

King Saud University
College of Applied Medical Sciences
Rehabilitation Sciences Department
Physical Therapy
RHS 221 Introduction to Physical Therapy Procedures

Faculty: Faris Alodaibi PT, PhD (Office 2081, e-mail: falodaibi@ksu.edu.sa)

Credit Hours: 1 (Theory) + 2 (Practical)

Class Sessions: **Theory:** Monday, 11:00pm to 12:00pm
Practical: Monday, 12:00pm to 4:00pm

Course Description: A principal course in which the students are trained on methods of assessment of Musculoskeletal system from physiotherapy view. It includes the manual muscle testing, measurement of range of motion for body joints generally, in addition to postural assessment and activity of daily living.

Pre-requisites:

Course Objectives: Upon completion of this course, student participants are expected to:

- Appraise the importance and clinical benefits of test and measurements.
- Demonstrate how to prepare environment, equipment and patient for evaluation procedures.
- Identify the difference between muscle weakness and contracture.
- Have the ability to conduct gross and individual muscle testing.
- Classify and identify different grades of muscle evaluation.
- Apply different techniques of muscle testing with respect to both therapist and patient mechanical advantage.
- Show professional behaviour and attitude .
- Demonstrate how to measure the joint range of motion.

Course Materials:

1) Presentations' slides/Handouts/References – distributed in class and or through electronic formats

2) Required Textbook:

Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 9th edition, ISBN-10: 1455706159

3) Strongly Recommended Textbook:

Measurement of Joint Motion: A Guide to Goniometry, 4th edition, ISBN-10: 0803620667

Grading:

Grading will be based on attendance, two written examinations and two practical examinations occurring throughout the term, and completion of a project. In determining the final course grade, these items will be weighted as follows:

- Attendance: 10%
- Midterm practical exam: 20%
- Midterm written exam: 10%
- Final practical exam: 30%
- Final written exam: 15%
- Assignments: 15%

In order to pass this class, students must demonstrate a minimum competency level by achieving: 60% or greater.

Final Grades will be determined based on a representative curve

The course grade will be assigned based on the following criteria:

A+	100 – 95 %
A	<95 – 90 %
B+	<90 – 85 %
B	<85 – 80 %
C+	<80 – 75 %
C	<75 – 70 %
D+	<70 – 65 %
D	<65 – 60 %
<60% → Fail	

Performance Expectations

To successfully complete the course, all students are expected to:

1. Complete reading assignments in advance of class sessions as assigned
2. Participate in class discussions by posing pertinent questions and volunteering information to demonstrate levels of comprehension of foregoing assignments and prior knowledge
3. Actively participate in all course assignments including outside of class assignments

Days to keep in mind:

Last day to add classes

Last day to withdraw from classes

Holidays

Course Outline:**Tentative Course Schedule**

Week	Subject	Comments
1	Intro	
2	Intro	
3	Hip ROM and MMT 1	
4	Hip ROM and MMT 2	
5	Knee, Ankle and Foot ROM and MMT 1	
6	Knee, Ankle and Foot ROM and MMT 2	
7	Midterm Exam	
8	Trunk and pelvis ROM and MMT	
9	Shoulder ROM and MMT	
10	Elbow/ Wrist/ Hand ROM and MMT	
11	UL ROM and MMT	
12	Functional tests	
13	Screening exam	
14	TBA	
15	Review	
16	Final Exam	