MCMASTER UNIVERSITY
Department of Kinesiology

Kinesiology 3K03: Sport Injuries

Fall 2016

Prof. Krista Madsen (madsenk@mcmaster.ca)

IWC 215 – office hours will be posted on Avenue. If my door is open you are welcome to drop in and say hi. Appointments are usually best.

Lab Instructors: Sarah Ellis (mackin.sportinj@gmail.com)

A. DESCRIPTION

This course offers a theoretical and practical introduction to the recognition and care for common sports injuries. Content includes predisposing factors for injury, mechanisms of injury, clinical presentations, and the fundamentals of treatment for a variety of conditions affecting the head, spine, and extremities. Injury situations include emergency and non-urgent scenarios.

B. OBJECTIVES

Successful students will be able to recognize and explain some of the causes of acute and chronic injuries of the upper and lower extremities, as well as head and spinal injuries. Successful students will also learn how to perform basic clinical or field tests for a variety of injured structures and be able to describe and perform basic and appropriate treatments. Successful students will be able to execute a selection of tape and tensor applications that can be used to protect an injury when an athlete returns to play.
To maximize your learning and growth, practice the following:

1. Own your mistakes and learn from them – this is the key to progress. Avoid judging yourself and/or blaming others. No great learning ever happens without challenge.

2. Develop a mindset of growth and practice personal reflection. Objectively examine what challenges you and reflect on why this is – finding a solution always begins with a clear understanding of the problem.

3. Use a variety of relevant, valid, and reliable resources to support your learning. Use critical thinking to evaluate them - don’t be satisfied with any source of information.

4. Be a question asker and seek answers independently – If you are unfamiliar with a term, look it up and talk to your peers. We are here to guide you, but not always to "give" you answers.

5. Communicate effectively and respectfully with your peers and instructors – use clear and concise language. Use the tone of your voice respectfully and effectively. This is particularly important for testing.

6. Learn cooperatively with your peers and instructors – different perspectives are highly valuable and everyone has different strengths to offer.

C. COURSE MATERIALS

- $20 lab supply fee will be collected during the first week of term. Once you have paid, you will receive your supplies during the first week of October.

- There is no required text for this course. Lecture, lab and independent study materials will be posted on Avenue.

- MSK Anatomy course notes (KIN 2E03) will be useful – recommended.

D. THIS IS HOW WE DO THINGS

1. We may have met last year but please introduce (or re-introduce) yourself when you talk to me in class – I would like to get to know you. Do the same with your TAs.

2. We work on a first name basis. Please start emails with something like “Hi Krista” and finish with your name and a friendly/professional sign-off.

3. Be mentally where you are physically.

E. CONTENT OUTLINE

Unit 1: September 7 to September 30

In this unit we will introduce the assessment of urgent injuries. We will cover the mechanical and physiological factors that underpin head, spinal and neural injuries. Our focus will be on the “how” and “why” for each condition so that we have a foundation for sound clinical decision-making – these concepts will be built upon in units 2 and 3. The lab schedule is posted on Avenue. Some of the topics we will cover include:

• Concussion and post-concussion syndrome
• Second impact syndrome, intracranial hematomas, and chronic traumatic encephalopathy (CTE)
• Spinal trauma including fractures, dislocations, and transient quadriplegia
• Neural injuries such as brachial plexus neurapraxia
• Fractures – assessment, care and complications
• Eye, ear and other facial injuries/conditions
Unit 2: October 5 to November 4
In this unit we will introduce the fundamentals of non-urgent injury assessment and the tissue healing process before we move into specific conditions affecting the lower extremity. For each condition we will examine the mechanisms of injury, clinical presentation, and introduce the fundamentals of specific injury care. Our goal is to be able to collect and interpret assessment data to form an index of suspicion with differential diagnoses, and determine a course of action. Some of the topics we will cover include:

- Testing principles, include range of motion and strength evaluation
- Developing an index of suspicion and differential diagnoses
- Foot – Turf toe and Plantar Fasciitis
- Ankle – Ligament sprains and associated injuries
- Medial tibial stress syndrome and Plantarflexor conditions
- Knee – ligamentous and meniscal injuries, extensor mechanism pathologies (such as patellar tendinopathy) and ITB syndrome

Unit 3: November 9 to December 7
In this unit we will continue to develop our clinical assessment skills, now applied in the context of select upper extremity conditions. We will continue to fine tune our clinical reasoning skills and build on practical skills introduced in the last unit. Some of the conditions we will cover include:

- Shoulder girdle injuries including AC joint separations and clavicle fractures
- Glenohumeral instability – subluxations and dislocations
- Subacromial and Posterior Internal impingement syndromes
- Elbow – sprains, dislocations and Valgus Extension Overload syndrome
- Medial and lateral epicondylalgia
- Compression neuropathies in the forearm and hand
- Injuries to the wrist and hand such as tears of the Triangular Fibrocartilage Complex
F. LABS/PRACTICAL CLASSES

