

FALL 1

ATP 6312

THERAPEUTIC MODALITIES FOR ATHLETIC INJURIES

TBD

Instructor: Josh Yellen, EdD, ATC, LAT
Office: GAR 104K
Phone: (713) 743-5902
Email: jbyellen@central.uh.edu
Office Hours: Monday:
Tuesday:
Wednesday:
Thursday:
Friday

Course Description:

ATP 6312. THERAPEUTIC MODALITIES FOR ATHLETIC INJURIES. Credit 3 Hours. Prerequisites: Formal acceptance for progression into the Master's Degree in Athletic Training. Investigate and analyze indications, contraindications and biophysics of agents that aid in the healing of athletic injuries and the reduction of pain utilizing appropriate therapeutic modalities, basic therapeutic exercises and rehabilitative techniques.

Textbook(s):

Prentice, W.E. (2008). Therapeutic Modalities in Sports Medicine. Publisher: McGraw-Hill. ISBN: 978-0077236335

Course Objectives:

Upon successful completion of this course students will be able to demonstrate the appropriate knowledge and skill base to understand the basic principles of:

1. Describe and differentiate the physiological and pathophysiological responses to inflammatory and non-inflammatory conditions and the influence of these responses on the design, implementation, and the progression of the therapeutic intervention. (TI-1)
2. Compare and contrast contemporary theories of pain perception and pain modulation as well as differentiate between palliative and primary pain control interventions. (TI-2, TI-3)
3. Compare and contrast the variations in the physiological response to injury and healing across the lifespan as well as the theory and principles relating to expected physiological responses of a therapeutic intervention program. (TI-5, TI-8).
4. Describe the laws of physics that (1) underlay the application of thermal, mechanical, electromagnetic, and acoustic energy to the body and (2) form the foundation for the development of therapeutic intervention. (TI-9)
5. Integrate self-treatment into the intervention when appropriate, including instructing the patient regarding self-treatment plans. (TI-10)
6. Design therapeutic interventions to meet specified treatment goals including but not limited to: assessing patient to identify indications, contraindications, and precautions applicable to intended intervention; position and prepare the patient for various therapeutic interventions; describe the expected effects and potential adverse reactions to the patient; apply the intervention, using parameters appropriate to the intended outcome; reassess the patient to determine the immediate impact of the intervention. (TI 11a-f)
7. Use the results of ongoing clinical examinations to determine when a therapeutic intervention should be progressed, regressed or discontinued. (TI-12)
8. Describe the relationship between the application of therapeutic modalities and the incorporation of active and passive exercise and/or manual therapies. (TI-13)
9. Describe and perform the use of joint mobilization in pain reduction and restoration of joint mobility as indicated by examination findings. (TI-14, TI-15)
10. Inspect therapeutic equipment and the treatment environment for potential safety hazards and identify manufacturer, institutional, state, and/or federal standards that influence the approval, operation, inspection, maintenance and safe application of therapeutic modalities and rehabilitation equipment. (TI-19, TI-20)
11. Describe the psychosocial factors that affect persistent pain sensation and perception and identify multidisciplinary approaches for assisting patients with persistent pain. (PS-9).
12. Perform a comprehensive clinical examination of a patient with a lower extremity injury or emergent condition. (CIP-4)
13. Based on the comprehensive clinical examination and findings provide the appropriate initial care and establish overall treatment goals of lower extremity injuries or emergent conditions. (CIP-4)

14. Create and implement a therapeutic intervention to target treatment goals for lower extremity injuries or emergent conditions. (CIP-4)
15. Integrate and interpret various forms of standardized documentation to recommend activity level, make return to play decisions and maximize patient outcomes and progress in treatment plans for lower extremity injuries or emergent conditions. (CIP-4)

Retention and Progression Procedures & Policy:

After students have been formally accepted into the Master of Athletic Training Program at the University of Houston the ATS must maintain a G.P.A. of 3.0 or above and receive no more than one grade of “C” in any of the required Master of Athletic Training Program courses. When a student falls below the required G.P.A. and/or receives a grade of “C” in two or more classes, the ATS will be removed from the Master of Athletic Training Program.

Should the student who has been removed from the Master of Athletic Training Program wish to file a grievance, he/she must follow the guidelines as defined at the following link:

<http://www.uh.edu/class/students/graduate/academics-planning/policies-procedures/index.php>

Evaluation Methods:

Total Possible:

Grading Scale:

100-93:	A
92-85:	B
84-77:	C
76-69:	D
<69:	F

ADA STATEMENT

When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the Center for Students with Disabilities at ext. 3-5400 for more assistance.

ACADEMIC HONESTY

Honesty in your academic work is important in developing professional integrity. Students are to maintain a high standard of academic honesty, including doing your best work and reporting academic misconduct and plagiarism. At all times you must present your own, original work. Any student who commits academic misconduct will receive a zero for that assignment, and depending on the nature of the violation, may fail the class and be reported to the university for disciplinary action.