

## **PT 590: DIRECTED STUDIES: CLINICAL CONCEPTS IN PHYSICAL THERAPY- MOVEMENT ASSESSMENT**

**DESCRIPTION:** Individualized study of movement assessment in physical therapy for the student approved by his/her major advisor and supervised by preceptors with specialty and/or recognized expertise in the area of interest. Study may include library research, clinical research, discuss/seminars, projects, and directed clinical experience.

**DEPARTMENT OF PHYSICAL THERAPY INSTRUCTOR(S):** Gary Schindler PT, DPT, PhD; Ricky Morgan, PT, DPT, Cert MDT; James Zotto, PT, DPT, SCS

**CREDIT HOURS:** One (1) credit hour

**CLOCK HOURS:** Two hours per week in clinical laboratory setting

### **COURSE OBJECTIVES:**

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

1. Identify normal and abnormal human movement
2. Apply Gray Cook's and Gary Gray's approaches in movement assessment
3. Understand musculoskeletal impairments affecting movement
4. Analyze movement outcomes to determine areas of success and impairments
5. Evaluate movement assessment and develop interventions as dictated by the movement assessment results
6. Design and progress POC for common movement dysfunctions

### **COURSE PREREQUISITES:**

Registered in Professional Physical Therapy curriculum.

**TEACHING METHODS AND CURRICULUM PRACTICE MODEL:** Teaching methods in this course include observational learning, lecture, lab-based activities, and the use of reflection. The above objectives contribute to the Practice Model Components of Patient/Client Care/practice management and also address the Components of Specialty Areas/Cientele and the Continuum of Care.

### **Outline of Content:**

<u>Date</u>	<u>Presenter</u>	<u>Topic</u>
May 25	RM	Gary Gray: Mobility and Stability Analysis Movements: Relative Success Code & Performance System
June 1	RM	Continue 3DMAPS: Begin FMS: Screening guidelines and performance pyramid: Deep squat, hurdle step, inline lunge: Shoulder mobility, Active SLR, Trunk stability push up, Rotary stability movement pattern. Documenting FMS pattern, corrective strategy algorithm:
June 8	GS	SFMA: Intro SFMA: Top Tier Assessment: SFMA: 1-10 Breakouts
June 15	GS	SFMA: continued with cases
June 22	JZ	SFMA Treatment
July 29	JZ	SFMA Treatment/CASES
July 6	RM/GS	Cases and Review: Screens, Assessments, and Intervention: Final Review

## **METHODS FOR EVALUATION:**

### **OUTLINE OF CONTENT AND REQUIRED/RECOMMENDED READING**

**ASSIGNMENT(s):** Following the completion of this course, the student will complete (a) two (2) Function Movement Screens (FMS), two (2) SFMA assessments, and two (2) Relative Success Codes per Gary Gray and discuss potential initial interventions and POC progression based on your findings; and b) Provide a 1-2 page paper discussing the differences and similarities between both approaches, the benefits and limitations of both, and how they can best be utilized in the clinic. Each assessment/screen will be worth 10% of your grade. Your reflection paper will be worth 10% of your grade. There will also be a final written exam encompassing the three movement assessment techniques and treatment.

### **EXAMINATIONS:**

A final written exam will be administered at the end of the semester. Quizzes will be administered as needed.

### **ATTENDANCE:**

Class attendance is expected 100% of the time. Students must first attempt to notify the clinical supervising physical therapist and the instructor by phone or in person *prior* to any absences.

### **MAKE UP WORK/EXAMINATIONS:**

If an absence is anticipated, make up examinations should be completed *prior* to the absence. If an absence is unanticipated, arrangements for make-up examinations must be made *by the student within three days* of the student's return to classes. **Students may be assigned additional coursework for all absences.** Unexcused absences may result in failure of the course.

### **FINAL GRADE COMPOSITION:**

Six movement assessments: One Treatment Plan:	70%
Written Final:	25%
Quizzes:	5%

**\*\*\*\*\*If no quizzes then 5% will go toward the final exam**

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

## **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

## **DISABILITY ACCESS STATEMENT:**

Contact me, Gary Schindler (office phone: 777-6081, email: [gary.schindler@med.und.edu](mailto:gary.schindler@med.und.edu), or visit Rm E-324 UND SMHS) 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 [www.UND.edu/disability-services/](http://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](mailto: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](mailto:donna.smith@UND.edu) or go to [UND.edu/affirmative-action/title-ix](http://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](http://UND.edu/affirmative-action/title-ix).

**OMBUDS OFFICE:** "It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences" (Audre Lorde). Before your differences with others become difficult and costly conflicts or formal grievances, in both seen and unseen ways, talk with the Ombuds Office in an informal, identity-protecting, impartial, and independent space. 314 Cambridge St Room 201. 701.777.6239. [www.UND.edu/ombuds](http://www.UND.edu/ombuds).

**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.***