

Syllabus – Spring 2010

Palpation I

CH1213

Lecture: T 9

Lab: T10, W12, F10

Rooms: Lecture: TBA Labs: TBA

Contact Information:

Course Professor: Lawrence Wald, D.C.
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Course Materials:

Recommended Readings/Texts:

Hoppenfeld S. Physical Examination of the Spine and Extremities. East Norwalk: Appleton & Lange, 1976.
Peterson DH, Bergmann TF. Chiropractic Technique: Principles and procedures, 2nd ed. St. Louis: Mosby, 2002.

Suggested Readings:

1. Plaugher G, ed. Textbook of clinical chiropractic: a specific biomechanical approach. Baltimore: Williams & Wilkins, 1993.
2. Haldeman S. Principles and Practice of Chiropractic, 3rd ed. McGraw-Hill Medical, 2004.

Scholar 360 Address:

www.scholar360.com/txchiro

Course Packs:

Illustrations (Unit I, II), Lecture Notes (Units I, II)

Course Description:

Goal/Rationale of the Course:

The course will introduce the student to the art of palpation, one of the basic tools used by the Doctor of Chiropractic to diagnose the musculoskeletal and other systems of the body. In order to recognize and communicate abnormal static positioning of the vertebrae, various listing systems were developed using different reference points. We will explore a few of them.

Learning Outcomes:

1. To identify specific bony and soft tissue structures in the static body through the sensation of touch.
2. To "list" static positions of the vertebrae using the biomechanical system.
3. To "list" static positions of the vertebrae using the coordinate system.
4. To "list" static positions of the vertebrae using the Gonstead system.

Clinical Competencies:

The course will provide varying degrees of training in the attitudes, knowledge, and skills from the following required clinical competencies:

- Neuromuscular Examination
- Diagnosis
- Case Management
- Chiropractic Adjustment or Manipulation
- Record Keeping
- Doctor-Patient Relationship
- Professional Issues
- Wellness
- Ethics & Integrity

Learning Objectives:

1. To define anatomical and directional terms
2. To define axes and plane as they relate to the vertebral column
3. To describe the vertebral motions of translations and rotations as they relate to the three dimensional axes
4. To describe the twelve vertebral motions in relation to the coordinate system
5. To describe the rotational movements of the ilium upon the sacrum
6. To describe the palpatory findings of anterior, posterior, interior and exterior rotations of the ilium upon the sacrum
7. To describe the palpatory findings of flexion, extension, retrolisthesis, right and left rotational vertebral malpositions
8. To describe some general vertebral landmarks such as, vertebral prominens, spine of the scapula, inferior angle of the scapula, top of the iliac crests, and the posterior superior iliac spine
9. To decipher the codes of Gonstead listings
10. To convert Gonstead listings to biomechanical listings
11. To convert biomechanical listings to Gonstead listings
12. To perform a standing postural analysis
13. To identify, through palpation, the spinous processes, transverse processes, articular pillars, mamillary processes of the entire vertebral column
14. To identify, through palpation, landmarks of the upper extremities, ribs, sacrum, and lower extremities
15. To perform various muscle tests
16. To check for leg length differences
17. To identify, through palpation, various muscles of the body

Teaching Philosophy:

Whatever course I teach, two principles hold true: Make the material understandable and make it relevant. I always try to instruct to the level of the student's understanding and I always stress the practicality of the material and its clinical relevance to the art, the science, and the philosophy of chiropractic. At each trimester level, my expectation of your growing knowledge base and the ability to integrate concepts grows, as reflected in the exams.

To best benefit from the course the student should have access to a model spine for 3-D visualization.

My lecture notes & illustrations are used as a framework and the source of most test questions. Questions are always welcomed and help stimulate thought.

My responsibility as course professor is to organize and present pertinent information and tools to become a successful Doctor of Chiropractic. The student is to realize that information can only be presented. It is their desire that makes it their own.

Student Responsibilities:

Participation:

Per School Policy: 90% Attendance

Homework: Review notes and illustrations. Practice palpation skills on others.

