

**STATE UNIVERSITY OF NEW YORK  
COLLEGE OF TECHNOLOGY  
CANTON, NEW YORK**



**MASTER SYLLABUS**

**PHTA 105 Musculoskeletal Assessment**

**Created by: Jennifer McDonald  
Updated by: Jennifer McDonald**

**SCHOOL OF SCIENCE, HEALTH, & CRIMINAL JUSTICE  
PHYSICAL THERAPIST ASSISTANT  
Fall 2021**

- A. **TITLE:** Musculoskeletal Assessment
- B. **COURSE NUMBER:** PHTA 105
- C. **CREDIT HOURS:** 1 credit hour  
3 hours of lab per week
- D. **WRITING INTENSIVE COURSE:** No
- E. **GER CATEGORY:** None
- F. **SEMESTER(S) OFFERED:** Spring
- G. **COURSE DESCRIPTION:** In this course, students are introduced to data collection methods used to assist the physical therapist with assessment of the musculoskeletal system, including the role of the PTA in the assessment process. Students will develop skill in assessment of muscle strength and range of motion using goniometry and manual muscle testing. Students will be taught soft tissue mobilization techniques for assessment and treatment of common musculoskeletal impairments.
- H. **PRE-REQUISITES/CO-REQUISITES:**
- a. Pre-requisite(s): PHTA 100, PHTA101, BIOL 217
- b. Co-requisite(s):
- I. **STUDENT LEARNING OUTCOMES:**

<b><u>Course Student Learning Outcome [SLO]</u></b>	<b><u>PSLO</u></b>	<b><u>GER</u></b>	<b><u>ISLO</u></b>
1.Explain the role of the PTA in musculoskeletal system assessment.	PSLO 5 Communicate an understanding of the plan of care developed by the physical therapist to achieve short- and long-term goals and intended outcomes.	None	5-Ind, Prof, Disc, Know, Skills No subset
2. Recognize when an assessment finding would warrant consultation with the physical therapist	PSLO 8 Demonstrate sound clinical problem solving the provision of physical therapy services.	None	2-Critical Thinking Problem Solving [PS]
3. Discuss concepts of reliability and validity as they relate to musculoskeletal assessment techniques.	PSLO 11 Appropriately utilize evidence-based resources in the provision of physical therapy services.	None	3-Foundational Skills Quantitative Lit/Reasoning [QTR]

<p>4. Demonstrate competence in performing components of data collection skills essential for carrying out the plan of care to include:</p> <ul style="list-style-type: none"> <li>a. Anthropometric Measurements(limb girth/length/height/weight)</li> <li>b. Recognition of normal &amp; abnormal joint movement</li> <li>c. Manual muscle testing</li> <li>d. Range of motion (goniometry)</li> <li>e. Functional range of motion</li> <li>f. Muscle length</li> </ul>	<p>PSLO 7 Demonstrate competency in performing components of data collection skills essential for carrying out the plan of care.</p>	<p>None</p>	<p>5- Ind, Prof, Disc, Know, Skills No subset</p>
<p>5. Accurately document findings related to musculoskeletal data collection.</p>	<p>PSLO 10 Complete accurate and timely documentation in accordance with regulatory guidelines to support the delivery of physical therapy services.</p>	<p>None</p>	<p>5-Ind, Prof, Disc, Know, Skills No subset</p>
<p>6. Demonstrate competency in performing and documenting soft tissue mobilization/massage for the trunk and extremities.</p>	<p>PSLO 6 Demonstrate competence in implementing and adjusting selected components of interventions identified in the plan of care established by the physical therapist.</p>		<p>5-Ind, Prof, Disc, Know, Skills No subset</p>
<p>7. Demonstrate appropriate communication skills while acting as a student PTA in all class interactions</p>	<p>PSLO 1 Communicate verbally and non-verbally with the patient, the physical therapist, health care delivery personnel, and others in an effective, appropriate, and capable manner.</p>		<p>Communication Skills Oral [O ]</p>

<b>KEY</b>	<b><u>Institutional Student Learning Outcomes [ISLO 1 – 5]</u></b>
<b>ISLO #</b>	<b>ISLO &amp; Subsets</b>
<b>1</b>	<b>Communication Skills</b> Oral [O], Written [W]
<b>2</b>	<b>Critical Thinking</b> <i>Critical Analysis [CA] , Inquiry &amp; Analysis [IA] , Problem Solving [PS]</i>
<b>3</b>	<b>Foundational Skills</b> <i>Information Management [IM], Quantitative Lit./Reasoning [QTR]</i>
<b>4</b>	<b>Social Responsibility</b> <i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i>
<b>5</b>	<b>Industry, Professional, Discipline Specific Knowledge and Skills</b>

J. **APPLIED LEARNING COMPONENT:**      Yes   X        No         
Classroom/Laboratory

**K. TEXTS:** None required

**L. REFERENCES:**

Kendall F.P. (2005) *Muscles: Testing and Function with Posture and Pain*, 5th ed. Philadelphia, PA Lippincott, Williams & Wilkins.

Hislop HJ, Avers D, Brown M (2014) *Daniels and Worthingham's Muscle Testing*, 9th Ed, St. Louis, MO, Elsevier.

Norkin CC, White DJ (2016) *Measurement of Joint Motion*, 5th ed, Philadelphia, PA FA Davis.

**M. EQUIPMENT:** Physical Therapy Lab Equipment & Supplies

**N. GRADING METHOD:** A-F as per PTA program standards

The grading scale for the Physical Therapist Assistant program is as follows:

A	= 90-100	C	= 70-74
B+	= 85-89	D+	= 65-69
B	= 80-84	D	= 60-64
C+	= 75-79	F	= below 60

**O. SUGGESTED MEASUREMENT CRITERIA/METHODS:** Lab competencies, Practical Exam, Quizzes, Assignments, Final Exam

**P. DETAILED COURSE OUTLINE:** see laboratory outline below

**Q. LABORATORY OUTLINE:**

- I. Introduction to Physical Assessment
  - A. Role of PTA
  - B. Components of assessment
  - C. Assessment of musculoskeletal structures
  - D. Problem solving algorithm
- II. Introduction to Tests and Measures
  - A. Goniometry
  - B. Manual Muscle Testing
  - C. Functional Assessments
- III. Musculoskeletal Assessment by Body Region
  - A. Lower Extremity
  - B. Upper Extremity
  - C. Spine
- IV. Soft Tissue Mobilization Techniques
  - A. Upper Extremity
  - B. Lower Extremity
  - C. Spine