



The mission of Concord University is to provide quality, liberal arts based education, to foster scholarly and creative activities and to serve the regional community (<http://www.concord.edu/academics/>).

## **Course Prefix, Number and Title: AT 237 Evaluation of Upper Extremity**

**Course CRN # and Section: 20477 (1) and 20478(1)**

**Semester Taught (including year):** Spring 2019

**Professor:** Laura Wamsley, EdD, ATC

**Credit Hours:** 4 hrs

**Office Location:** Carter Center 403

**Prerequisites:** BIO 335

**Office Hours:** Mon:10:00 – 11:00 AM  
12:00- 1:00 PM  
Tues:8:30– 9:30 AM  
Wed: 12:00– 1:00 PM

**Course Time:** T/TH – 9:30-10:45 AM

**Email:** [lwamsley@concord.edu](mailto:lwamsley@concord.edu)

Lab: W 10-11:50 AM

**Building and Room Number:** Carter 405/406

**Phone:** (304) 384-6264

**Office Fax:** (304) 384-5117

**College/Department Website**  
<https://www.concord.edu/hpat/>

**Course Description/Rationale:** This course entails the study of evaluation techniques of injuries to the upper extremities. Review of anatomy, injury recognition, muscle testing, treatment protocols and preventative measures are also examined.

**Course Management System** (Blackboard/Moodle or other systems): Blackboard

**Hardware/Software Needed** (include privacy policies, if applicable): Throughout this course we will be utilizing email, word processing, and PowerPoint presentations. Information managed on Blackboard will include, but is not limited to the syllabus and any needed revisions, assignment instructions and rubrics, assigned readings, course content PowerPoints and grades. All assignments must be turned in on time. Some assignments may need to be printed for submission, therefore, each student must have access to a reliable computer and printer. Emailed or hand written assignments will not be accepted unless the instructor has PREDETERMINED this to be acceptable within the related instructions.

**Text requirements:** Starkey, C., Brown, S., Examination of Orthopedic & Athletic Injuries 4<sup>th</sup> Ed.

### **Concord University Educational Goal(s)**

The educational programs of Concord University are designed to foster skills, knowledge, and attitudes applicable across a wide range of academic fields and professional careers in a culturally diverse, perpetually evolving global community

The following educational goals associated with the general studies curriculum will be addressed in this course:

An ability to learn and work effectively both independently and collaboratively.

An ability to apply and to transfer academic and experiential learning appropriately from one context to another.

**National Standards** (if applicable) For example, NCTM, IRA, CAEP, etc.

This course is structured as a core component within the CAATE Accredited Athletic Training Program. As such, the following Athletic Training Educational Competencies will be addressed within this course:

AC-41	Identify the criteria used in the decision-making process to transport the injured patient for further medical examination.
CE-4	Describe the principles and concepts of body movement, including normal osteokinematics and arthrokinematics.
CE-5	Describe the influence of pathomechanics on function.
CE-10	Explain diagnostic accuracy concepts including reliability, sensitivity, specificity, likelihood ratios, prediction values, and pre-test and post-test probabilities in the selection and interpretation of physical examination and diagnostic procedures.
CE-11	Explain the creation of clinical prediction rules in the diagnosis and prognosis of various clinical conditions.
CE-14	Differentiate between an initial injury evaluation and follow-up/reassessment as a means to evaluate the efficacy of the patient's treatment/rehabilitation program, and make modifications to the patient's program as needed.
CE-15	Demonstrate the ability to modify the diagnostic examination process according to the demands of the situation and patient responses.
CE-17	Use clinical reasoning skills to formulate an appropriate clinical diagnosis for common illness/disease and orthopedic injuries/conditions.
CE-18	Incorporate the concept of differential diagnosis into the examination process.

CE-20c	Palpation
CE-20d	functional assessment
CE-20e	selective tissue testing techniques / special tests
CE-20f	neurological assessments (sensory, motor, reflexes, balance, cognitive function)
CE-21a	Assessment of posture, gait, and movement patterns
CE-21b	Palpation
CE-21c	Muscle function assessment
CE-21d	Assessment of quantity and quality of osteokinematic joint motion
CE-21e	Capsular and ligamentous stress testing
CE-21g	Selective tissue examination techniques / special tests
CE-21h	Neurologic function (sensory, motor, reflexes, balance, cognition)
CE-22	Determine when the findings of an examination warrant referral of the patient.
CIP-4a	upper extremity
PD-9	Specify when referral of a client/patient to another healthcare provider is warranted and formulate and implement strategies to facilitate that referral.
PHP-3	Identify modifiable/non-modifiable risk factors and mechanisms for injury and illness.

