

Eastern Illinois University
Athletic Training Education Program
KSS 3141 – Lower Extremity Injury Evaluation

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

Pre-Requisites: PED 2130, 2135 & 2136

Textbooks:

Arnheim, D., Prentice, W. Principles of Athletic Training, 15th edition. McGraw Hill, 2004.
Kendall, Florence. Muscle Testing & Function, 4th 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 foot, ankle and lower leg
2. injuries to the knee
3. injuries to the hip and thigh
4. injuries to the pelvis, SI and lower back
5. analyze and evaluate gait
6. develop and implement a progressive running program

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 lower extremities:
 - foot, ankle, lower leg
 - knee
 - hip & thigh
 - pelvis, SI and lower back

Methods of Assessing Student Performance:

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

Evaluations Methods:

Mid-term Examination 100 pts
Final Exam (comprehensive) 100 pts
Daily Quizzes (up to 100 pts)
Oral Practical Exams 250 pts
SOAP notes (up to 125 pts)
Case Study Reviews (up to 125 pts)
Written exams (point total varies)
Reading Quizzes (up to 50 pts)
Lab 150 pts

Scale

A 90-100%
B 80-89%
C 70-79%
D 60-69%
F < 60%

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. 4-5 written exams
3. 4-5 practical exams
4. Case study Reviews: 5 case study reviews will be turned in throughout the semester. Each review is worth 25 points. A grading rubric will be utilized to determine your score for each case study.
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, ½ credit will be given.*

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

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

Course Schedule:

- 1/09 Syllabus, clinical experience manual
- 1/11 Review objective measurement techniques, medical terminology
- 1/13 SOAP notes/Record Keeping/on-field & clinic evaluations
- 1/18 Goniometry
- 1/20 TEST & PRACTICAL EXAM**
- 1/23 Pelvis, SI, Lower Back
- 1/25 Pelvis, SI, Lower Back
- 1/27 Pelvis, SI, Lower Back

- 1/30 Pelvis, SI, Lower Back
- 2/01 Pelvis, SI, Lower Back
- 2/03 Pelvis, SI, Lower Back
- 2/06 TEST & PRACTICAL EXAM**
- 2/08 Hip & Thigh
- 2/10 Hip & Thigh
- 2/13 Hip & Thigh
- 2/15 Hip & Thigh
- 2/17 Hip & Thigh
- 2/20 Hip & Thigh
- 2/22 Hip & Thigh
- 2/24 TEST & PRACTICAL EXAM**
- 2/27 knee & lower leg

- 3/01 knee & lower leg
- 3/03 knee & lower leg
- 3/06 knee & lower leg
- 3/08 knee & lower leg
- 3/10 knee & lower leg
- 3/20 knee & lower leg
- 3/22 PRACTICAL EXAM**
- 3/24 TEST**
- 3/27 foot & ankle
- 3/29 foot & ankle

- 3/31 foot & ankle

4/03 foot & ankle
4/05 foot & ankle
4/07 foot & ankle

4/10 **TEST & PRACTICAL EXAM**

4/12 postural analysis
4/14 postural analysis
4/17 Dartfish
4/19 dartfish
4/21 Dartfish
4/24 Gait Analysis
4/26 Gait Analysis/Running Progression
4/28 Final Practical Exam

Student Success Center:

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.

Academic Integrity –

Students are expected to maintain principles of academic integrity and conduct as defined in EIU's Code of Conduct (<http://www.eiu.edu/judicial/studentconductcode.php>) Violations will be reported to the Office of Student Standards.

Disability Services:

If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (www.eiu.edu/~disablty) at 217-581-6583).