

Eastern Illinois University
Department of Kinesiology & Sports Studies
KSS 3143 Therapeutic Modalities

Instructor: Lee Ann Price
Office: 2251 Lantz Bldg.
Office Hours: T/R 9-10 Lantz 2251, W 9-11 Lantz TR
Email: lprice@eiu.edu

Class Time: Monday/Friday 11:00 – 11:50 Lantz 3409
Lab 11:00-1:00 Stadium TR

Textbooks: *Therapeutic Modalities, 3rd edition*, Starkey. *Laboratory Manual to accompany Rehabilitation Techniques, 4th edition*, Prentice. *Arnheim Principles of Athletic Training 12th edition*, McGraw-Hill, *Orthopedic & Athletic Injury Evaluation Handbook*, FA Davis.

Course Description: This course studies the physical principles, physiological effects, indications, contraindications, and standard operating procedures of all therapeutic modalities commonly used in athletic training.

Course Objectives: By the end of the semester the student will be able to:

- Demonstrate an understanding of the human body's normal physiological response to trauma and the process of wound healing/tissue repair.
- Compare & contrast the prevailing pain control theories
- Demonstrate an understanding of the principles of electrophysics and biophysics, specific physiological effects, and therapeutic indications and contraindications associated with the use of :
 1. electrotherapy
 2. hydrotherapy
 3. cryotherapy
 4. radiant energy
 5. paraffin
 6. intermittent compression units
 7. cervical / lumbar traction
 8. massage
- Demonstrate an understanding of the application of contemporary therapeutic modalities including patient preparation, set-up, treatment parameters, and operational procedures
- Discuss the federal and state regulations pertaining to safety standards for health care facilities and the installation and maintenance of therapeutic equipment
- Demonstrate an understanding for the role and function of commonly used prescription and non-prescription pharmacological agents in the medical treatment of common athletic injuries/illnesses as related to therapeutic modalities

Methods of assessing student's achievement of learning objectives:

You final grade will be determined by a combination of classroom scores, lab and clinical education scores.

Classroom	40%
Lab	20%
Clinical	40%
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	100%

Classroom Assignments:

1. Case Studies
2. Written examinations
3. Practical examinations
4. Small group project

Clinical Assignments:

1. bulletin board
2. Remainder of clinical education requirements can be found in your clinical education manual II for details pertaining to this portion of your grade.

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 worth 10 points. ****Labs are learning experiences – good effort must be evident when lab assignments are turned in, if little effort is given ½ credit will be given.*

****ALL CLINICAL PROFICIENCIES & COMPETENCIES MUST BE COMPLETED OR YOU WILL NOT BE PERMITTED TO SUCCESSFULLY COMPLETE THE ATEP.**

Attendance is not mandatory but will reflect on your didactic 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 within the clinical component and **ANY unexcused absence will be reflected in your final grade.** (*Absences are only considered excused if the ACI is notified prior to the absence in either writing or by phone.*)

COURSE OUTLINE:

August:

- 23 Syllabus, Pretest, Homework
- 28 Healing Process
- 31 Pain Management

September:

- 4 Pain Management
- 11 Development of Rx protocols
- 14 Exam I
- 18 Electrical Principles
- 21 Electrical Principles
- 25 EMS
- 28 EMS

October:

- 2 EMS
- 5 EMS
- 9 Exam II
- 12 Infrared Modalities
- 16 Infrared Modalities
- 19 Infrared Modalities
- 23 Infrared Modalities
- 26 Thermal Modalities
- 30 Thermal Modalities

November:

- 2 Exam II
- 6 Ultrasound
- 9 Ultrasound
- 13 Ultrasound
- 16 Manual Therapies
- 20 Compression, PROM Machines
- 30 Traction, Joint Mobilization, etc

December:

- 4 Exam IV
- 7 Review
- 11 Review