

Course Syllabus

Course Title	Clinical Studies I
Course Number	RHS 331
Credit Hours	3 + 1 = 4
Course Instructor	Mohammed Alghamdi, MSc. PT

Course Description

The course provides the student with the basic Clinical information of the common orthopedic and rheumatic disorders. This will include etiology and main manifestations of these disorders. Special emphasis will be given to the physical management of these cases. The medical and surgical treatment for these cases will also be outlined. Clinical practice is a main part of this course.

Objectives

- 1) On the completion of this basic course, the student should be able to demonstrate an understanding of the etiology, pathology and manifestations of the common orthopedic and rheumatic disorders.
- 2) He/she will be able to state the principles of physical management of the common orthopedic and rheumatic disorders.
- 3) He/she will be able to discuss, select and perform the appropriate assessment and physical treatment of the common orthopedic and rheumatic disorders.
- 4) He/she will be able to state the aims and methods of physical treatment for each of these common orthopedic and rheumatic disorders.

Course Outline

Week 1:	Physical assessment (evaluation) in Orthopedics and Rheumatology.
Week 2:	Principles of Orthopedic physical therapy during immobilization and after immobilization period of different orthopedic cases.
Weeks 3 and 4:	Arthritis with special emphasis on osteoarthritis and rheumatoid arthritis – clinical picture, medical and physical management.
Week 5:	Low back pain and sciatica – clinical practice .
Week 6:	Clinical examination I.
Week 7:	Cervical Spondylosis and Cervical Disc Prolapse-clinical practice
	Amputations: reasons for amputations, surgical and physical treatment. Emphasis on above and below knee amputations.

Weeks 8 and 9: Postural deformities – Kyphosis, Lordosis, Scoliosis, Genu Varum, Genu Valgum, Talipes and Flat Foot.

Week 10: **Clinical examination II.**

Week 11: Frozen shoulder.

Week 12: Miscellaneous conditions:
Muscle, tendon and ligamentous injuries.
Osteomyelitis.
Osteomalacia.
Chondromalacia.
Osteoporosis.
Rickets.

Week 13: **Final Examination**

Teaching Methods

- Clinical education is an integral part of this course. In addition to the above mentioned topics, hospital visits are scheduled in which the students will be exposed to the real clinical situation. Each student will be responsible for evaluation and treatment of certain selected orthopedic cases. This will be performed under close on site supervision of the course instructor.
- Case reports and follow-up will be requested from each student based on the instruction given to him/her during the course. The students will also be instructed on how to check the medical records and radiographs.

Evaluation

- In-course written and clinical exam 40%
 - Final clinical exam 20%
 - Final written exam 40%
- 100%

References

- 1) Basmajian V.J., Wolf L.S.: Therapeutic exercises 5th edition. William and Wilkins, 1990.
- 2) Corrigan B., Maitland G.: Practical orthopedic medicine. 1st published Butterworths, 1988.
- 3) Cyriax J., Coldham M.: Textbook of Orthopedic Medicine. Vol. 1 11th edition, Billiere Tindall, 1987.
- 4) Hoopenfeld S.: Physical Examination of the Spine and Extremities (last edition), Appleton Century Crafts, New York.

- 5) McRae R.: Clinical Orthopedic Examination 1st edition, Churchill Livingstone, 1978.
- 6) Downie, Patricia A.: Cash's Textbook of Orthopedics and Rheumatology for Physiotherapists, Faber and Faber 1984.
- 7) Adams, John Crawford, Outline of Orthopedics, Churchill Livingstone, 1981.
- 8) Banerjee, Silihor Nath.: Rehabilitation Management of Amputees, Williams and Wilkins, 1982.
- 9) Gould, James A., Davies, J. George, Orthopedic and Sports Physical Therapy. Mosby Company 1985