### Specific Learning Outcomes

In addition to the above, after completion of this course, students should possess an understanding of upper extremity evaluation that will enable them to:

1. Understand the key components of orthopedic evaluation.
2. Understand the role of the clinician in orthopedic evaluation.

3. Understand how to evaluate upper extremity injuries/condition to include the shoulder, elbow, forearm, wrist and hand body regions.
4. Perform common evaluation techniques used by clinicians when evaluating an upper extremity injury/condition.
5. Identify common orthopedic injuries/conditions that affect the upper extremity.
6. Understand the process of overhead biomechanics.

In addition to the above University Goals and National Standards, during and after completion of this course, students should possess an understanding of relative athletic training knowledge that will enable them to:

II:A – Demonstrate the ability to conduct a comprehensive individual history, through observation, and relevant review of medical records.

### **Course Requirements**

**Papers:** *Annotated Bibliography Paper:* This paper will address common injuries of an area of the upper extremity approved by the instructor. The emphasis must be on evaluation procedures and techniques. Specific details of this assignment will be distributed in class and posted on Blackboard. **Due date: TBA**

**Quizzes:** Unannounced quizzes may occur at any point during the course to confirm whether students are keeping up with textbook readings and reviewing course material presented by the instructor in either the classroom or lab setting. Scheduled quizzes may occur in class or on Blackboard as well.

**Clinical Skills Assessments:** As part of this course, students will learn how to perform clinical skills related to evaluation of the shoulder, elbow, forearm, wrist and hand. Students will first learn these clinical skills in the lab course, and then will be expected to practice these skills with classmates in lab class, outside of class, and during their clinical rotations (if applicable) in order to become proficient on them. Once the student feels confident in their ability to complete the assessment they should be demonstrated for a classmate, upper-classman (who has successfully completed AT 237) or staff/faculty member for approval.

**Scenario Documentations:** For each unit you will partner with a classmate or upper classman who has successfully completed AT 237 and conduct a practice evaluation. Each partner will develop a scenario of an orthopedic injury/condition and act out that scenario for their classmate to evaluate. The evaluator will conduct a full evaluation, resulting in a differential diagnosis and development of an immediate plan. Following the evaluation the evaluator will write a SOAP note (typed) for submission using appropriate documentation methods. The “injured patient” will sign the SOAP note verifying completion of the evaluation. Each student will conduct three of these evaluations and submit three SOAP notes, one for each unit (Shoulder, Elbow, Wrist/Hand).

**Labs:** On Wednesdays from 10-11:50 am, lab classes will be held to help students learn and develop the specific psychomotor competencies and clinical proficiencies related to the evaluation of upper extremity injuries. Students are expected to dress in clothing that will allow you to evaluate (and be evaluated by other students) any or all of the lower extremity. Students will spend a significant amount of time

practicing and becoming proficient on the clinical skills first demonstrated by the instructor. Please note that some clinical skills take longer than others to learn and become proficient on depending upon the student. Therefore, make sure you allocate the entire lab period for practice of these skills.

**O/P exams:** Oral/practical exams will be given two times during the semester. Each O/P will consist of a specific joint examination (ex. , Shoulder, Elbow, Etc.).

**Exams:** There will be 2 written exams and one final exam.

**Other Assignments:** There may at times be other assignments given either in class or on blackboard by the course instructor

### **Miscellaneous Course Performance and Participation Expectations:**

Class members (student/instructor):

1. Be on time for class.
2. Be prepared for class when class starts, not 5 minutes after class starts.
3. Common courtesy – don't talk over one another, **no cell phones, no text messaging**, etc.
4. **Class participation and discussion are encouraged, but side conversations are not, either talk for the whole class to hear, or do not talk at all.**
5. Stay focused throughout class, we will try to be out on time every week, but please do not pack up early.
6. Stay caught up if not ahead on any readings and assignments. .
7. Ask questions when you are not sure about something.
8. Have mutual respect for your instructor as well as your fellow classmates.
9. All required reading should be done by the student before the date scheduled on the syllabus. Unannounced, random quizzes may be given throughout the semester at the discretion of the instructor. The bulk of the reading will consist of readings from the text and journal articles. However, other readings may be assigned throughout the semester.

