

# ST 311

## Clinical Education in Athletic Training I

### PROFICIENCIES

#### EVALUATED

##### **Assessment and Evaluation**

The student will administer commonly used special tests to make a differential assessment of the following

- joint instability (e.g., valgus stress test, varus stress test)
- inflammatory conditions (e.g., tests for lateral epicondylitis, tests for medial epicondylitis)
- neuropathy (e.g., Tinel's sign, pronator teres syndrome, pinch grip test)

The student will obtain the medical history of an ill or injured athlete or other physically active individual of the thorax and lumbar spine.

The student will observe and identify the clinical signs and symptoms associated with common injuries, illnesses, and predisposing conditions:

- café au lait macules (spots)
- nerve root compression
- dislocation or subluxation
- sacroiliac dysfunction
- spina bifida occulta
- scoliosis
- facet syndrome
- sprain
- intervertebral disc pathology
- stenosis
- spinal posture (kyphosis/ lordosis)
- step deformity
- leg length discrepancies
- strain
- vertebral pathology (e.g., spondylitis, spondylolysis, spondylolisthesis)

The student will administer active and passive range-of-motion tests using standard qualitative and quantitative techniques for the thoracic and lumbar spine.

The student will use manual muscle-testing techniques for the thoracic and lumbar spine.

The student will administer appropriate sensory and neurological tests for the thoracic and lumbar spine.

The student will administer functional tests and activity-specific tests for the thoracic and lumbar spine.

The student will identify, palpate, and interpret the integrity of soft tissue of the thoracic and lumbar spine.

The student will administer commonly used special tests to make a differential assessment of the following:

- intervertebral disc herniation (e.g., Valsalva's maneuver)
- neuropathy (e.g., straight leg raise test, well straight leg test, Babinski's reflex test, Oppenheim's gait test, Kernig's sign, Brudzinski sign test, bowstring test, Hoover sign test)

- vertebral defects (e.g., stork standing test/spondylolisthesis test)
- joint instability (e.g., spring test)

### **General Medical Conditions and Disabilities**

The student will recognize the signs, symptoms, and predisposing conditions associated with the following diseases and conditions:

- Sexually Transmitted Diseases/Diseases Transmitted by Body Fluid
  - HIV/AIDS
  - genital warts
  - hepatitis
  - gonorrhea
  - chlamydia
  - syphilis
- Gynecological Disorders
  - amenorrhea
  - pelvic inflammatory disease
  - dysmenorrhea
  - vaginitis
  - oligomenorrhea
- Viral Syndromes
  - infectious mononucleosis
  - measles
  - mumps
- Systemic Diseases
  - iron-deficiency anemia
  - sickle cell anemia

Lyme disease