

COURSE SYLLABUS



COURSE TITLE: AET 481 – Clinical 3: Spine
CLASS SECTION: X01A/X01B
TERM: Winter 2024
COURSE CREDITS: 3
DELIVERY METHOD(S): Lecture, Lab

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](#).

INSTRUCTOR DETAILS

NAME: Dr. Johanna Hurtubise

EMAIL: hurtubisej@camosun.ca

OFFICE: PISE 212D

HOURS: Tuesday 11:30-1:00, Wednesday 1:00-2:30, or by appointment

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.

INSTRUCTOR ASSISTANT DETAILS

NAME: Mike Davis

EMAIL: davisM@camosun.ca

LAB: Monday 11:30-2:30

NAME: Rachel Schmidt

EMAIL: schmidtr@camosun.ca

LAB: Wednesday 8:30-11:30

NAME: Julia Tschanz

EMAIL: tschanzj@camosun.ca

LAB: Monday 2:30-5:30 & Wednesday 2:30-5:30

CALENDAR DESCRIPTION

Advanced theoretical and practical skills to assess and rehabilitate the injured individual as it pertains to the spinal column. Focus is on the musculoskeletal and neurological assessment and rehabilitation of the spinal column. This course is restricted to student in the Athletic & Exercise Therapy program.

PREREQUISITE(S): COM in AET401; "C" in AET320, AET440, and AET482

CO-REQUISITE(S): AET402, AET 430

COURSE LEARNING OUTCOMES / OBJECTIVES

At the completion of this course, students will be able to:

- a) Design an appropriate orthopedic assessment routine for musculoskeletal injuries of the pelvis, lumbar spine, thoracic spine and cervical spine.

- b) Perform an appropriate orthopedic assessment routine for musculoskeletal injuries of the pelvis, lumbar spine, thoracic spine and cervical spine.
- c) Design the appropriate mobility, stability or functional rehabilitation through recognition of dysfunctions in the mechanics of movements of the vertebral column joints.
- d) Design an appropriate rehabilitation program to facilitate healing following the determination of the injured tissue's healing stage.
- e) Apply manual techniques, therapeutic modalities and exercises that promote recovery to an active lifestyle or return to sport across a variety of populations.
- f) Develop analytical and interpretive skills to facilitate a professional orthopedic assessment and rehabilitation program.
- g) Demonstrate effective communication in verbal and written forms through the development of advanced listening skills and effective note taking.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Required Texts:

- Magee, D.J. (2014). *Orthopedic Physical Assessment* (6th ed). St. Louis, MI: Saunders Elsevier.
- Kisner, C., Colby, L.A., & Borstad, J. (2018). *Therapeutic Exercise: Foundations and Techniques* (7th ed). F.A. Davis.

Referenced Texts:

- Bogduk, N. (2005). *Clinical Anatomy of the Lumbar Spine and Sacrum* (4th ed). Toronto, ON: Elsevier Mosby.
- Cramer, G. D., & Darby, S. A. (2005). *Spine, Spinal Cord and ANS* (2nd ed). St Louis, MI: Elseveir Mosby.
- Drake, R., Vogl, A. W., Mitchell, A. W. M., Tibbits, R. M., & Richardson, P. E. (2008). *Gray's Atlas of Anatomy*. Philadelphia, PA: Churchill Livingstone.
- Hertling, D. (2005). *Management of Common Musculoskeletal Disorders: Physical Therapy Principles* (4th ed). Philadelphia, PA: Lippincott Williams & Wilkins.
- Lippert, L.S., Duesterhaus Minor, M. A. (2007). *Laboratory Manual for Clinical Kinesiology and Anatomy* (2nd ed). Philadelphia, PA: F.A Davis.
- Middletech, A., & Oliver J. (2005). *Functional Anatomy of the spine* (2nd ed.)
- Kendall, F.P., & Kendall – McCreary, E. (2005). *Muscles: Testing and Function* (Hardcover, 4th ed).

