

PT 526: MANUAL THERAPY II

Lecture/Lab: 1-3 pm Monday & Wednesday Rm E312

Fall 2021 2 credits

Instructors: Mark Romanick, Schawnn Decker, Gary Schindler, Kevin O'Brien

<u>DATE</u>	<u>TOPIC</u>
Week 1	YuJa pre-recording: Mechanical Diagnosis and Treatment (MDT [McKenzie])—Kevin Read Low Back Pain Clinical Practice Guidelines (Blackboard)
Aug 25 Wed	Science of Spinal Manual Therapy (Mark) Spine Examination & Diagnosis; Clinical Practice Guidelines Classification Systems; Spine Surgeries
Aug 30 Mon	Mechanical Diagnosis and Treatment (MDT [McKenzie])--Kevin
Sept 1 Wed	Lumbar spine (MDT) – Examination/Intervention (split lab – ½ class)
Sept 6 Mon	LABOR DAY—no class
Sept 8 Wed	Lumbar spine (MDT) – Examination/Intervention (split lab – ½ class)
Sept 13 Mon	Lumbar spine (NAGs, SNAGs, MWMs)
Sept 15 Wed	LE neuromobs; LE mobilization/manipulation (Kevin/Gary)
Sept 20 Mon	Lumbar spine thrust mobilization/manipulation (Mark)
Sept 22 Wed	Lumbar spine - cases and problem solving (Kevin)
Sept 27 Mon	Pelvic Floor Dysfunction (Schawnn)
Sept 29 Wed	Pelvis/SI (Schawnn)
Oct 4 Mon	Pelvis/SI (split lab – ½ class) examination and intervention
Oct 6 Wed	PT 539 all afternoon
Oct 11 Mon	Pelvis/SI (split lab – ½ class) examination and intervention
Oct 13 Wed	NAIOMT approach to spine care (Schawnn)
Oct 18 Mon	Lumbopelvic techniques skill development (All faculty)
Oct 20 Wed	Lumbopelvic practical (1-5 pm) Written exam – McKenzie MDT, Mulligan, lumbar spine, SI/Pelvis, pelvic dysfunction, LE neuromobs

LUMBOPELVIC REGION

Oct 25 Mon Dry Needling; Instrument Assisted Soft Tissue Mobilization
(Gary/Kevin/Schawnn)

Oct 27 Wed MDT – Cervicothoracic spine – examination/intervention (split lab)
Read Neck Pain Clinical Practice Guidelines (Blackboard)

Nov 1 Mon MDT – Cervicothoracic spine – examination/intervention (split lab)

Nov 3 Wed Thoracic spine/ribs - thrust mobilization/manipulation (Gary)

Nov 8 Mon Cervicothoracic (NAGs, SNAGs, MWMs)

Nov 10 Wed Cervical spine – instability; thrust mobilization/manipulation (Mark)

Nov 15 Mon Cervicothoracic spine – cases/problem solving (Kevin)

Nov 17 Wed UE neuromobs; UE mobilization/manipulation (Kevin/Gary)

Nov 22 Mon **PT 539 Taping/splinting [Group A] 1-4 pm**

Nov 24 Wed THANKSGIVING BREAK – NO CLASS

Nov 29 Mon Headaches & Whiplash, Differential Diagnosis

Dec 1 Wed Cervicothoracic skill development (All faculty)

**Dec 6 week Final Written Exam – Cervicothoracic (MDT/Mulligan), IASTM, UE
neuromobs, headaches/whiplash, differential diagnosis**

Final Practical II

CERVICOTHORACIC SPINE

Bolded dates are special dates/times

Academic Integrity:

In accordance with the rules concerning scholastic dishonesty in the Code of Student Life (<http://und.edu/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/assignment other than what was provided during class or approved tutor sessions
- b) copy from another student's test/assignment
- c) collaborate with or seek aid from another student who may have previously taken the exam/completed the assignment
- d) knowingly use, buy, sell, steal, or solicit in whole or in part the contents of any exam/assignment
- e) bribe another person to obtain information about any exam/assignment

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.

Disability Access Statement

Contact me, Mark Romanick (mark.romanick@med.und.edu; 777-3668), to request disability accommodations, discuss medical information, or plan for an [emergency evacuation](#). To get confidential guidance and support for disability accommodation requests, students are expected to register with DSS at UND.edu/disability-services 180 McCannel Hall, or 701.777.3425.

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.

COVID-19 SPECIAL STATEMENT:

All members of the University community have a role in creating and maintaining a COVID-19 resilient campus. There are several expectations from the School of Medicine and Health Sciences that require compliance, including: Wear face coverings during interactions with others and in the classroom; Wash hands often and use hand sanitizer; Properly clean spaces; and, if you are experiencing any symptoms, Stay home and call your health care provider. Students who fail to comply with any of the COVID related requirements will not be permitted in the classroom and may be subject to disciplinary action. We encourage all members of the University community to model positive behavior both on- and off-campus. Any changes in the SMHS COVID related requirements will be communicated to you through the Friday weekly email "For your health" from the Dean's office and email from the program director or chair.

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August 25, 2021

Students who test positive for COVID-19 are expected to immediately self-isolate/quarantine. If you have tested positive for COVID-19 we strongly recommend that you report the information to the Office of Student Rights and Responsibilities at 701.777.2664 or online at <https://veoci.com/veoci/p/w/ss2x4cq9238u>. Doing so will ensure students have the support they need to continue with their academic goals and to protect others. The policy related to COVID-19 may change throughout the semester due to community spread and updated CDC guidelines. Please check the policy frequently and ask faculty if you have any questions.