

HBIO-442L: Evaluation and Rehabilitation of Athletic Injuries

Units: 4

Spring 2023

Lecture: Mon. 4:00-6:50pm

Location: SOS B44

Instructor: Helaine Lopes, Ph.D., ATC

Office Location: PED 109

Office Hours: by appointment only

Email: lopes@usc.edu

- 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 the weekend, and the workday 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.
- •Masking: Winter 2022-23 brings what some experts are calling a “tripledemic”—the ongoing Covid-19 pandemic meets the worst flu season in over a decade meets high community levels of RSV. With this in mind and with the latest LA County recommendations, we will support for instructors, students, TA’s and lecturers to mask in the classroom or the lab as needed based on personal preferences and/or requirements. There is no need to explain or justify your choice (but you can do so if you wish).
- **FOR SPRING 2023, THE COURSE IS ANTICIPATED TO BE FULLY IN PERSON. THERE WILL BE NO RECORDINGS OF LECTURES.**

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 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	15	15
Exam # 2	15	15
Exam #3	15	15
Practical Examination	25	25
Final Paper/Project	30	30
Total	100	100

Course Schedule:

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

- 1/9 Evaluation; Rehabilitation
- 1/16 MLK University Holiday
- 1/23 Psychology and Nutrition
Healing process/rehab programs
- 1/30 Medication, modalities
Concussions: MIDTERM review
- 2/6 EXAM #1
- 2/13 Range of motion/Flexibility soft tissue)
Range of Motion; Articulations/joint mobilization
- 2/20 PRESIDENTS DAY
- 2/27 Muscle Strength and Endurance: Open chain/closed chain exercises; Core Stability
Neuromuscular Control/Balance Plyometrics
- 3/6 Aquatic Therapy; Functional progression/testing Midterm Review
- 3/13 SPRING BREAK
- 3/20 EXAM #2
- 3/27 Evaluation of Foot Evaluation of ankle and lower leg
Rehabilitation of foot, ankle and lower leg Evaluation of knee
Rehabilitation of knee
- 4/3 Evaluation of thigh, hip and groin; evaluation of the thorax and abdomen
Rehabilitation of thigh, and groin
Evaluation of the spine (LS, thoracic and cervical)
Rehabilitation of the spine (LS, thoracic and cervical)
- 4/10 Evaluation of the elbow/forearm and wrist/hand/fingers
Rehabilitation of elbow/forearm and wrist/hand/fingers
Evaluation of the Shoulder
Rehabilitation of the Shoulder
- 4/17 Review and Practical Examination
- 4/24 Exam #3
- 5/1 Study Day
- 5/8 FINAL PAPER due

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 [Research and Scholarship Misconduct](#).

Students and Disability Accommodations:

USC welcomes students with disabilities into all of the University’s educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

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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

eeotix.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 Student Accessibility Services (OSAS) - (213) 740-0776

osas.usc.edu

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy

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, Equity and Inclusion 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

Occupational Therapy Faculty Practice – (323) 442-3340 or otfp@med.usc.edu

chan.usc.edu/otfp

confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance