

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

**Units: 4**

**Spring 2021**

**Lecture: Mon. 4:00 PM - 6:50 PM**

**Location: ONLINE**

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

**Office Location:** ONLINE

**Office Hours:** by appointment only

**Email:** lopes@usc.edu

**Teaching Assistant: n/a**

**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 (if hybrid). If Virtual, the experience will not be “hands—on”

### Required Readings:

- **Principles of Athletic Training 17th ed.** William E. Prentice , available in Bookstore
  - Hardcover ISBN 9781260241051; Ebook ISBN 9781264154708
- **Rehabilitation Techniques in Sports Medicine 7th ed.** William E. Prentice, available in Bookstore.
  - Hardcover ISBN 9781630916237; Ebbok ISBN 9781630916251

Grading Breakdown Assignment	Points	% of Grade
Exam #1	20	
Exam # 2	20	
Exam #3	20	
Final Paper/Project	40	
<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)** (pages may be updated once I receive new editions);

- 1/18 MLK
- 1/25 Evaluation (AT Pp. 306-369, RT Pp. 46-69)  
Rehabilitation program (RT Pp. 2-17, AT Pp. 286-301):
- 2/1 Psychology (RT Pp.71-92, AT, Pp.286-303)  
Healing process/rehab programs (RT Pp. 18-39, AT Pp. 265-282)
- 2/8 Medication, modalities (RT Pp. 39-42, AT Pp. 388-417 & 453-474),  
Concussions: MIDTERM review
- 2/15 Presidents Day
- 2/22 EXAM #1
- 3/1 Range of motion/Flexibility soft tissue (RT Pp.175-193, 267-295)  
Range of Motion; Articulations/joint mobilization (RT
- 3/8 Muscle Strength and Endurance: Open chain/closed chain exercises; Core Stability (RT  
Pp.98-121)  
Neuromuscular Control/Balance (RT Pp. 122-170); Plyometrics
- 3/15 Aquatic Therapy; Functional progression/testing (RT Pp. 318-359) Midterm Review
- 3/22 EXAM #2
- 3/29 Evaluation of Foot (AT Pp. 496-524)Evaluation of ankle and lower leg (AT Pp. 534-559)  
Rehabilitation of foot, ankle and lower leg (AT Pp. 525-530, 560-565 RT Pp.579-4/12  
Evaluation of knee (AT Pp. 569-608)  
Rehabilitation of knee (At Pp. 609-614, RT Pp.526-572)
- 4/5 Evaluation of thigh, hip and groin; evaluation of the thorax and abdomen (AT Pp. 618-644,  
842-872)  
Rehabilitation of thigh, and groin (RT Pp. 484-525)  
Evaluation of the spine (LS, thoracic and cervical) (AT Pp. 753-791)  
Rehabilitation of the spine (LS, thoracic and cervical) (AT Pp. 792-801, RT Pp. 646-687).
- 4/19 Evaluation of the elbow/forearm and wrist/hand/fingers (AT Pp. 697-712, 720-744)  
Rehabilitation of elbow/forearm and wrist/hand/fingers (AT 713-717, 745-750, RT Pp. 418-  
481)  
Evaluation of the Shoulder (AT Pp. 653-684)  
Rehabilitation of the Shoulder (AT Pp. 685-692, RT 364-411)
- 4/26 EXAM #3
- 5/3 Study Day
- 5/10 FINAL PAPER due

**Policies regarding Zoom procedures and etiquette:**

- Synchronous sessions will be **recorded** and provided to all students asynchronously.
- USC has a policy that prohibits sharing of any synchronous and asynchronous course content outside of the learning environment.

*SCampus Section 11.12(B)*

*Distribution or use of notes or recordings based on university classes or lectures without the express permission of the instructor for purposes other than individual or group study is a violation of the USC Student Conduct Code. This includes, but is not limited to, providing materials for distribution by services publishing class notes. This restriction on unauthorized use also applies to all information, which had been distributed to students or in any way had been displayed for use in relationship to the class, whether obtained in class, via email, on the Internet or via any other media. (See Section C.1 Class Notes Policy).*

☒ I encourage you to use the webcam but if you cannot, please let me know. Audio does not need to be on unless you have a question or comment. Consider noise levels, background objects and artwork, pets, family members, as well as your attire when the webcam is on.

☒ If you have technical issues during class, please email. Classes will be recorded so you will be able to access lectures at later date if you do have a problem.

☒ Chat box will be open for questions and I will try my best to access it in a timely manner but please feel free to just raise the “Zoom” hand if you have a question.

- You are encouraged to contact me by USC email. I normally reply to emails the same day but will reply within 24 hours as well as 48 hours over a weekend, and the work day following a holiday. I may not be able to reply during the 24 hours before an exam or assignment is due but again, will do my best.
- I may not respond to emails sent from non-USC accounts, so do your best to email from your USC account. When sending an email it is best to include in the subject line: the course number and your full name.

**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](http://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](http://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