

The University of Western Ontario School of Health Studies Faculty of Health Sciences RS3360B Musculoskeletal Disorders in Rehab

By appointment Class days and hours: Class location:

TA:

Course Description:

An introductory course in the area of musculoskeletal disorders as encountered in sport and in the workplace. Materials covered include the mechanisms of injury, tissue biomechanics, pathology, assessment, treatment and prevention of acute and chronic trauma. Current evidence-based practices in diagnostic testing and treatment options will be addressed.

Educational Approach and Signature Pedagogies:

This course will employ a combination of in-person and online/group learning which will include case studies and discussion groups to encourage peer to peer interaction and self-directed learning. This course requires weekly student engagement and participation. Lectures, core readings,

Course Timeline and Format

Week#	Date	Topics
1	Tuesday Jan 9	Course Intro and review of the basics
	Thursday Jan 11	(mechanics and healing of fractures, wounds, and soft tissue injuries)
2	Tuesday Jan 16	Ankle & Foot Conditions (lateral ankle sprain, medial ankle sprain, syndesmosis injury, plantar
	Thursday Jan 18	fasciitis, Navicular fracture, 5 th metatarsal injuries, turf toe)
3	Tuesday Jan 23	Knee & Lower Leg Conditions

Week#	Date	Topics		
11	Tuesday	Elbow & Arm Conditions		
	March 19			
	Thursday	(tennis elbow, golfers elbow, olecranon fracture, biceps strain, trice strain, radial tunnel syndrome, median nerve entrapment)		
	March 21	Strain, radiai turinei syndrome, mediannerve entrapment)		
12	Tuesday	Shoulder Conditions		
	March 26	(clavide fracture, rotator cuff pathology and supraspinatus		
	Thursday	impingement, shoulder instability, ACjoint injuries, deltoid strain		
	March 28	Impingement, shoulder instability, Acjoint injunes, deitoid strain)		
13	Tuesday	Neck & Cervical Conditions		
	April 2	(acute wry neck, whiplash associated disorder, nerve impingements		
	Thursday	and radiculopathy, brachial plexus injury, jaw fracture, orbital fracture)		
	April 4	Assignment Due April 5th		

Evaluation Summary:

Item Weight		Details	Due Date
Thursday Quizzes	20% Individual	12 quizzes (2% each) using your best 10 Basic quiz review of material each week Quizzes will be completed online via OWL each Thursday	d Z μ Œ •

Midterm Exam 30% Individual

Material from the first half of the course

Midterm & Final Tests

Students will complete one midterm test and one non-cumulative final. The first test will be completed in class during regular class time via OWL. The final test will occur during the common exam period. The final test will cover material after the mid-term test and up to the date of the final. Tests are to be completed individually (i.e. No collaboration, sharing, talking or use of notes/electronic devices during the exam will be allowed.)

Infographic Assignment

Students will be randomly placed into groups of 4-6 (visible on OWL). Groups will create a one-page infographic covering a musculoskeletal condition not explicitly covered in class. These infographics will be posted to OWL and will be testable material in the final exam. Please see OWL for complete details.

Prerequisites

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course, and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Late assignments

Assignments must not be missed unless there is a medical condition, family emergency, or other unforeseen circumstances. A note from your Physician indicating the nature of your condition must be submitted to the School of Health Studies Main Office, and only upon receipt of such a letter will instructors consider a new due date for an assignment. Late assignments will be subject to a penalty of 5% per day.

Attendance and Classroom Behaviour (online and/or in-person)

In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, and learning outcomes. Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means not only attendance, but active engagement in the class, including (for example) contribution to small and large group discussions, a demonstrated effort to prepare for class by completing assigned readings before class, and following the instructor's guidelines for use of electronic devices during class time. Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.