Daily Responsibilities: Review notes and illustrations

Quizzes/Exams: Two Lecture Exams
Two Lab Practicals**Course Content and Outline:**

Week 1: Lecture: Orientation
Lab: Introduction; Standing Postural Analysis

Week 2: Lecture: Introduction; Directional and Anatomical Terminology; Biomechanical Listing System
Lab: Palpation of the Shoulder; Palpation of the Pelvis & Hip

Week 3: Lecture: Coordinate Listing System
Lab: Palpation of the Elbow; Palpation of the Thoracic Spine

Week 4: Lecture: Rotations of the Ilium upon the Sacrum
Lab: Palpation of the Hand and Wrist; Palpation of the Thoracic Spine (Cont)

Week 5: Lecture: Palpatory Findings of Selected Vertebral Malpositions
Lab: Practice

Week 6: Lecture: General Vertebral Landmarks
Lab: Practice

Week 7: Lecture: Review
Lab: Practice; Midterm Practical Exams

Week 8: Lecture: Midterm Exam
Lab: Palpation of the Knee; Palpation of the Lumbar Spine

Week 9: Lecture: Gonstead - Lumbar Spine
Lab: Palpation of the Ankle and Foot; Palpation of the Cervical Spine

Week 10: Lecture: Gonstead - Thoracic Spine
Lab: Palpation of Malpositions

Week 11: Lecture: Gonstead - Lower Cervical Spine
Lab: Practice

Week 12: Lecture: Gonstead - Atlas
Lab: Practice

Week 13: Lecture: Review
Lab: Final Practical Exams

Week 14: Lecture: Final Exam

Week 15: Lecture: Final Exam

Holidays/Other Non-meeting Dates:

National Boards March 19, 2010

Good Friday April 2, 2010

Due Dates for Assignments, Exams, etc.:

Lecture Midterm Exam: March 9, 2010

Lab Midterm Practical Exam: March 2-5, 2010

Lecture Final Exam: Week 14 or 15

Lab Final Practical Exams: April 30 - May 1, 2010

Grade Method and Scale:

Explanation of Evaluation:

Four non-comprehensive exams, each contributing 25% toward the final grade.

Statement on the Assessment Process and Measurements:

Lecture exams will contain multiple choice, true/false, and matching questions, each grade to the school standard:
i.e.

90 - 100	= A
80 - 89	= B
70 - 79	= C
BELOW 70	= F

Assessment Format:

Lecture Exams will contain 25 questions and be graded by scantron. Each question will be worth four points for a total of 100.

Practical Exams will contain 10 identification questions and will be graded by the proper placement of a tag on the patient. Each question will be worth ten points for a total of 100. Partial credit will be given.

Resources:

Web-based: Scholar 360

Labs: Three hours per week.

Essential Policy Information:

Attendance p. 59 Student Handbook:

Regular and punctual attendance at all scheduled classes and laboratories is expected. A student is subject to academic penalty if absences exceed ten percent. Absences exceeding twenty percent subject a student to dismissal from a course. Three (3) incidences of tardiness may constitute an absence. If justifiable cause can be shown for the absenteeism, the student may be permitted to make up missed assignments and maintain enrollment in the class. The hours from these periods will be added to the student's clinic requirements.

Examinations p. 59 Student Handbook:

Students must notify faculty before missing any examination. Students are expected to take intra-term examinations at their scheduled times. If an examination is missed for good and sufficient reason and the student has notified the faculty in advance, a make-up examination may be given subject to a fee of \$25. Such examinations must be made up prior to final examinations. Final exams are to be taken at the scheduled time. If an examination is missed for good and sufficient reason and the student notified the faculty in advance, a make-up examination may be given subject to a fee of \$25.00, which goes into a student scholarship fund. Make-up examinations must be completed with the first week of the next trimester.

Incompletes p. 59 Student Handbook:

Course assignments and examinations must be completed prior to the final examination in that course. Assignments and examinations not completed receive a grade of zero.

Cellular Phones and Pagers p.12 Student Handbook:

Electronic communication devices are to be turned off or placed in silent mode when entering the classroom. This will benefit the learning environment for you, your fellow classmates, and instructors.

Guidance and Counseling p.18 Student Handbook:

The Guidance and Counseling Department is prepared to confidentially assist students, faculty, and staff with personal, relationship, and academic mental health-related issues. With appropriate documentation, the Director of Guidance and Counseling coordinates academic-related special needs with instructors.

Note: Other important policies can be obtained from the current edition of the Student Handbook.