

USCSchool Name

**HBIO-442L: Evaluation and Rehabilitation of Athletic Injuries**

**Units: 4**

**Spring 2018**

**Lecture: Tu/Th 12:30 – 1:50 PM**

**Location: JMC 103**

**Instructor: Helaine Lopes, Ph.D., ATC**

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**Office Hours:** by appointment only

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**Teaching Assistant:**

**Office:** Physical or virtual address

**Office Hours:**

**Contact Info:** Email, phone number (office, cell), Skype, etc.

**IT Help:** Group to contact for technological services, if applicable.

**Hours of Service:**

**Contact Info:** Email, phone number (office, cell), Skype, etc.

### Course Description

Application of scientific principles to evaluating and rehabilitating athletic injuries.

### Learning Objectives

- To gain knowledge of evaluation principles.
- To gain hands-on experience using skills necessary to rehabilitate an injury.

### Required Readings:

- **Principles of Athletic Training 15th ed.** William E. Prentice , available in Bookstore
- **Rehabilitation Techniques in Sports Medicine 5th ed.** William E. Prentice, available in Bookstore.

### Grading Breakdown

Assignment	Points	% of Grade
Midterm #1		20%
Midterm # 2		20%
Final (practical)		30%
Final (written)		30%
<b>Total</b>		<b>100%</b>

### Grading Scale

Grades will be curved.

## Course Schedule:

### **Lecture Outline (reading assignments are in parentheses: AT-Principles of Athletic Training and RT-Rehabilitative Techniques in Sports Medicine):**

1/09	Evaluation (AT Pp. 306-369, RT Pp. 46-69)
1/11	Rehabilitation program (RT Pp. 2-17, AT Pp. 286-301):
1/16	Psychology (RT Pp.71-92, AT, Pp.286-303)
1/18	Healing process/rehab programs (RT Pp. 18-39, AT Pp. 265-282)
1/23	Medication, modalities (RT Pp. 39-42, AT Pp. 388-417 & 453-474),
1/25	PNF and Facilitation Techniques (RT Pp. 296-314); MIDTERM review
1/30	MIDTERM
2/01	Range of motion/Flexibility soft tissue; Range of Motion articulations/Joint Mobilization (RT Pp.175-193, 267-295);
02/06	Muscle strength and endurance, plyometric, open-chain/closed chain (RT Pp. 198-211, 228-262)
2/08	Core Stability and Neuromuscular control (RT Pp.98-138)
2/13	Postural Stability, Balance (RT Pp. 145-170);
2/15	Aquatic Therapy; Functional progression/testing (RT Pp. 318-359) Midterm Review
2/20	MIDTERM
2/22	Evaluation of Foot (AT Pp. 496-524)
2/27	Evaluation of ankle and lower leg (AT Pp. 534-559)
3/01	Rehabilitation of foot, ankle and lower leg (AT Pp. 525-530, 560-565 RT Pp.579-
3/06	Evaluation of knee (AT Pp. 569-608)
3/08	Rehabilitation of knee (At Pp. 609-614, RT Pp.526-572)
3/11-3/18	SPRING RECESS
3/20	Evaluation of thigh, hip and groin; evaluation of the thorax and abdomen (AT Pp. 618-644, 842-872)
3/22	Rehabilitation of thigh, and groin (RT Pp. 484-525)
3/27	Evaluation of the spine (LS, thoracic and cervical) (AT Pp. 753-791)
3/29	Rehabilitation of the spine (LS, thoracic and cervical) (AT Pp. 792-801, RT Pp. 646-687).
4/03	Evaluation of the elbow/forearm and wrist/hand/fingers (AT Pp. 697-712, 720-744)
4/05	Rehabilitation of elbow/forearm and wrist/hand/fingers (AT 713-717, 745-750, RT Pp. 418-481)
4/10	Evaluation of the Shoulder (AT Pp. 653-684)
4/12	Rehabilitation of the Shoulder (AT Pp. 685-692, RT 364-411)
4/17	Practice Practical techniques
4/19	Final Review & Practice for practical
4/24	PRACTICAL FINAL Group A
4/26	PRACTICAL FINAL Group B
5/01	STUDY DAY
5/09	FINAL EXAM, 2:00 PM – 4:00 PM

## Statement on Academic Conduct and Support Systems

### Academic Conduct

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards*<https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage [sarc@usc.edu](mailto:sarc@usc.edu) describes reporting options and other resources.

### Support Systems

A number of USC’s schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. *The Office of Disability Services* and *Programs* [http://sait.usc.edu/academicsupport/centerprograms/dsp/home\\_index.html](http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html) provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu/> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.