	O'Brien	McKenzie Cervical Labs (SPLIT LAB)	
May 3-7		PRACTICAL EXAM - Spine/McKenzie: TBD FINAL WRITTEN EXAM (Comprehensive): TBD	

Texts Required: Manske, Lehecka, Reiman, Laudon, Champaign, IL. *Orthopedic Joint Mobilization and Manipulation: An Evidence-Based Approach*:

Course Title and Number: PT 426 Manual Therapy I

Description: Introduction to joint mobilization/manipulation techniques. Emphasis is on mobilization/manipulation as it relates to peripheral joints and soft tissues of the human body. Basic examination, evaluation, and intervention techniques for the spine are also presented.

Department Offering the Course:

Physical Therapy

Credit Hours: 2 credit hours

Instructor(s):

Gary Schindler, PT, PhD; Ricky Morgan, DPT; Kevin O'Brien, DPT

Clock Hours:

Lecture: 1 hr/week

Lab: 3 hrs/week

Course Prerequisites:

Registered in Professional Physical Therapy curriculum

Course Objectives:

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

1. Review the histology and physiology of connective tissue (CT) and apply the concepts to injury healing and therapeutic interventions such as stretching, ROM, soft tissue and joint mobilization/manipulation. (cognitive: comprehension, application; 7A)
2. Competently administer examination and intervention techniques utilizing appropriate biomechanical and neurophysiological properties of soft tissue and joint mobilizations/manipulations based on evaluation and limitations identified- pain or joint restriction. (cognitive, comprehension and application; psychomotor, complex overt response; psychomotor: guided response; 7DI9k, q, v; 7D27f)
3. Identify and apply intervention techniques with respect and consideration for patients'/clients' differences/diversity, values, preferences, and expressed needs. (affective, responding; 7D8)
4. Accurately assess patient outcome following selected interventions and adjust the plan of care in response to patient/client status observing precautions and contraindications and educating patient/client on rationale for intervention. (psychomotor, complex overt response; 7D27h, 7D30)
5. Consistently demonstrate professional attitudes and behaviors during laboratory sessions and practical examinations. (psychomotor, complex overt response; 7D4, 7D5)
6. Assess the safety risks for the health care provider and demonstrate proper body mechanics during performance of all skills to avoid personal injury. (psychomotor, complex overt response 7D37)

Outline of Content and Assigned Instructor:

See attached course schedule.

Description of Teaching Methods and Learning Experiences:

This course is a combination of traditional lecture and laboratory experiences designed to facilitate learning of hands on skills. Laboratory experiences include demonstrations and application of techniques for manual therapy. Case study and problem solving applications are utilized to meld theory with clinical practice.

Methods of Evaluation:

- I. The written examinations will evaluate material, techniques, procedures, and theory covered in lectures and laboratory sessions. The format of the exams may include, but are not limited to: multiple choice, true/false, matching, short answer, essay, and patient problems. A passing grade of 76% is required on all written exams.

- 2. The practical examinations will evaluate materials, techniques, and procedures covered in the lab and via demonstration. Students will be expected to achieve a minimum score of 80% on each practical examination. Please refer to the UND PT Scholastic Standards for details concerning the implications of and information regarding remediation of the content if a student receives a score below 80%.

GRADING:

Grades based on:

Your course grade will be calculated by the following distribution:

Grading	
Written Exam 1 & 2	30%
Final Exam	20%
Practical Exams	
I-LE	15%
II-UE	15%
III-Spine	15%
Quizzes	5%

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

****Quizzes will make up 5% of your overall grade, if completed. If quizzes are not given, then the additional 5% will be added to the Final written exam percentage (so written exams will= 55%).**

An overall grade of 76% and practical grade of 80% are required to pass the course.

The minimum passing score on written tests is 76%. The minimum passing score on practical examinations is 80%. If student receives a score below the above percentages a remediation process will occur and the student will be given one additional attempt at passing. The follow up exam can be taken no sooner than 48-hours after their original exam. If the second exam is failed, according to policy and procedure, the student may be removed from the program. Please refer to Scholastic Standards. For grading purposes, the original written exam and lab scores will be used in case remediation is needed. Exams, written and practical, will be available for review once graded. Any questions regarding grading of exams are to be handled in a professional manner and **in writing** with an explanation of your concern and your reference that includes the page number or handout to justify your answer. Any correspondence concerning exams must be made within 1 week from the time exams are available for review. After that time, no alterations to exam grades will be made and existing score will be used for grade calculations.

