

The University of Western Ontario
REHABSCI 3360B
Musculoskeletal Disorders in Rehab
January 2022

Instructor: Michael Robinson PhD CAT(C) ATC

Lecture Location: FNB-1250

Email: mrobin7@uwo.ca

Office Hours: Wednesdays from 10:00 am to 3:00 pm – Appointments must be booked 24 hours in advance: <https://michaelrobinsonuwo.youcanbook.me/>

Communication: Please communicate any questions via email and allow for 72 hours for a response.

Lectures

There are two in-person lectures per week: Thursday 10:30 – 12:30, Friday 11:30-12:30

During emergency remote teaching: The lecture will be recorded live via Zoom on Friday at 11:30am and posted to OWL by the end of the day.

After emergency remote teaching: The lecture will be delivered in person (an audio recording will be made available).

Prerequisite Checking

Prerequisite(s): Health Sciences 2300A/B or Health Sciences 2330A/B or Kinesiology 2222A/B or Anatomy and Cell Biology 2221.

Pre-or Corequisite(s): Registration in a Rehabilitation Sciences module or enrolled in third or fourth year of the School of Health Studies or School of Kinesiology.

Antirequisite(s): Health Sciences 3091B section 001 if taken in 2011.

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees if you are dropped from a course for failing to have the necessary prerequisites.

Course Description

An introductory course in the area of musculoskeletal disorders as encountered in sport and in the workplace. Materials covered include the mechanisms of injury, tissue biomechanics, pathology, assessment, treatment and prevention of acute and chronic trauma. Current evidence-based practices in diagnostic testing and treatment options will be addressed.

Statement on Multiple Choice Exams

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Course Materials

All course materials will be posted to OWL in advance of lectures. A reading list will be posted on OWL during the first week of the course. Lecture slides are intellectual property of the course instructor; copying without permission is copyright infringement and can constitute plagiarism.

Attendance and Classroom Behaviour

In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, and learning outcomes. Regular attendance is expected and essential for all courses. **Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.**

Methods of Evaluation

Midterm	30% Feb 10 th , 2022
Journal Club	20% (4x5% each - Jan 21, Jan 28, Feb 4, March 4)
Final	50% TBD by University during the scheduled exam period.

Final exam is cumulative.

Schedule (Subject to change)

In-Person Schedule	Emergency Remote Teaching Schedule	Lecture	Journal Club
Thursday, January 13, 2022	Friday, January 14, 2022	Introduction to MSK Injuries Clinical Assessment Process	
Friday, January 14, 2022		Clinical Assessment Process	
Thursday, January 20, 2022	Friday, January 21, 2022	Foot and Toe Pathologies	
Friday, January 21, 2022		Foot and Toe Pathologies	Journal Club #1
Thursday, January 27, 2022	Friday, January 28, 2022	Ankle and Leg Pathologies	
Friday, January 28, 2022		Ankle and Leg Pathologies	Journal Club #2
Thursday, February 3, 2022		Knee and Patellofemoral Pathologies	
Friday, February 4, 2022		Knee and Patellofemoral Pathologies	Journal Club #3
Thursday, February 10, 2022		MIDTERM	
Friday, February 11, 2022		No Class	
Thursday Feb 18, 2022		Pelvis and Thigh Pathologies	
Thursday Feb 19, 2022		Pelvis and Thigh Pathologies	
Thursday, February 24, 2022		READING WEEK	
Friday, February 25, 2022		READING WEEK	

Thursday, March 3, 2022		Lumbar/Thoracic/Cervical Pathologies	
Friday, March 4, 2022		Lumbar/Thoracic/Cervical Pathologies	Journal Club #4
Thursday, March 10, 2022		Shoulder Pathologies	
Friday, March 11, 2022		Shoulder Pathologies	
Thursday, March 17, 2022		Elbow and Forearm Pathologies	
Friday, March 18, 2022		Elbow and Forearm Pathologies	
Thursday, March 24, 2022		Wrist, Hand and Finger Pathologies	
Friday, March 25, 2022		Wrist, Hand and Finger Pathologies	
Thursday, March 31, 2022		Neurological Pathologies	
Friday, April 1, 2022		Neurological Pathologies	

ADDITIONAL STATEMENTS

Remote Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Statement on Academic Offences:

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

Accommodation for illness:

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;*
- (ii) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or*
- (iii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.*

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;*

- *Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;*
- ***Must communicate with their instructors no later than 24 hours*** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
- ***Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities***

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

- Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;*
- The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30am the following morning if the form is submitted after 4:30pm;*
- The duration of the excused absence will terminate prior to the end of the 48 hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;*
- The duration of an excused absence will terminate at 8:30am on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;*
- Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., “bellringers”);*
- Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;*
- Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfil the academic expectations they may have missed*

Support Services:

There are various support services around campus and these include, but are not limited to:

1. *Student Development Centre -- <http://academicsupport.uwo.ca/>*

2. Student Health -- <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

Health and Wellness:

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarly life with our personal lives can be tough, but it's important to learn how to manage stress. Western provides several health and wellness-related services to students, which may be found at <http://www.health.uwo.ca/>. You can also check out the Campus Recreation Centre or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>), for alternative spaces to reconnect with your bodies and restore your spirit. You may also want to access local resources that are closer to where you are living during the school year. Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body from stress mode into a more relaxed state.

If you are in emotional or mental distress should refer to Mental Health@Western [Mental Health Support - Health & Wellness - Western University \(uwo.ca\)](http://www.uwo.ca/mentalhealthsupport) for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: [Health & Wellness - Western University \(uwo.ca\)](http://www.uwo.ca/healthandwellness). It's also advisable to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

Grade policy:

The university-wide descriptor of the meaning of letter grades, as approved by Senate:

A+	90-100	<i>One could scarcely expect better from a student at this level</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently satisfactory</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

It is expected that the grades for this course will fall between 70-74%. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.

It is expected that the grades for this course will fall between 74-78. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.