

*Eastern Illinois University*  
*Athletic Training Education Program*  
*KSS 3140 – Upper Extremity Injury Evaluation*

Instructor: John Storsved HSD, ATC  
Office: 2251 Lantz  
Office Hours: M/W 11:00-12:00; T/R 10:00-11:00  
Office Phone: 581-2690  
Email: jrstorsved@eiu.edu

**Course Description:** A study of the relationship of the upper extremity to various injuries, assessment procedures and immediate care of those injuries.

**Pre-Requisites:** KSS 2130, 2135 & 2136

**Textbooks:**

Arnheim, D., Prentice, W. Principles of Athletic Training, 14<sup>th</sup> edition. McGraw Hill, 2010.  
Kendall, Florence. Muscle Testing & Function, 4<sup>th</sup> edition. Williams & Wilkens, 1993.  
Starkey, Chad. Orthopedic Evaluation Handbook.  
Starkey, Chad. Orthopedic Evaluation Textbook.

**Course Objectives:** At the end of the semester the student will be able to evaluate & recognize:

1. injuries to the head, face, brain
2. injuries to the cervical spine
3. injuries to the thoracic spine
4. injuries to the shoulder
5. injuries to the elbow
6. injuries to the wrist, hand, fingers

**Course Outline:**

1. injury nomenclature/medical terms
2. on-field and clinic evaluations
3. anatomy – bony landmarks/muscles
4. manual muscle testing, special tests, neurological tests
5. gait analysis
6. injuries specific to each of the following upper extremities:
  - head, face, brain
  - cervical and thoracic spine
  - shoulder, elbow
  - wrist, hand and fingers

## **Methods of Assessing Student Performance:**

### **Course Assignments:**

1. SOAP notes: 5 @ 25 points each. A grading rubric will be utilized to determine your score for each SOAP note turned in.
2. 2-3 written exams
3. 2-3 practical exams
4. 3-4 Quizzes
5. Guest Lecturers: Attendance to any guest lecture is mandatory unless you have a class during that time. 5 points will be deducted if you do not attend a guest lecture. If you do miss a guest lecture you will be required to provide a 3-5 page review on the topic of discussion. This will be due no later than one week after the lecture.
6. Comprehensive final exam & practical

### **Lab Assignments:**

All labs are mandatory and must not be missed. Any missed lab must be made up within a one week timeframe. All labs are worth 10 points. *\*\*Labs are learning experiences – good effort must be evident when lab assignments are turned in, if little effort is given, 1/2 credit will be given.*

**\*\*\*ALL CLINICAL PROFICIENCIES & COMPETENCIES MUST BE COMPLETED OR YOU WILL NOT BE PERMITTED TO ADVANCE TO LEVEL IV.**

Attendance is not mandatory but will reflect on your classroom grade because participation is vital to the success of this course. Attendance is mandatory in all labs. Attendance in the clinical setting is highly recommended. You are allowed two excused absences and any unexcused absences will be reflected in your final grade.

Upon request you can view the competencies associated with this course. By the end of the semester, all competencies will be addressed. You will also find a schedule for this course – it may be changed at the discretion of the instructor if deemed necessary

**FALL 2012**

<b>Month</b>	<b>Date</b>	<b>Day</b>	<b>Topic</b>	<b>Readings</b>
August	20	Monday	Course Introduction/Evaluation Process	Starkey Chp 1
August	22	Wednesday	Evaluation Process/Evidence Based Medicine	Starkey Chp 1,3
August	24	Friday	Evidence Based Medicine	Starkey Chp 3
August	27	Monday		Starkey Chp 21
August	29	Wednesday	Head Evaluation	Starkey Chp 21
August	31	Friday	Head Evaluation	Starkey Chp 21
September	3	Monday	Labor Day – No Class	
September	5	Wednesday	Lab	Starkey Chp 21
September	7	Friday	Quiz 1; Concussion Evaluation	Starkey Chp 21
September	10	Monday	Concussion Evaluation	Starkey Chp 21
September	12	Wednesday	Lab	Starkey Chp 21
September	14	Friday	Cervical Spine Evaluation	Starkey Chp 21
September	17	Monday	Cervical Spine Evaluation	Starkey Chp 21 Hoppenfeld Chp 4
September	19	Wednesday	Lab	Starkey Chp 20
September	21	Friday	Facial Injuries	Starkey Chp 20
September	24	Monday	Face Evaluation	Starkey Chp 20
September	26	Wednesday	Quiz 2; Cranial Nerves	Starkey Chp 21
September	28	Friday	Thoracic Evaluation	Starkey Chp 15
October	1	Monday	Thoracic Evaluation	Starkey Chp 15
October	3	Wednesday	Exam 1	
October	5	Friday	Fall Break	
October	8	Monday	Practical Exam	
October	10	Wednesday	Practical Exam	
October	12	Friday	Shoulder	Starkey Chp 16 Hoppenfeld Chp 1
October	15	Monday	Shoulder	Starkey Chp 16 Hoppenfeld Chp 1
October	17	Wednesday	Lab	Starkey Chp 16 Hoppenfeld Chp 1
October	19	Friday	Shoulder	Starkey Chp 16 Hoppenfeld Chp 1
October	22	Monday	Shoulder	Starkey Chp 16 Hoppenfeld Chp 1
October	24	Wednesday	Lab	
October	26	Friday	Shoulder	Starkey Chp 16 Hoppenfeld Chp 1
October	29	Monday	Shoulder	Starkey Chp 16 Hoppenfeld Chp 1
October	31	Wednesday	Lab	
November	2	Friday	Review	
November	5	Monday	Exam 2	
November	7	Wednesday	Elbow	Starkey Chp 17 Hoppenfeld Chp 2
November	9	Friday	Elbow	Starkey Chp 17 Hoppenfeld Chp 2

<b>November</b>	<b>12</b>	<b>Monday</b>	<b>Elbow</b>	Starkey Chp 17 Hoppenfeldf Chp 2
<b>November</b>	<b>14</b>	<b>Wednesday</b>	<b>Lab</b>	Starkey Chp 17 Hoppenfeldf Chp 2
<b>November</b>	<b>16</b>	<b>Friday</b>	<b>Quiz 3 - Hand</b>	Starkey Chp 18 Hoppenfeldf Chp 3
<b>November</b>	<b>19</b>	<b>Monday</b>	<b>Thanksgiving</b>	
<b>November</b>	<b>21</b>	<b>Wednesday</b>	<b>Thanksgiving</b>	
<b>November</b>	<b>23</b>	<b>Friday</b>	<b>Thanksgiving</b>	
<b>November</b>	<b>26</b>	<b>Monday</b>	<b>Hand – Fingers</b>	Starkey Chp 18 Hoppenfeldf Chp 3
<b>November</b>	<b>28</b>	<b>Wednesday</b>	<b>Lab</b>	Starkey Chp 18 Hoppenfeldf Chp 3
<b>November</b>	<b>30</b>	<b>Friday</b>	<b>Hand - Fingers</b>	Starkey Chp 18 Hoppenfeldf Chp 3
<b>December</b>	<b>3</b>	<b>Monday</b>	<b>Hand - Fingers</b>	Starkey Chp 18 Hoppenfeldf Chp 3
<b>December</b>	<b>5</b>	<b>Wednesday</b>	<b>Practical</b>	
<b>December</b>	<b>7</b>	<b>Friday</b>	<b>Practical</b>	
<b>December</b>	<b>13</b>	<b>Thursday</b>	<b>Final Exam</b>	8:00 – 10:00 am