### **Grading Policy and Scale, Make-up Policy, Late Work**

#### **Course Grade Percentage**

Written Exams	20%
Final Exam	10%
OP Exams	20%
Annotated Bibliography	10%
Clinical Skills Assessments	20%
Quizzes	5%
Scenario Documentations	10%
Homework Assignments/ Participation	5%

#### **Grading Scale:**

90-100%=	A	60-69% =D
80-89% =	B	59-0% = F
70-79% =	C	

**Make-up Policy and Late Work:**

Late assignments will only be accepted for up to one week after the assigned due date. For each day late the final grade potential will drop by 10%. After one week, the assignment will no longer be accepted and a grade of 0 will be awarded.

**Class participation**

*If you're going to show up, you might as well learn something.* Class participation is vital to learning and understanding. Therefore, class participation will be taken into consideration when calculating the student's final course grade.

**Course Timeline (Schedule of Assignments/Assessments/Presentations)**

Date:	Topic:	Due:	Other:
Jan 15	Syllabus/Annot. Bib/ Review of Evaluation		Chapter 1,4
Jan 16 Lab	Evaluation Review		Chapter 1,4
Jan 17	Evaluation Review		Chapter 1,4
Jan 22	Evaluation Review		Chapter 1,4
Jan 23 Lab	No Class Capitol Hill Day for ATP students		
Jan 24	Diagnostic Testing		Chapter 5
Jan 29	Upper Quarter Screen/Neuro		
Jan 30 Lab	Upper Quarter Screen/Neuro		
Jan 31	Shoulder		Chapter 15
Feb 5	Shoulder		
Feb 6 Lab	Shoulder H/O/P	Upper Quarter Screen Check-off	
Feb 7	Shoulder		

Feb 12	Shoulder		
Feb 13 Lab	Shoulder ROM/ST	Shoulder H/O/P	
Feb 14	Shoulder		
Feb 19	Shoulder		
Feb 20 Lab	Shoulder Evaluation	Shoulder ROM/ST	
Feb 21	Review/Catch-up		
Feb 26	Exam #1		

Feb 27 Lab	OP Exam		
Feb 28	OP Exam		
March 5	Elbow		Chapter 16
March 6 Lab	Elbow H/O/P		
Mar 7	Elbow		
March 11-15	Spring Break		
Mar 19	Elbow		
Mar 20 Lab	Elbow ROM/ST	Elbow H/O/P	
Mar 21	Elbow		
Mar 26	Elbow		
Mar 27 Lab	Elbow Evaluation	Elbow ROM/ST	

Mar 28	Exam #2		
April 2	Wrist and Hand		Chapter 17
April 3 Lab	Wrist and Hand H/O/P		
April 4	Wrist and Hand		
Apr 9	Wrist and Hand		
Apr 10 Lab	Wrist and Hand ROM/ST	Wrist H/O/P	
Apr 11	Wrist and Hand		
April 16	Wrist and Hand		
Apr 17 Lab	Wrist and Hand Evaluation	Wrist/Hand ROM/ST	
Apr 18	Biomechanical Analysis		
April 23	Biomechanical Analysis		
April 24 Lab	Biomechanical Analysis		
April 25	Review Day/Catch Up	Annotated Bibliography Due	
April 30	Review Day		
May 1	Final OP		
May 2	Final OP		
Thursday May 9th	Written Final (Comprehensive) 9-11:15		

\*The above Semester At-A-Glance schedule may be altered at the discretion of the instructor. Students enrolled in this course will be notified immediately of any changes or alterations to this schedule.

