

Upper and Lower Extremities

Course Description: This course focuses on developing clinical competency in the diagnosis, treatment, and prevention of sports injuries in both the upper and lower extremities. Students will learn to differentiate between various types of bone, joint, and soft tissue injuries, as well as apply appropriate manipulative procedures and treatment strategies for specific injuries.

Learning Objectives:

1. Demonstrate the ability to accurately diagnose and manage sports injuries in the upper and lower extremities, including fractures, sprains, strains, and soft tissue conditions.
2. Apply manipulative procedures and treatment protocols to specific joints and kinetic chains to promote recovery and prevent future injuries.

CLINICAL COMPETENCY:

1. Extremities: Upper and Lower
 - a. Differential diagnosis
 - b. Treatment/management
 - i. Of specific injuries
 - c. Manipulative procedures
 - i. Specific joints
 - ii. Kinetic chain
2. Bone and joint trauma
 - a. Fractures
 - b. Stress fractures/stress reaction
 - c. Sprain/strain
3. Soft tissue injury
 - a. Sprain strain
 - b. Tendinitis/bursitis/capsulitis
 - c. Contusions (myositis ossificans)

DIAGNOSIS OF SPORTS INJURIES:

1. Lower Extremity
 - a. Knee/ankle
 - b. Hip
 - c. Foot
 - d. Lower leg and thigh
2. Upper
 - a. Shoulder
 - b. Elbow
 - c. Wrist
 - d. Hand
 - e. Forearm

TREATMENT OF SPORTS INJURIES:

1. Lower Extremity
2. Upper Extremity

PREVENTION OF SPORTS INJURIES:

1. Lower extremity
2. Upper extremity