

Eastern Illinois University
Department of Kinesiology & Sports Studies
KSS 3142 – Therapeutic Exercise

Instructor: Lee Ann Price
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Class Time: Monday/Wed/Friday 9:00 – 9:50

Textbooks: *Rehabilitation techniques for Sports Medicine & Athletic Training*, 4th edition, Prentice. *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: A study of the body's response to injury and wound repair, systematic approach to rehabilitation, current rehabilitation techniques and program development of therapeutic exercise as it relates to athletes and physically active individuals.

Pre-Requisites: KSS 2130, KSS 2135, KSS 2136, KSS 2137.

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

- Support and defend how initial management of injuries and rehabilitation practices affect the healing process.
- Establish effective short-term and long-term goals.
- Demonstrate and apply rehabilitation techniques for the following: regaining neuromuscular control, range of motion and flexibility, strength, power and endurance, plyometrics, joint mobilizations and proprioceptive neuromuscular facilitation.
- Demonstrate and apply techniques that are utilized with aquatic therapy.
- Demonstrate and apply techniques to regain functional skills of an athlete or physically active individual.
- Design and implement rehabilitation plans for injuries, gait deviations or postural deformities.
- Compare various rehabilitation techniques and determine their effectiveness for specific injuries.
- Explain the importance of documentation in rehabilitation.

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.

Written exams	25%
Practical exams	25%
Paper	10%
Final exam	20%
<u>Labs</u>	<u>20%</u>
	100%

Classroom Assignments:

1. EBP Rehab technique paper – prior approval from instructor
2. 2 written examinations
3. 2 practical examinations
4. Small group lab project – Rehab tool development & marketing
5. final exam

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. Rehab tool development project will be discussed in further detail during class time. ****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 V.**

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.* You are allowed two excused absences within the clinical component and **ANY unexcused absence will be reflected in your final grade.**

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/~disablt) at 217-581-6583).

Course Outline:

August

21	Introduction to Class & Expectations
23	Lab
25	Considerations for Rehab/ Evaluation & Documentation
28	Healing Process
30	Lab

September

1	Healing Process
4	NO SCHOOL
6	Lab
8	Healing Process
11	TEST
13	Lab
15	Goals of Rehab
18	Goals of Rehab
20	Lab
22	Goals of Rehab
25	TEST
27	Lab
29	Core Stabilization

October

2	Core Stabilization/Plyometrics
4	Lab
6	Open/Closed Kinetic Chain
9	Isokinetics
11	no school
13	Joint Mobilization/Traction
16	lab
18	Joint Mobilization/PNF
20	PNF lab
23	PNF
25	Aquatic Therapy
27	Aquatic Therapy lab (pool)
30	Functional Progressions/Testing

November

1	Lab
3	TEST & Practical
6	Shoulder
8	Elbow/ Wrist/Hand/Finger
10	Lab
13	Groin/Hip/Thigh
15	Knee
17	Lab
27	Lower Leg/Ankle/Foot
29	Spine

December

1	Lab
4	Spine
6	Lab
8	Review

FINAL: COMPREHENSIVE