

# COURSE SYLLABUS



Centre for Sport  
& Exercise Education

COURSE TITLE:	Clinical-2 Rehabilitation of Orthopedic Injuries
CLASS SECTION:	AET 482 X01
TERM:	Fall 2022
COURSE CREDITS:	3
DELIVERY METHOD(S):	Lecture and Lab face to face

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and WSÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

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*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

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NAME: Isabel Grondin  
EMAIL: [grondini@camosun.bc.ca](mailto:grondini@camosun.bc.ca)  
OFFICE: PISE 212G  
HOURS: 3PM to 4PM Wednesday, 2PM to 3PM Thursday, or by appointment.

Instructional Assistant: Mike Davies [Daviesm@camosun.bc.ca](mailto:Daviesm@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

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This course provides theoretical knowledge and practical skills necessary to perform therapeutic rehabilitation. Focus is on the therapeutic rehabilitation of orthopedic injuries of the lower and upper extremities including the pelvis, hip, knee, ankle, foot, shoulder, elbow, forearm and wrist.

PREREQUISITE(S):	COM in AET 302 C in AET 381 C in AET 341
CO-REQUISITE(S):	AET 401
EXCLUSION(S):	Restricted to students in Athletic & Exercise Therapy

## INTENDED LEARNING OUTCOMES / OBJECTIVES

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

- Design the appropriate mobility, stability or functional rehabilitation programs through the recognition of dysfunctions in the mechanics of movements of the upper and lower extremity joints.
- Design an appropriate rehabilitation program to facilitate healing following the determination of the injured tissue's healing stage.
- Apply manual techniques, therapeutic modalities and therapeutic exercise that promote recovery to an active lifestyle or return to sport across a variety of populations.
- Develop analytical and interpretive skills to facilitate a professional orthopedic rehabilitation program.
- Demonstrate effective written and verbal communication through the development of advanced listening skills and effective note taking.

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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### Required Material

1. Kisner, C. & Colby, L.A. (2019), "Therapeutic Exercise Foundations and Techniques" 7th Edition, F.A. Davis Company.
  2. Course Pack: AET 482 Clinical 2 Laboratory Materials
- Note: Refer to D2L

### Recommended Texts/ References

1. Houglum, P. A. (2016) "Therapeutic Exercise for Musculoskeletal Injuries" (4th edition), Human Kinetics. ISBN-13: 9781450468831
2. Flanagan, K W & Cuppett M (2017) " Medical Conditions in the Athlete", 3rd Edition, Human Kinetics
3. Norkin, C.C. & White, J.D. (2003), "Measurement of Joint Motion: A Guide to Goniometry", 3rd Edition. F.A. Davis Company
4. Higgins, (2011), "Therapeutic Exercises: From theory to practice". FA Davies
5. Frontera, Slovik and Dawson (2006), "Exercise in Rehabilitation Medicine" 2nd edition, Human Kinetics
6. Magee, David J., Zachazewski, James E. & Quillen, William S. (2007) "Scientific Foundations and Principles of Practice in Musculoskeletal Rehabilitation" Saunders Elsevier
7. Snell, Richard S. (2012) "Clinical Anatomy by Regions" 9th edition, Wolters Kluwer

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

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Lecture	Wednesday	9:30 pm – 11:20pm	LACC 124
Lab	Thursday	11 am – 1:50 pm	CC107

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor. Topics will be discussed as the class progression and the group development progresses. All of the below topics will be covered over the term

### Lecture Topics

- ✓ Introduction & Course Outline Review
- ✓ Rehabilitation and Program Design
- ✓ Managing the Healing process
- ✓ Psychological considerations
- ✓ Principles of Physics as Related to Rehab Concepts
- ✓ Range of Motion and Flexibility
- ✓ Muscle Strength, Power and Endurance
- ✓ Massage Therapy
- ✓ Neuromuscular Control and Balance
- ✓ Swiss Balls
- ✓ Foam Rollers