- Sarah Ellis will be your lab instructor – she is a Certified Athletic Therapist and Registered Massage Therapist who brings a wealth of experience to the classroom. Her contact information can be found on the first page of this document.
- Shorts, exercise pants, and t-shirts are recommended for practical classes/labs. Other clothing is also acceptable as long as it will not hinder practice of the required lab skills. Accommodation can be provided; please contact your lab instructor or me directly if you wish to discuss privately.
- Practical testing will take place across four days in November (see next section for specific dates). Scheduling will begin in early October – class partners will sign up together. Most of the test time slots take place during regular lab times and on the Saturday that follows – it is the student’s responsibility to identify any class conflicts they have as soon as the scheduling process begins (this will be announced in class and on Avenue). Due to the large number of students in the class, we cannot accommodate specific requests for time slots and we will always appreciate your flexibility.

G. EVALUATION

1. All dates listed below are tentative.
2. Tests may be scheduled on Saturdays.
3. The scheduling of test dates will be flexible due to room availability.
4. Finalized dates will be posted on Avenue.

<table>
<thead>
<tr>
<th>Test</th>
<th>Percentage</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Test 1</td>
<td>30%</td>
<td>September 28th or 30th, 2016</td>
</tr>
<tr>
<td>Test 2</td>
<td>30%</td>
<td>November 2nd or 4th, 2016</td>
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<tr>
<td>Practical Test</td>
<td>10%</td>
<td>November 24th to 27th, 2016</td>
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<tr>
<td>Final Exam</td>
<td>30%</td>
<td>Scheduled by the Registrar</td>
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H. POLICY REGARDING DEFERRED TESTS AND EXAMS

In the event of an absence for medical or other reasons, students should review and follow the Academic Regulation in the Undergraduate Calendar “Requests for Relief for Missed Academic Term Work”. Please note these regulations have changed and are effective Fall 2015.

If you use the MSAF you must report your absence to me by email within 2 working days in order to request accommodation (madsenk@mcmaster.ca). If you fail to do so you may forfeit your opportunity for accommodation and receive a score of zero on your evaluation.

Students who miss a Registrar-scheduled final exam can apply to the Associate Dean’s office for permission to write in the deferred final exam schedule. In all cases, appropriate documentation must be submitted to the Office of the Associate Dean, Faculty of Science, for consideration of deferred examination permission. Under no circumstances will the instructor re-schedule a final exam for individual students.

If you use the MSAF you must report your absence to me by email within 2 working days in order to request accommodation (madsenk@mcmaster.ca). If you fail to do so you may forfeit your opportunity for accommodation and receive a score of zero on your evaluation.

Students who miss Test 1 or Test 2 for legitimate reasons such as illness will be accommodated with a deferred test. The deferred test will take place between Monday November 28th and Wednesday November 30th - I will select the test date and communicate this with you by email. Students who miss the practical test will be scheduled a deferred practical test during the final exam period.

Students who miss a Registrar-scheduled final exam can apply to the Associate Dean’s office for permission to write in the deferred final exam schedule. In all cases, appropriate documentation must be submitted to the Office of the Associate Dean, Faculty of Science, for consideration of deferred examination permission. Under no circumstances will the instructor re-schedule a final exam for individual students.
I. USE OF COURSE MATERIALS

Course materials provided by the instructor are for use by students registered in this class only. Under no circumstances are these materials to be shared, posted or sold to a third party without permission from the instructor. This includes, but is not limited to, online posting of instructor provided lecture/lab notes, online lectures, recordings of lectures, or any lab materials on a website other than the Avenue site designed for the course.

J. ACADEMIC INTEGRITY

Academic dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences (e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript reading "Grade of F assigned for academic dishonesty", and/or suspension or expulsion from the university). It is your responsibility to understand what constitutes academic dishonesty. For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3, located at: http://www.mcmaster.ca/univsec/policy/AcademicIntegrity.pdf

The following illustrates only three forms of academic dishonesty: plagiarism (e.g. the submission of work that is not one's own or for which other credit has been obtained), inappropriate collaboration on group work, copying or using unauthorized aids in tests and examinations.

K. ACADEMIC ACCOMMODATION OF STUDENTS WITH DISABILITIES

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140, ext. 2865 or e-mail sas@mcmaster.ca. For further information, consult McMaster University’s Policy for Academic Accommodation of Students with Disabilities.
L. ON-LINE LEARNING RESOURCES
Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

M. MODIFICATIONS TO COURSE
The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites weekly during the term and to note any changes.

N. FEEDBACK
It really helps us improve our services when we hear from our students, faculty and staff about what we can do better. A feedback process brings to our attention situations in which we may not have adequately considered accessibility and allows us to better plan for accessibility in the future.