**Accessibility/Accommodations:**

Concord University is committed to responding to the needs of students with disabilities as defined by the Americans with Disabilities Act. Please inform your instructor at the beginning of the class semester if you have a disability and are requesting accommodations. It is your responsibility to self-disclose that you are requesting accommodations. The University and instructor will provide you with a reasonable accommodation. You should register with CU's Disability Services Office, located in the Athens campus Jerry and Jean Beasley Student Center, Bottom Floor, across from the Campus Post Office. The Disability Services Office phone is 304-384-6086 or you can email the Director, Nancy Ellison, at nellison@concord.edu for assistance.

**Academic Dishonesty**

Academic dishonesty is morally unacceptable as well as destructive to the learning and teaching atmosphere. Academic dishonesty includes the giving or receiving of improper help on examinations or assignments, falsifying documents, and plagiarism (the act of stealing and using, as one's own, the ideas or the expression of the ideas of another). Such dishonesty can lead to a variety of penalties — including but not limited to failure of assignment, failure of course, loss of institutional privileges, or dismissal from the University. (See University Catalog Academic Policies and Procedures.)

**Concord University Honor Code**

A Concord University Honor Code was approved by students, staff, faculty, administration, and the CU Board of Governors. The Code states:

*"As a member of the Concord University Community I will act with honesty and integrity in accordance with our fundamental principles and I will respect myself and others while challenging them to do the same."*

The Honor Code is intended to unite the Concord community behind a culture of honesty, integrity, and civility.

**Class/Online Attendance Policy**

Regular class attendance is part of a student's academic obligation at Concord. Irregular attendance may affect academic performance adversely and is detrimental to the atmosphere of a class. (See University Catalog Academic Policies and Procedures.)

**Emergency Alert System**

In an effort to increase safety and security on our campus, Concord University encourages everyone to register for instant text message alerts. Alerts will only be used for security and safety notices. All students, faculty, and staff are eligible to receive text message alerts on their cell phones or email alerts. Please contact the IT Help Desk for further assistance (304-384-5291).

**Emergency Information**

Emergency/courtesy telephones are located at the main entrance of each residence hall and at various other locations on campus. Emergency telephones can be identified by the flashing blue light and will provide the user with a direct link to Public Safety at the press of a button. To report an on-campus emergency, call 304-384-5357 or 911. The Office of Public Safety is located on the bottom floor of the

Rahall Technology Center. For further emergency information go to:  
<http://www.concord.edu/administration/office-public-safety>.

### **Inclement Weather Policy**

As a general policy, the University will remain in normal operations during adverse weather conditions. In the event of severe weather conditions, the following may occur:

#### University Closure

No students or employees are to report.

#### Classes Cancelled

Students do NOT report BUT employees are expected to report to work at their normal time.

#### Operating on an Inclement Weather Delay

Under this schedule, all 8 a.m. classes will start at 10 a.m. Students and faculty will follow the Inclement Weather Schedule. (See <http://www.concord.edu/emergency-alerts> for Athens/Beckley Inclement Weather Schedules.)

*\*Announcements invoking the late schedule or other options referenced above are aired on area radio and television stations and are sent as text and email messages to those enrolled for this service.*

### **Student Conduct**

In classrooms, online, laboratories, and during any activities that are part of course requirements, students are expected to observe reasonable rules of conduct.

### **Sexual Harassment & Assault**

Federal law, Title IX, and Concord University policy prohibits discrimination, harassment, and violence based on sex and gender (Including sexual harassment, sexual assault, domestic/dating violence, stalking, sexual exploitation, and retaliation). If you or someone you know has been harassed or assaulted, you can receive confidential counseling support through the Concord University Counseling Center (304-384-5290). Alleged Violations can be reported non-confidentially to the Concord University Title IX Coordinator at 304-384-6327 or [titleix@concord.edu](mailto:titleix@concord.edu). Reports to Campus Security can be made at (304-384-5357). As an employee at Concord University, I am a mandatory reporter which means I must report any sexual misconduct I am made aware of. This includes verbal or written (such as in an assignment) disclosures of sexual harassment or sexual assault.

### **Technology Services**

Contact the CU Help Desk at extension 5291 from campus or 304-384-5291 off campus. You may also e-mail [cuhelpdesk@concord.edu](mailto:cuhelpdesk@concord.edu).

### **Syllabus Disclaimer**

**"This syllabus is subject to change based on the needs of the class. Please check it regularly."**