

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*, 4<sup>th</sup> edition, Prentice. *Laboratory Manual to accompany Rehabilitation Techniques*, 4<sup>th</sup> edition, Prentice. *Arnheim Principles of Athletic Training* 12<sup>th</sup> 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](http://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/~disabty](http://www.eiu.edu/~disabty)) at 217-581-6583).

Course Outline:

August

20	Introduction to Class & Expectations
22	Lab
24	Considerations for Rehab/ Evaluation & Documentation
27	Healing Process
29	Healing Process
31	

September

3	NO SCHOOL
5	Lab
7	Healing Process
10	TEST
12	Lab
14	Goals of Rehab
17	Goals of Rehab
19	Lab
21	Goals of Rehab
24	TEST
26	Lab
28	Core Stabilization

October

1	Core Stabilization/Plyometrics
3	Lab
5	Open/Closed Kinetic Chain
8	Isokinetics
10	Joint Mobilization/Traction
12	NO SCHOOL
15	lab
17	Joint Mobilization/PNF
19	PNF lab
22	PNF
24	Aquatic Therapy
26	Aquatic Therapy lab (pool)
29	Functional Progressions/Testing
31	Lab

November

2	TEST & Practical
5	Shoulder
7	Elbow/ Wrist/Hand/Finger
9	Lab
12	Groin/Hip/Thigh
14	Knee
16	Lab
26	Lower Leg/Ankle/Foot
28	Spine
30	Spine

December

3	Lab
5	Spine
7	Review

FINAL: COMPREHENSIVE