

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

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

Class Sessions: **Theory:** Wednesday, 10:00am to 11:00pm
Practical: Wednesday, 1:00pm to 5:00pm

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: Student must finish preparatory year's courses.

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:

- 1st Midterm written exam: 10%
- 2nd Midterm written exam: 10%
- 1st Midterm practical exam: 15%
- 2nd Midterm practical exam: 15%
- Attendance and participation: 10%
- Final practical exam: 20%
- Final written exam: 20%

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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 and Academic semester:

Holidays

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Course Outline:

Tentative Course Schedule

Week	Subject	Comments
1	Introduction	
2	Introduction	
3	Introduction	
4	Testing MMS of the Lower Extremity: Hip Flexion and Extension.	
5	Testing MMS of the Lower Extremity: <i>Sartorius</i> and Hip abduction	
6	Testing MMS of the Lower Extremity: <i>Tensor Fascia Latae</i> , Hip Adduction, Hip External (lateral) Rotation, and Hip Internal (medial) Rotation.	
7	Testing MMS of the Lower Extremity: Knee Flexion, Knee Extension, and Ankle Planter Flexion.	
8	1st Midterm Exam	
Midterm Break	11-19/02/1438H(11-19/11/2016G)	Midterm Break
9	Testing MMS of the Lower Extremity: Foot Inversion, Foot Eversion with Plantar Flexion, Foot Dorsiflexion and Inversion.	
10	Testing MMS of the Lower Extremity: Elevation of the Pelvis, Test for Leg Length Discrepancy. Testing the Testing MMS of the Trunk Flexion & Trunk Extension.	
11	Testing MMS of the Trunk Rotation. Testing MMS of the Upper Extremity: Scapula Abduction and Upward Rotation, Scapula Elevation and Scapula Adduction	
12	Testing MMS of the Upper Extremity: Scapula Depression and Adduction, Scapula Adduction and Downward Rotation. Testing MMS of the Shoulder Flexion, Shoulder Extension, Shoulder Scaption	
13	Testing MMS of the Shoulder Horizontal Abduction, Shoulder Horizontal Adduction, Shoulder External (lateral) Rotation, and Shoulder internal (medial) Rotation.	
14	2nd Midterm Exam	

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15	Testing MMS of the Upper Extremity: Elbow Flexion, Elbow Extension, Forearm Supination, Forearm Pronation. Testing MMS of the Wrist Flexion, Wrist Extension.	
16	Final Exam	