

GENERAL COURSE INFORMATION:**Course Title: Physiotherapy II****Trimester Credit Hours: 4****Course Director: Robert W. Wilborn, D.C.****Email Address: bwilborn@parkercc.edu****Phone number: (972) 438-6932 X 7355****Office Hours: M 9-10, 12-1, T 8-9, Th 12-1,
Fri 12-1****Lab Director/Instructors: Robert W. Wilborn, D.C.****Course Number: CHSC 6305****Total Contact Hours Per Trimester: 75****Class meeting time:****T, W, Th 7:00-7:50 am****Lab Hours Per Week: 2****Lab Contact Hours/Trimester:**

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, laser, Graston Technique and trigger point therapy are integrated to mobilize a comprehensive healing response. The Triflex and Janda rehabilitation protocols are taught where appropriate for various conditions.

LEARNING OBJECTIVES:

Learning Outcomes: At the completion of this course, the student should:

1. List the history, indications for use and contraindications for cold laser.
2. List the history, indications for use and contraindications for Graston Technique.
3. Identify a trigger point, distinguishing the referred pain patterns in major muscles associated with trigger points and understand the perpetuating factors associated with these points.
4. Compare Manual Resistance Training techniques and the various components associated with applying active care in treating a patient's specific disorder.

Lab Objectives: At the completion of this course, the student should be able to:

1. Demonstrate the programming frequencies into a laser and analyze the myotomes identifying deficiencies and applying a treatment protocol to correct those deficiencies.
2. Demonstrate an evaluation of the muscles in the body with Graston Technique and applying a treatment protocol using the appropriate instrument to effectively treat that muscle and surrounding fascia.
3. Demonstrate and identify postural distortions in the body and applying an active care program to correct the distortions.

GENERAL APPROACH TO TEACHING: This course delivers information through notes, text books, reliable examples and student discussions. The course includes evidence based clinical research to introduce the student to clinical reasoning skills and knowledge of chiropractic literature. It is essential to attend lecture and labs taking notes because the exams will cover information from the printed notes, text books and discussions. When missing a lecture it is important to follow up by learning the material, through the recorded presentations, accessible through iTunes files.

PREREQUISITES: PT I.

REQUIRED TEXTBOOKS:

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

Rehabilitation of the Spine - Liebenson

RECOMMENDED ADDITIONAL TEXTBOOKS:

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

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

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

SUPPLIES: For lab a large beach type towel, workout shorts, t-shirt or sports top and athletic shoes.

EVALUATION AND GRADING POLICY:

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 15%
- Lab Final 15%

- Projects 10%

ESTIMATE OF STUDENT WORK LOAD: The student should spend at least an hour per day reviewing lecture material, reading the text books, along with practicing the active care exercises and stretches they learn in lab.

STUDENTS WITH SPECIAL NEEDS:

Parker University, College of Chiropractic adheres to section 504 of the Federal Disability law and assists qualified students. If you feel you qualify for this type of assistance, you should contact the Office of Student Affairs.

90/90 RULE:

A student who has a 90 or better average in this course (for all written exams) and who has attended class 90% or more of the class meetings, including labs, will have the option of being exempted from taking the final exam. A student wishing to be exempt from the final exam must submit this request in writing in person to the course director by the Thursday of the last day of regular classes. Permission to be exempt from the final exam will be given on a case-by-case basis and will be given at the time of presentation of the written request.

A complete listing of all Academic policies is found on the Parker University, College of Chiropractic Website:

[https://myparker.parkercc.edu/ics/Academics - Coursework/Course_Catalog.jnz](https://myparker.parkercc.edu/ics/Academics_-_Coursework/Course_Catalog.jnz)

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, acquire from off of the internet or be given by previous students.

IMPORTANT NOTE:

The provisions contained in this syllabus do not constitute a binding contract between the student and the Parker University, College of Chiropractic. These provisions may be changed at any time and for any reason at the discretion of the Course Director. When it is necessary to make changes to this document, appropriate notice (at least one week, if at all possible) will be given to the student(s).

