

COURSE SYLLABUS



COURSE TITLE: Regional and Spinal Orthopedic Treatment

CLASS SECTION: Mass 270

TERM: Fall 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): Standard

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Ləkʷəŋən (Songhees and Kosapsum) and WSÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

INSTRUCTOR DETAILS

NAME: Amie McColl

EMAIL: mccolla@camosun.ca

OFFICE: PISE 203

HOURS: 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.

CALENDAR DESCRIPTION

Students study the theoretical and practical skills in the assessment and treatment of orthopedic conditions of the axial and peripheral skeleton. Treatment principles and techniques will be explored, with an emphasis on safe and effective patient centered treatment plans.

PREREQUISITE(S): C in Mass 117, Mass 131, Mass 132, Mass 180

CO-REQUISITE(S): None

EQUIVALENCIES: None

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course students will be able to:

- Design and implement patient centered treatment plans for commonly occurring orthopedic conditions of the upper extremity, lower extremity, and spinal column.
- Apply manual techniques, modalities, and therapeutic exercise based on knowledge of commonly occurring orthopedic conditions and impairments relevant to the practice of massage therapy across a variety of populations.
- Modify treatment plans based on client presentation, history, and response.
- Educate patients in home program exercises.

- Utilize clinical reasoning and problem solving skills in evaluating various treatment techniques for appropriateness and effectiveness based on research evidence.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

- Andrade, C. "Outcome Based Massage"
- Kisner & Colby "Therapeutic Exercise"
 - Magee "Orthopedic Assessment"
- Salvo, S. "Pathology for the Massage Therapist"

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 Monday 3:30pm – 5:30pm PA 102

X01 A LAB Thursday 8:30am – 11:20am LACC 121

X01 B LAB Thursday 2:30pm – 5:20pm LACC 121

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Week 1 Monday holiday	Principles of Assessment	
Week 2	Ankle and foot assessment and treatment	
Week 3	Sacrum/SU assessment and treatment	
Week 4	Lumbar assessment and treatment	
Week 5 Monday holiday	Thoracic spine assessment and treatment	
Week 6	Cervical spine assessment and treatment	
Week 7 Monday holiday	Hip assessment and treatment	
Week 8	Midterm Week	
Week 9	Shoulder assessment and treatment	
Week 10	Elbow assessment and treatment	
Week 11 Monday holiday	Thigh & leg assessment and treatment	
Week 12	Knee assessment and treatment	
Week 13	Wrist and hand assessment and treatment	
Week 14	Integration	

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Week 15	Final Exam week	

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 notice 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>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Weekly worksheets P/F	10%
Project	10%
Midterm written	10%
Midterm practical	20%
Final written	20%
Final practical	30%
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](https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf) policy for more information.
<https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

There will be several worksheets throughout the course. It is the student's responsibility to be informed of any assigned work and due dates. When submitting your own individual assignment, be sure that it is your own work (keeping in mind academic honesty requirements). This applies even if you are studying with other students - the work you submit must still be your own. Please submit assignments in the format requested by the instructor. Incorrect formatting will result in late penalties and delayed grading.

Students are expected to attend the lectures on time, prepared to discuss the materials from the related worksheets.

SCHOOL OR DEPARTMENTAL INFORMATION

The Diploma in Massage Therapy is an intensive, cohort-based program. Students will learn to apply principles of physical, health, and social sciences as they relate to massage therapy in the classroom, simulated environments, and through clinical placements in the community.

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

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines:

<https://camosun.ca/cal>

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 (see [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence

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 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 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.