University of Wisconsin – Stevens Point
AT 381 – Therapeutic Exercise
Spring 2017

Instructor: Danelle Smith
Office: HEC 131
Class Location: HEC 147
Class Time: 10-11:50 T, 10-10:50R

REQUIRED TEXT:
Prentice, W.E. *Rehabilitation Techniques for Sports Medicine and Athletic Training*

COURSE DESCRIPTION:
The purpose of this course is to provide students with the knowledge and skills to develop an awareness, understanding and application of principles and skills for rehabilitation of injuries in physically active populations. Students will be learning the concepts of rehabilitation and applying these concepts to specific parts of the body in order to develop specific goals and guide decision-making in the rehabilitation setting.

COURSE OBJECTIVES:
At the conclusion of this class the student will:

- Understand the rehabilitation process needs to be unique and individualized for each patient, based on appropriate therapeutic goals and patient assessment.
- Understand rehabilitation is a dynamic process that involves daily creativity and problem-solving, while balancing short and long-term goals.
- Understand athletic training evaluation, therapeutic modalities, and rehabilitation techniques are all interrelated as part of a comprehensive treatment approach.
- Describe and utilize indications, contraindications, and principles of anatomy and physiology in the selection and use of therapeutic exercises
- Instruct and critique patients in proper techniques of common therapeutic exercises

COURSE REQUIREMENTS:

Attendance: Students are expected to attend all classes and be on time. If a class is to be missed, the student must contact the instructor via phone or in person prior to the beginning of the class period. (Email is not acceptable)

Honesty: Under no circumstances will academic dishonesty (cheating, plagiarism) be tolerated. Violation may result in an automatic failing grade for the assignment. UWSP values a safe, honestm respectful, and inviting learning environment. A set of rights and responsibilities has been developed to foster this environment. For more information go to : http://www.uwsp.edu/stuaffairs/Pages/rightsandresponsibilities.aspx

Exams: There will be three written exams throughout the semester.

Assignments: Students will be asked to provide 2 exercises related to assigned body parts to be presented to the class. These will related to the concepts introduced during the previous week's classes. These exercises will be presented via video and must include instructions.

Project: Each student is expected to research, create, and present a sample therapeutic exercise program for one area of the body as assigned by the instructor. This sample program will include:
(1) a summary of the injury
(2) goals of the program
(3) an outline of specific exercises to be performed with rationale
(4) a discussion of progression throughout the program

Students will present this program to the class using visual aids as necessary. This project will be graded on:
(1) completeness of the program in respect to the established goals
(2) proper use of therapeutic exercises
(3) clear written and oral presentation(including grammar, etc.)

METHOD FOR COURSE EVALUATION

Assignments	10 points each
3 Written Exams	100 points each
Final Project	150 points
Participation	50 points

GRADING SYSTEM:

A	94-100%	C+	77-79%
A-	90-93%	C	73-76%
B+	87-89%	C-	70-72%
B	83-86%	D+	65-69%
B-	80-82%	D	60-64%
		F	below 60%

**** This syllabus is subject to change if deemed necessary by the instructor or University.**

Tentative Course Outline:

Week 1:	**T**	Hand out syllabus, class expectations, Rehab Principles – Chap 1
	TH	The healing process and rehabilitation – Chap 2, Assignment of body part for final
Week 2:	**T**	Pyschological Considerations –Chap4
	TH	Evaluation and Goal setting in designing rehab programs
Week 3:	**T**	Neuromuscular Control – Chap 6
	TH	Neuromuscular Control and Core Stability – Chap5
Week 4:	**T**	Kinetic Chain and Rehab – Chap 12
	TH	**EXAM 1**
Week 5:	**T**	ROM and flexibility – Chap 8
	TH	ROM and Flexibility – Chap 8, Joint Mobs – Chap 13
Week 6:	**T**	PNF – Chap 14
	TH	Muscular Strength and Endurance – Chap 9
Week 7:	**T**	Manual Therapy
	TH	Postural Control and Stability – Chap 7
Week 8:	**T**	Aquatic Therapy – Chap 15
	TH	Cardio and Functional Activities – Chap 10 and 16
Week 9:		**No classes – Spring Break Mar 18-26**
	T	Functional Progression and Testing – Chap 16
	TH	**Exam 2**
Week 10:	**T**	Ankle and lower leg rehab
	TH	Knee Rehab
Week 11:	**T**	Knee Rehab
	TH	Hip Rehab
Week 12:	**T**	TBA
	TH	Trunk and Back rehab
Week 13:	**T**	Shoulder Rehab
	TH	Shoulder Rehab
Week 14:	**T**	Elbow Wrist and Hand Rehab
	TH	TBA
Week 15:	**T**	**Exam 3**
	TH	Project readiness
FINAL		**Tues. May 16th 10:15-12:15**