

USCSchool Name

HBIO-442L: Evaluation and Rehabilitation of Athletic Injuries

Units: 4

Spring 2020

Lecture: Tu/Thu 12:30-1:50pm

Location JMC 103

Instructor: Helaine Lopes, Ph.D, ATC

Office: PED 109

Office Hours: by appointment only

Contact Info: lopes@usc.edu

IT Help: Learning Environment Support

Contact Info: (213) 821-6601

www.uusc.edu/its

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.

Prerequisite(s): course(s) that must be taken prior to this course

Co-Requisite (s): course(s) that must be taken prior to or simultaneously

Concurrent Enrollment: course(s) that must be taken simultaneously

Recommended Preparation: course work or background that is advisable, not mandatory

Required Readings:

- **Principles of Athletic Training, 16th ed.** William E. Prentice, available in Bookstore
- **Rehabilitation Techniques in Sports Medicine, 5th ed.** William E. Prentice, available in Bookstore

Grading Breakdown

How will students be graded overall, including the assignments detailed above. Participation should be no more than 15%, unless justified for a higher amount. All must total 100%.

Assignment	Points	% of Grade
Midterm #1		20
Midterm #2		20
Final (practical)		30
Final (written)		30
TOTAL	0	100

Grading Scale:

Grades will be curved.

Course Schedule:

	Topics/Daily Activities	Readings and Homework
01/14	Evaluation	AT Pp. 306-369; RT Pp. 46-49
01/16	Rehabilitation Program	AT Pp. 286-301; RT Pp. 2-17
01/21	Psychology	AT Pp. 286-303; RT Pp. 71-92
01/23	Healing Process/Rehab Programs	AT Pp. 265-282; RT Pp. 18-39
01/28	Medications; Modalities	AT Pp. 388-417, 453-476; RT Pp. 39-42
01/30	Concussions Midterm Review	
02/04	MIDTERM	
02/06	Range of Motion/Flexibility soft tissue	RT Pp. 175-193, 267-295
02/11	Range of Motion: Articulations/Joint Mobilization	
02/13	Muscle Strength & Endurance; Open chain/closed chain exercises; Core Stability	RT Pp. 98-121
02/18	Neuromuscular Control/Balance	RT Pp. 122-170
02/20	Aquatic Therapy; Functional Progression/testing; Midterm Review	RT Pp. 318-359
02/25	MIDTERM	
2/27	Evaluation of Foot	AT Pp. 496-524
3/3	Evaluation of ankle and lower leg	AT Pp.534-559
3/5	Rehabilitation of foot, ankle, lower leg	AT Pp. 525-530, 560-565; RT Pp. 579-
3/10	Evaluation of knee	AT Pp. 569-608
3/12	Rehabilitation of knee	AT Pp 609-614; RT Pp 526-572
3/15-22	SPRING BREAK	
3/24	Evaluation of thigh, hip groin; Evaluation of thorax and abdomen	AT Pp. 618-644, 842-872
3/26	Rehabilitation of thigh and groin	RT Pp. 484-525
3/31	Evaluation of the spine	AT Pp. 753-791
4/2	Rehabilitation of the spine	AT Pp. 92-801; RT Pp 646-687
4/7	Evaluation of elbow/forearm and wrist, hand and fingers	AT Pp. 697-712, 720-744
4/9	Rehabilitation of elbow/forearm and wrist, hand and fingers	AT Pp. 713-717, 745-750; RT Pp. 418-481
4/14	Evaluation of Shoulder	AT Pp. 653-684
4/16	Rehabilitation of Shoulder	AT Pp. 685-692; RT 364-411
4/21	Practice Practical Techniques	
4/23	Final Review & Practical Practice	
4/28	PRACTICAL FINAL Group A	
4/30	PRACTICAL FINAL Group B	
5/5	STUDY DAY	
5/13	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 Part B, Section 11, “Behavior Violating University Standards” policy.usc.edu/scampus-part-b. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, policy.usc.edu/scientific-misconduct.

Support Systems:

Counseling and Mental Health - (213) 740-9355 – 24/7 on call
studenthealth.usc.edu/counseling

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call
suicidepreventionlifeline.org

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Relationship and Sexual Violence Prevention Services (RSVP) - (213) 740-9355(WELL), press “0” after hours – 24/7 on call
studenthealth.usc.edu/sexual-assault

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

Office of Equity and Diversity (OED) - (213) 740-5086 | Title IX – (213) 821-8298
equity.usc.edu, titleix.usc.edu

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

Reporting Incidents of Bias or Harassment - (213) 740-5086 or (213) 821-8298
usc-advocate.symplicity.com/care_report

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office of Equity and Diversity |Title IX for appropriate investigation, supportive measures, and response.

The Office of Disability Services and Programs - (213) 740-0776
dsp.usc.edu

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

USC Campus Support and Intervention - (213) 821-4710
campussupport.usc.edu

Assists students and families in resolving complex personal, financial, and academic issues adversely

affecting their success as a student.

Diversity at USC - (213) 740-2101

diversity.usc.edu

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

dps.usc.edu, emergency.usc.edu

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call

dps.usc.edu

Non-emergency assistance or information.

Office of the Ombuds - (213) 821-9556 (UPC) / (323-442-0382 (HSC)

ombuds.usc.edu

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.