

MCMASTER UNIVERSITY
Department of Kinesiology

Kinesiology 4KK3: Fundamentals of Rehabilitation

Winter 2018

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IWC 215

If my door is open you are welcome to drop in and say hi. Appointments are usually best. I will post specific office hours as we approach tests/exams.

A. DESCRIPTION

The emphasis of this course is on orthopaedic rehabilitation. Classes will cover fundamental pathophysiology, clinical biomechanics, theory and guidelines for the use of modalities, and techniques used in orthopaedic rehabilitation. This course is ideally suited for students considering careers and further education in health care professions and as preparation for employment in an orthopaedic clinical setting.

B. OBJECTIVES

Successful students will have demonstrated **knowledge** regarding:

- The physiology behind the primary stages of healing and how they relate to clinical decision-making
- Anatomy and clinical biomechanics and how they relate to the rehabilitation of conditions covered in course material
- Exercise prescription, demonstration and instruction as it relates to conditions covered in course material
- Theory and guidelines for the clinical use of a selection of therapeutic modalities

Successful students will have developed the following skills:

- Critical analysis: as it relates to designing rehabilitation programs for conditions covered in course material and those not covered, and when researching topics independently
- Communicate in written form in a way that is clear and relevant

Successful students will have demonstrated the following initiatives:

- Practice of thorough independent research when problem solving or faced with material that is unfamiliar or needs to be reviewed
- Preparation for and participation during in-class practical activities and discussions
- Respect for other classmates' learning and experience when working in groups and partnerships
- Present a professional approach during practical skills learning sessions
- Adopt a personal responsibility for individual actions and decisions

C. MATERIALS

- KIN 4KK3 Course Website: <http://avenue.mcmaster.ca/>
- You are responsible for checking this website daily for announcements and class material.
- Independent reading may be assigned throughout the term. This will be noted in class and posted on the course website.
- Anatomy review is essential – use your MSK Textbook: Schuenke, M., Schulte, E., Schumacher, U. (2014). *Thieme Atlas of Anatomy: General Anatomy and Musculoskeletal System* (2nd ed.). New York, NY: Thieme Medical Publishers Inc.

D. EVALUATION

Test 1	30%	Feb 2 nd , 2018 - 5:30pm to 7pm - MDCL 1009 and 1102
Test 2	35%	March 9 th , 2018 - 5:30pm to 7pm - MDCL 1009 and 1102
Test 3	35%	Scheduled by the Registrar *

E. CONTENT OUTLINE

Week Of	Content	Labs and Tests
Jan 8 to 12	Healing and Pain	
Jan 15 to 19	Pain and Goals	Lab 1
Jan 22 to 26	Program Design	Lab 2
Jan 29 to Feb 2	Program Design	Test 1 - Friday
Feb 5 to 9	Lumbar Spine	Lab 3
Feb 12 to 16	Lumbar Spine	
Feb 19 to Feb 23	Reading Week	
Feb 26 to Mar 2	Cervical Spine	Lab 4
March 5 to 9	Cervical Spine	Test 2 - Friday
March 12 to 16	Shoulder	Lab 5
March 19 to 23	Shoulder	
March 26 to 30	Knee	Lab 6
Apr 2 to Apr 6	Knee	

F. 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.

G. 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 (by visiting the Associate Dean’s office in person) you must report your absence to me by email **within 3 working days** (ideally as soon as possible) 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. If you miss Test 1, the alternate test is *tentatively* scheduled for **February 12, 2018**. If you miss Test 2, the alternate test is *tentatively* scheduled for **March 19, 2018**.

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.

H. PRACTICAL CLASSES

- Practical class material will be tested on written tests.
- Wear shoes and clothing that is easy to move around in for all practical sessions.
- Each class is used to help students develop practical skills pertaining to concurrent lecture material.
- Most work will be done in pairs or groups of four. Preparation materials may be assigned, and independent follow-up questions may be presented at the end of the class.

I. 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.

J. 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.

K. 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.

L. 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.

M. 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.