

# COURSE SYLLABUS



AET 430: Concepts in Manual Therapy

Sections X01A, X01B

Winter 2024

3 CREDITS

Face to Face Lecture and Lab - Jan 8 to March 1, 2024

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

---

*Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.*

## INSTRUCTOR DETAILS

---

Instructor Isabel Grondin

Office hours Wednesday 10:30 to 12:30PM or 2:30 to 3:30PM or by appointment

Location PISE 212g

Phone 250.370.4729

E-mail [grondini@camosun.bc.ca](mailto:grondini@camosun.bc.ca)

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

## CALENDAR DESCRIPTION

---

Theoretical and practical skills of manual therapy as they pertain to the injured individual and rehabilitative models. Focus is on the physiological effects of various manual therapies techniques such as joint mobilization, massage, soft tissue release, muscle energy techniques, proprioceptive neuromuscular facilitation, myofascial trigger point therapy and manual muscle stretching.

PREREQUISITE(S): COM in AET 401 and C in AET 440, and AET 482

CO-REQUISITE(S): AET 402 and AET 481

## COURSE LEARNING OUTCOMES / OBJECTIVES

---

Upon successful completion of this course a student will be able to:

- Identify the advanced procedures and science supporting the practice of manual therapy.
- Interpret manual assessments in order to determine potential treatment methods.
- Identify when manual therapy techniques can be utilized within the rehabilitation process.
- Distinguish potential musculoskeletal pathologies that may inhibit musculoskeletal functioning.
- Demonstrate the ability to counsel clients on the interpretive results of possible pathologies.
- Apply appropriate manual therapy techniques within the rehabilitation program.
- Evaluate soft tissue in order to effectively apply manual therapy techniques across a variety of populations.
- Identify non-musculoskeletal pathology that should be referred to other medical personnel

## REQUIRED MATERIALS

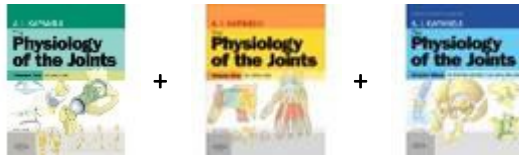
---

Course Pack: AET 430 Concepts of Manual Therapy

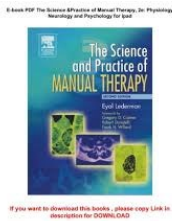
Note: This will be put on D2L for print.

## RECOMMENDED TEXT & REFERENCES

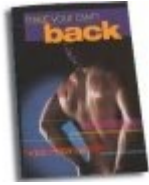
1. The Upper Quadrant: a workbook of manual therapy techniques, Whitmore, Gladney, Driver
  2. The Lower Quadrant: a workbook of manual therapy techniques, Whitmore, Gladney, Driver
- Available through Whitmore Physiotherapy Consulting. [www.whitmorephysiotherapy.com](http://www.whitmorephysiotherapy.com)
3. Starkey, C., Ryan, J.L., F.A. Davis, Philadelphia, (2007). Evaluation of Orthopaedic & Athletic Injuries
  4. Thomas, C.L., (1994) "Taber's Cyclopedic Medical Dictionary" F.A. Davis Company
  5. Magee, D.J. Orthopaedic Physical Assessment. 7th Edition, 2021
  6. Kapanji, Physiology of the joints, Vol 1: Upper Limb, Vol:2: Lower limb, Vol 3: the spine



7. Lederman E, The science and Practice of Manual Therapy, 2005 - 317 pages



8. McKenzie, Treat your own back



9. Snell, Gray's or any anatomy text book
10. Hoppenfield , Physical Examination of the Spine and Extremities



11. Mobilizations books such as Kaltenborn and/or Maitland

## COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

---

The following schedule and course components are subject to change, as deemed appropriate by the instructor.

Tentative Lecture Topics
Intro/outline review
How a joints move
Terminology
End feels
contraindications/precautions
Capsular patterns
Tissue Healing
Fluid Flow
Neurological effects
Manipulation
Vertebral Artery
Myofascial Pain
TMJ glides?
MET?
Nags and Snags?
Neural Mobilizations/butler techniques?
Vertigo/post concussions?

**Mid Term Written Exam will be at 8:30 AM on Feb 5th, 2024**  
**Practical Exam #1 will be between 8 – 12:30PM on Feb 1th, 2024**

**Practical Exam #2 and Written Final Exam as Scheduled in the BAET mid-term block**  
**February 26 to March 1, 2024**

Tentative Lab Topics
End feels/Contraindications/Precautions/Capsular patterns
Ankle / Subtalar joint
Mid Foot and Toes
Knee
Hip and Pelvis
GH joint/AC/SC
Elbow/Wrist Hand
Lumbar Spine/ Thoracic spine
CV and Cervical Spine
Practice Labs

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines scan be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

---

DESCRIPTION	WEIGHTING
Written Mid Term	20%
Written Final	30%
Practical Lab Exam #1	20%
Practical Lab Exam #2	30%
	<b>TOTAL</b>
	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.  
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

## COURSE GUIDELINES & EXPECTATIONS

---

### Course Content and Schedule

Lecture	Monday	8:30am – 10:20am	PA 101 – LACC 104
Lecture	Wednesday	12:30pm – 2:20pm	LACC 124 – LACC 104
Lab A	Tuesday	8:30am – 10:20 pm	LACC 104
	Thursday	10:30am – 12:20 pm	LACC 104
Lab B	Tuesday	10:30am – 12:20 pm	LACC 104
	Thursday	8:30am – 10:20 pm	LACC 104

### Expectations

<ul style="list-style-type: none"><li>• <b>The final grade will be a combined total of the written and practical marks.</b></li></ul>
<ul style="list-style-type: none"><li>• <b>A passing grade (50%) in both is required in order to successfully complete the course.</b></li></ul>
<ul style="list-style-type: none"><li>• <b>The written exams will include evaluation of comprehension and application of the readings from the assigned textbook and from material covered in class and lab.</b></li></ul>
<ul style="list-style-type: none"><li>• <b>The practical exams will include evaluation of comprehension and application of the readings from the assigned textbook and from material covered in class and lab.</b></li></ul>

### Additional Information

- ***Missed gradable related submissions:*** Students who miss written or practical exams **may be** allowed to write a deferred or “make up” exam. These “make up” exams will be different from the original.

Excused absences may include:

- Permission by course instructor prior to absence
- Compassionate reasons

All other reasons are unexcused and **will not be accommodated**. Students will not receive the associated marks for the missed exam. Students are to be present for the pre-scheduled exams.

## SCHOOL OR DEPARTMENTAL INFORMATION

---

### Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C	Minimum grade required for courses that serve as a prerequisite	2
50-59	D	Minimum level of achievement for which credit is granted; a course with a "D" grade cannot be used as a prerequisite or for graduation from the BAET program	1
0-49	F	Minimum level has not been achieved.	0

## STUDENT RESPONSIBILITY

---

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

---

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>

---

Support Service	Website
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

---

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

---

## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

---

### Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures” (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun’s Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student’s right to choose what is right for them. For more information see Camosun’s Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College’s Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

**Changes to this Syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.