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

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

Lecture (ALL):	Tuesday	2:30-5:20	PA 103
Lecture (ALL):	Thursday	12:30-3:20	PA 103
Lab (X01A):	Monday	2:30-5:20	LACC 107
	Wednesday	8:30-11:20	LACC 107
Lab (X01B):	Monday	11:30-2:20	LACC 107
	Wednesday	2:30-5:20	LACC 107

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 can be reviewed on the [CAL exams page. https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams)

Week	Lab 1 (Mon)	Lecture 1 (Tues)	Lab 2 (Wed)	Lecture 2 (Thurs)	Assignments (Due Sunday by 11:59pm)
1 (Jan 8-12)	Course Intro Review of Ax & Rx	Thoracic Spine Injuries	Thoracic Spine Ax.	Thoracic & Cervical Spine Injuries <i>Case Study (Thoracic)</i>	ONLINE QUIZ #1: Thoracic
2 (Jan 15-19)	Cervical Ax.	Cervical Spine Injuries <i>Thoracic Spine Case Study Presented</i>	Lumbar Ax	Lumbar Spine Injuries <i>Case Study (Cervical)</i>	ONLINE QUIZ #2: Cervical
3 (Jan 22-26)	SIJ Ax.	Lumbar Spine Injuries <i>Cervical Case Study Presented</i>	Neural Techniques	SIJ Injuries <i>Case Study (Lumbar/SIJ)</i>	ONLINE QUIZ #3: Lumbar & SIJ
4 (Jan 29-Feb 2)	MID TERM PRACTICALS	Nerve Injuries <i>Lumbar/SIJ Case Study Presented</i>	ROM/Flexibility	Rehabilitation of the Spine <i>Case Study (Thoracic & Cervical Rx.)</i>	ONLINE QUIZ #4: Thoracic & Cervical Spine Rx.
5 (Feb 5-Feb 9)	Cadaver Lab Visit	Injury Management: Spine <i>Thoracic/Cervical Rx. Case Study Presented</i>	Therapeutic Ex. 1	Injury Management: Spine <i>Case Study (Lumbar/SIJ Rx.)</i>	ONLINE QUIZ #5: Lumbar & SIJ Rx
6 (Feb 12-16)	Therapeutic Ex. 2	Chronic LBP <i>Lumbar/SIJ Rx. Case Study Presented</i>	Guest Speaker (Pelvis)	GUEST LECTURE: Headaches	ARTICLE CRITIQUE
7 (Feb 19-23)	READING WEEK				
8 (Feb 26-Mar 1)	EXAM WEEK				

EVALUATION OF LEARNING

DESCRIPTION	DUE DATE	WEIGHTING
Quizzes (5 x 3%)	Online, Weekly (see schedule)	15%
Case Studies (5 x 2%)	Weekly (see schedule)	10%
Article Critique Assignment	Sunday Feb 18 th	15%
Midterm Practical	Monday Jan 29 th	20%
Final Practical	TBD	20%
Final Written Exam	TBD	20%
TOTAL		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](#) policy for more information.

<https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

Quizzes:

Online quizzes will be given each week to assess your knowledge of the content covered in the Readings Assigned. Corresponding Module Packs/Reading Assignments can be found on D2L. Quizzes will be open for 1 week and will close Sunday at 11:59pm. You may only attempt each Quiz one time. There are a total of 5 quizzes, each worth 3%.

Case Studies:

Case study assignments will be given each week and will be based on the assigned readings. Class time will be provided to work on the case studies as a group and are designed to apply critical thinking to a scenario. Case studies will be presented to your peers to evoke discussion. There are a total of 5 case studies, each worth 2% for active participation in these assignments.

Article Critique Assignment:

Critique of two scholarly articles of your choosing related to the assessment or rehabilitation of the head, thorax, or spine. This written submission should include an outline of the key points of the article, and your views of the article including new concepts learned and implications of the research from a clinical perspective. More information can be found on D2L. (3-4 pages + title page and reference page, double spaced, size 12 Times New Roman font, 1" margins, APA formatting)

Final Written Examination:

Written test questions will cover class lectures and assigned readings. Test format will include multiple choice, true/false, matching, diagrams, short answer, and long answer.

Practical Examinations:

Practical exams consist of applying special tests, assessment, and rehabilitation of injuries to the spine. The midterm practical exam will be based on clinical assessment, while the final practical examination will be based on designing and implementing a rehabilitation plan.

