

## Course Syllabus

**CHSC 6305 - Tri 7**

**3 lecture hours per week (45 lecture hours per trimester)**

**2 lab hours per week (30 lab hours per trimester)**

**4 credit hours (75 total contact hours)**

**Prerequisites: Physiotherapy I**

### Course Description:

Building upon the concepts learned in PT I, Physiotherapy II focuses on rehabilitation of musculoskeletal injuries. Proprioception and postural training, muscle stretching and strengthening exercises, and myofascial release are integrated to mobilize a comprehensive healing response. The Janda, McKenzie, and Williams rehabilitation protocols are taught where appropriate for various conditions. The student will learn how to perform a functional capacity evaluation, and document the ICD and CPT codes appropriate for the various conditions and treatments.

### Required Texts:

**Exercise Physiology Energy, Nutrition & Human Performance** – McArdle, Katch, Katch

**Therapeutic Exercise: Foundations and Technique** – Kisner, C. & Colby

**Myofascial Pain Dysfunction: The Trigger Point Manual** - Travell and Simons

### Recommended Texts:

***Muscles Testing and Function with Posture and Pain***, 5th Edition – Kendall, McCreary, Provance, Rodgers, Romani

### Office Hours:

*Mon. 9-10 AM, 12-1 PM*

*Tue 12-1PM*

*Thur 8-9 AM*

*Fri 9-10 AM*

COURSE NUMBER	TRIMESTER	CREDIT HOURS
CHSC 6305		4.0

**TRIMESTER-**  
Fall 2009

**TOTAL CONTACT HOURS:** 75

**LECTURE HOURS  
PER WEEK - 3  
LECTURE  
CONTACT HOURS  
PER TRIMESTER -**  
45

**Laboratory Hours Per Week - 2**

**Laboratory Contact Hours Per Trimester - 30**

**Course Director:**

Dr. Bob Wilborn (972) 438-6932 X 7355,  
bwilborn@parkercc.edu

**Office Hours:**

Mon. 9-10 AM & 12-1 PM, Tue. 12-1 PM, Thurs 8-9 AM, Fri  
9-10 AM

**Course  
Instructors:**

Dr. Bob Wilborn

**Course Objectives:**

The mission of Parker College of Chiropractic is to educate individuals in chiropractic wellness to be leaders in education, research, and service as primary care physicians and gatekeepers for direct access to the health delivery system.

For the purpose of this course students will be:

1. Able to assess patient posture, perform myofascial techniques, and correct postural distortions of the spine, scapulothoracic areas and extremities.
2. Able to treat the myofascial component of various spinal, scapulothoracic, and extremity pain syndromes, such as acute and chronic cervical/lumbar disc syndrome, cervical, thoracic, and lumbar spine sprain/strain, myofascial pain syndromes of the spine, adhesive capsulitis/frozen shoulder, carpal tunnel, etc.
3. Able to perform rehabilitative evaluation procedures of the cervical, thoracic and lumbar spine, shoulders and extremities to systematically construct an active care treatment plan including stretching, strengthening, flexibility and sensory motor training, patient home instructions and manipulation considerations. This plan will include outcome measurements used to assess patient status, progress and success.
4. Able to diagnosis and provide supportive care of cervicothoracic and thoracolumbar perpetuity factors. Students will be able to utilize CPT and ICD-9 codes for diagnosis and treatment billing procedures.

**Pre-Requisites:**

Physiotherapy I

**Disclaimer**

The lecture outlines contained in the lecture booklet are NOT intended to represent the entire content of the course. A lecture outline is intended to be a guide to the lecture. The responsibility of the instructor is to follow the outline, expand the concepts and give explanation and illustrations to clarify content. The role of the student is to attend lecture and take notes over material presented by the lecturer that explains and illustrates the material listed in the outline. It is also the responsibility of the student to question the instructor if explanations and illustrations are not clearly presented or understood.

The instructors take no responsibility for the accuracy or completeness of old notes, quiz questions or exam questions that students may purchase or may be given by previous students in Research Methods.

**Course  
Mechanics:  
Lecture & Lab  
Outlines:  
Attendance:**

Lecture Hours: Tue., Wed., Thurs.: 7:00-8:00 AM

Lecture and lab outlines are located on the PT2 Course page.

Refer to the [Common Policies](#) document found on MyParker under [Academics – Coursework > Course Catalog](#)

**Grading System:**

Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas, to recognize and reward achievement, and to identify students who are unable to meet the rigors of the curriculum. Final course grades and their interpretation are listed below:

Grade Numerical Value Grade Point Average Interpretation of Academic Achievement

A	89.5 - 100	4.0	Excellent
B	79.5 - 89.5	3.0	Above Average
C	69.5 - 79.5	2.0	Satisfactory
F	Below 69.5	0.0	Unacceptable

- Test I 20%
- Test II 20%
- Final Exam 20%
- Lab Midterm 20%
- Lab Final 20%

**Examinations:**

Individuals who have a 90% attendance in lecture and labs and 90% average score on all the written tests prior to the final will be excused from the final written examination and will receive an average score of tests 1 & 2 for the final exam grade. The maximum number of combined class and lab hours that can be missed to qualify for the 90/90 rule is 7.

Refer to the [Common Policies](#) document found on MyParker under [Academics – Coursework > Course Catalog](#)

**MISSED EXAM POLICY**

Refer to the [Common Policies](#) document found on MyParker under [Academics – Coursework > Course Catalog](#)

**Make-up  
Exams/Lab  
Practicals:**

**Lecture Exam  
Review:**

The review period for each exam will begin after the posting of the grades and last for **ONE** week only, excluding weekends and holidays. Questions about the final exam and/or final course grades may be reviewed with the Course Director for a period of two weeks at the beginning of the subsequent trimester.

**Academic  
Dishonesty:**

Refer to the Common Policies document found on MyParker  
under Academics – Coursework > Course Catalog

**Professional  
Decorum:**

**Computer Use:**

Refer to the Common Policies document found on MyParker  
under Academics – Coursework > Course Catalog

**Audio Video  
Recording:  
IMPORTANT  
NOTE:**

Refer to the Common Policies document found on MyParker  
under Academics – Coursework > Course Catalog