- ✓ Aquatic Therapy
- ✓ Posture/Body Mechanics
- ✓ Ambulation
- ✓ Running
- ✓ Biomechanics/ Orthotics
- ✓ Rehabilitation for special considerations:
  - Tendinopathy
  - Joint Arthroplasty
  - Young and Older Age Groups
- ✓ Specific Rehab Issues for the Ankle
- ✓ Specific Rehab Issues for the Knee
- ✓ Specific Rehab Issues for the Hip
- ✓ Specific Rehab Issues for the Hip
- ✓ Specific Rehab Issues for the Shoulder
- ✓ Specific Rehab Issues for the Shoulder
- ✓ Specific Rehab Issues for the Elbow/ Forearm
- ✓ Specific Rehab Issues for the Wrist/Hand

### Lab Topics

Topic
✓ Rehabilitation Assessment Lab
✓ Planning a rehab program
✓ Goniometry
✓ Flexibility
✓ Strengthening Exercises
✓ Massage
✓ Proprioception
✓ Plyometrics
✓ Functional Progression
✓ RTP
✓ Postural
✓ Gait
✓ General Rehab
✓ Ankle Rehab
✓ Knee Rehab
✓ Hip Rehab
✓ Shoulder Rehab
✓ Elbow/Forearm Rehab
✓ Wrist/ Hand Rehab

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
Mid Term Written Exam	30%

DESCRIPTION	WEIGHTING
Final Written Exam	35%
Final Practical Exam	35%
<b>TOTAL</b>	<b>100%</b>

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>

In course policy relating to evaluation of learning absences.

- Expectation will be that students attend the lectures prepared to discuss the material in the related textbook and posted readings.
- Expectation will be that students attend the labs prepared to discuss assigned materials.
- Exam Scheduling Policy: The course written and practical exams are pre-scheduled by the instructor or department for mid-term exams
- Written Final Exam as Scheduled in the Camosun Exam Period (All Material)
- Practical Final Exam as Scheduled in the Camosun Exam Period (All Material)

Final practical examinations may be scheduled at any time during the examination period by Camosun College and/or the CSEE. All students are expected to complete the final exam at the set time, date, and location. Students should therefore avoid making prior travel, employment, or other commitments for this period.

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

For any of the below, it is required that students contact the instructor.

An excused absence includes:

- Medical certificate.
- Bonafide intercollegiate trip with supporting documentation.
- Permission of 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.

<b>Final Grade</b>	
	<ul style="list-style-type: none"> <li>• The final grade will be a combined total of the written and practical marks.</li> </ul>
	<ul style="list-style-type: none"> <li>• A passing grade in both the written component and the practical component is recommended in order to successfully complete the course.</li> </ul>
	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
	<ul style="list-style-type: none"> <li>• 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.</li> </ul>

## 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.
- If students are late for class they should enter by the door at the back of the classroom, if available, with materials out and ready to be used.
- Students are expected to conduct themselves in a manner that maximizes the learning of all students.

- Students are expected to dress appropriately for class/lab activities. Please bring clothes and footwear that will allow you to participate fully.
- Students are expected to maintain good personal hygiene standards for all classes. If students have been active immediately prior to a class/lab, they should attempt to shower/wash prior to attending class and/or change into clean dry clothing/shoes. Please be considerate to others and do not wear strong perfumes or scents.
- Students will be practicing skills involving direct physical contact (such as palpation, muscle testing, exercise assistance/spotting) on each other. 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 participate in role-playing activities to practice skills with each other. Please be aware that learning what the human body feels like in a healthy condition is important when it comes to recognizing unhealthy or injured states. While learning to do assessments, students will need to palpate other students on a regular basis.
- Students must come appropriately dressed to allow for hands on application / demonstration of assessment techniques. Low cut shirts, pants / shorts that expose underwear, and flip flop sandals are NOT acceptable dress for labs.
- Students that do not come prepared to actively participate (appropriate dress, textbooks, etc.) may be asked to leave.

### Cell Phones / Cameras

Cell phones / cameras are not permitted in lecture or labs.

### SCHOOL OR DEPARTMENTAL INFORMATION

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#### Centre for Sport & Exercise Education (CSEE) 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, attendance at lectures is strongly encouraged.

### STUDENT RESPONSIBILITY

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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

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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>

Support Service	Website
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>
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.

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

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### 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](http://camosun.ca/services/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.