COURSE GUIDELINES & EXPECTATIONS

Professional standards for students:

- Students are expected to exhibit polite, mature, and respectful behaviour in class (lectures, labs, seminars, or practicums) and actively participate as needed.
- Students are expected to conduct themselves in a manner that maximizes the learning of all students.
- Students are expected to come prepared for discussion and/or presentation of material.
- Students are responsible for catching up on any missed material by asking a peer for notes before contacting the instructor.
- Students are expected to dress appropriately for class/lab activities. Please bring clothing and footwear that will allow you to participate fully. Students must change for every lab unless informed in advance. Students who do not come prepared to actively participate in labs may be asked to leave.
- Students will be practicing skills involving direct physical contact (such as palpation, muscle testing, exercise assistance, etc.). Students must refrain from any inappropriate touching. Students with concerns are to speak to the instructor prior to the beginning of the course, or as concerns arise during the semester. There can be no exception to this participation.
- Students are expected to respect their peers at all times.

Policy on Cell Phones, PDAs, other Electronic Devices:

Cell phones, PDAs, and other electronic devices are not to be used during scheduled class and lab times. Please remove ear buds, headphones, etc. prior to entering the classroom. Please be advised that audio/video recordings and photos of lectures and seminars are prohibited unless valid documentation for accommodations are provided by CAL (Centre for Accessible Learning). **YOU MAY NOT RECORD ANY PERSON WITHOUT THEIR CONSENT (VIDEO OR AUDIO/PHOTO CAPTURE ETC.)**

Attendance Policy:

Research shows a strong correlation with class attendance and academic success. Given the practical nature of this course, and the need to understand the theory utilized during the labs, lab attendance will be taken. An excused absence includes:

- a) Bonafide intercollegiate trip with supporting documentation.
- b) Permission of instructor prior to absence.
- c) Compassionate reasons.

Exams & Assignments:

The course exams and assignments are pre-scheduled by the instructor and due as outlined in this course outline or as posted on D2L. The final exam will be scheduled by the Registrar's office.

Exams: Midterm and final examinations must be written on the date scheduled. Final examinations may be scheduled at any time during the examination period; therefore, students should avoid making prior travel, employment, or other commitments for this period. **All students are expected to write the final exam at the time, date, and location set by the Office of the Registrar.** If a student is unable to write an exam through no fault of his, her, or their own, valid documentation must be provided, and it must be discussed with the instructor well in advance of the exam date. If the student is absent for an exam or presentation and has not made arrangements with the instructor in advance, a zero grade will be applied.

Assignments: Papers and/or assignments that are handed in after the due date/time will receive a 10% per day deduction. After the 5th day the assignment will receive a grade of 0%. Papers and/or assignments that are deemed unacceptable by the faculty will be returned and receive an automatic 10% deduction on the grading of said item. Papers and/or assignments will receive a 10% per day deduction thereafter. After the 5th day the assignment will receive a grade of 0%. Failure to turn in an assignment may result in an incomplete final grade being assigned for the course. Reasons that a faculty may deem an item unacceptable include, but are not limited to the following: grammar, spelling, content, punctuation, and inappropriate referencing/citations.

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 camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/services/academic-supports/academic-advising
Accessible Learning	camosun.ca/services/academic-supports/accessible-learning
Counselling	camosun.ca/services/health-and-wellness/counselling-centre
Career Services	camosun.ca/services/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/registration-records/financial-aid-awards
Help Centres (Math/English/Science)	camosun.ca/services/academic-supports/help-centres
Indigenous Student Support	camosun.ca/programs-courses/iecc/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills
Library	camosun.ca/services/library
Office of Student Support	camosun.ca/services/office-student-support
Ombudsperson	camosun.ca/services/ombudsperson
Registration	camosun.ca/registration-records/registration
Technology Support	camosun.ca/services/its
Writing Centre	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

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 Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

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:

<https://camosun.ca/services/academic-supports/accessible-learning>

Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/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 <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

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 <https://camosun.ca/sites/default/files/2021-07/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: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

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

<https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

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.