Attendance/Tardiness and Participation: Attendance and participation is required for all lecture and laboratory classes. Hands on skills cannot be mastered without guided participation in laboratory activities. Clinical cases and clinical decision making skills are enhanced throughout the laboratory sessions. Come in lab clothes and prepared to learn. If you need to switch lab groups for the day you need to request the change **one-week** in advance and you are responsible for finding someone to replace you at that time. If you are absent you will be responsible for informing the lead instructor as to the reason of your absence, either by leaving a message with the PT office or the lead instructor via email or phone. **Documentation may be requested if three or more absences** accumulate. Tardiness is not tolerated. Please remember that arriving late for anything is a distraction and it places your lab partner in a less than adequate position for learning. If **the number of times you arrive late for lecture/lab exceed two you will have five course points deducted for every day thereafter you are late.** In addition, not being dressed appropriately will affect your participation score.

EXPECTATIONS AND ACCOUNTABILITY:

Independent learning and professionalism is expected throughout this course. Students will be held responsible for material presented in lecture, pertinent information covered in the texts related to the topics discussed in lecture/lab/discussion, and all material covered in the laboratory. If **you have an injury or a known area of instability, it is your responsibility to notify your partner and the faculty to avoid further injury to that body part.**

Cell phone use is prohibited unless researching information regarding Manual Therapy. If you are expecting an important call, please inform me. In addition, I have high expectation for all involved in this course. It may seem at times difficult, but I know we can get through it. I expect professionalism, accountability, dependability, integrity, honesty, patience, hard work ethic, and good attitudes to be maintained throughout this course and hopefully your life. This is only going to prepare you when you are a colleague of mine in less than 3-years!!!! One of my favorite quotes is as follows

"Whether you think you can, or you think you can't-you're right: Henry Ford

Textbook and Other Learning Resources:

Manske, Lehecka, Reiman, Loudon; IL. *Orthopedic Joint Mobilization and Manipulation*

QUESTIONS/PROBLEMS

If during the course of the semester questions should arise, the first step is to approach the primary instructor, Dr. Gary Schindler. If satisfaction is not achieved, the Department Chair, Dr. Dave Reiling would be the next person to contact. Please refer to the Scholastic Standards Manual for further details. All questions regarding exams should be referred to Dr. Gary Schindler.

CLIENT INTERACTION

The Department of Physical Therapy has multiple opportunities for students to participate in clinical practice activities under the supervision of UND faculty, all of whom are licensed physical therapists. During this particular course, you may be required to participate in the examination, evaluation, and physical therapy interventions of community members. You will be providing primary care to individuals with impairments and/or dysfunction during laboratory classes, community health fairs, pro bono clinics, and/or within traditional clinical practices.

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:

- a) receive any additional information or assistance for any exam other than what was provided during class or approved tutor sessions
- b) copy from another student's test
- c) collaborate with or seek aid from another student who may have previously taken the exam
- d) knowingly use, buy, sell, steal, or solicit in whole or in part the contents of any exam
- e) bribe another person to obtain information about any exam

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DISABILITY ACCESS STATEMENT:

Contact me, David Relling (office 777-4091, email david.relling@med.und.edu), or visit Rm E-343 UND SMHS) to request disability accommodations, discuss medical information, or plan for emergency evacuation. To get confidential guidance and support for disability accommodation requests, students are expected to register with DSS at www.UND.edu/disability-services/, 180 McCannel Hall, or 701.777.3425.

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, Director of Equal Employment Opportunity/Affirmative Action and Title IX Coordinator, 401 Twamley Hall, 701.777.4171, und.affirmativeactionoffice@UND.edu or the Office for Civil Rights, U.S. Dept. of Education, 500 West Madison, Suite 1475, Chicago, IL 60611 or any other federal agency.

REPORTING SEXUAL VIOLENCE: If you or a friend has experienced sexual violence, such as sexual assault, domestic violence, dating violence or stalking, or sex-based harassment, please contact UND's Title IX Coordinator, Donna Smith, for assistance: 701.777.4171; donna.smith@UND.edu or go to UND.edu/affirmative-action/title-ix.

FACULTY REPORTING OBLIGATIONS REGARDING SEXUAL VIOLENCE: It is important for students to understand that faculty are required to share with UND's Title IX Coordinator any incidents of sexual violence 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 the victim of sexual violence, you can find information about confidential support services at UND.edu/affirmative-action/title-ix.

UND CARES RESPONSE TEAM: The [UND Cares Response Team](#) is available to assist with incidents involving UND students 24 hours a day, seven days a week. They respond to incidents such as

major accidents, missing students, sickness that interferes with attending classes, death, suicidal ideations, situations involving self-harm, psychological trauma and sexual violence. Contact directly at 701.777.2664 during regular business hours OR 701.777.3491 after hours.

If problems occur, students are required to work through channels of communication to resolve the problem before going to the chair or dean. The channel is student, instructor, chair, associate dean health sciences, and dean. rev 2/06, 5/06, 5/07, 4/08, 5/09, 5/10, 5/11, 8/13, 8/14, 8/15, 8/16