Kinesiology 203 Rehabilitation Presentation
Presentation Dates: May 6 & May 8, 2019

- Group assignments and presentation topic due April 17, 2019. Your group should consist of 4 people. To claim your topic, submit one sheet of paper per group listing each group member’s first and last name and the rehabilitation topic your group will be covering. (Only 1 group per topic and the topics and dates are on a first come basis).

- Methods of evaluation for presentations will be individual but based on presentation as a group:
  1) Detailed outline of presentation & reference list in APA format—must be in a detailed outline form (similar to weekly lab notes) 2 to 4 pages in length total for group (should be a collaborative effort between group members consistent with presentation format). Include citations of research in APA format throughout outline (author(s), year). You should have enough copies of the handout for the entire class. **15 points**
  2) Length: presentations must be between 14 – 15 minutes in length and each group member should be prepared to deliver an equal portion of the presentation (please practice as a group to ensure equal presentation time per group members within time limits). **10 points**
  3) Demonstration of exercises and use of equipment (by all group members). **15 points**
  4) Content relative to your topic; although the text will be a good place to start for information about your subject, you will need a minimum of 5 outside resources [does not include YouTube clip, etc.] to supplement information for your presentation. Please provide a reference list (APA format) attached to your outline, include citation information in your presentation, and be consistent with your chosen topic. **25 points**
    - A successful presentation will discuss:
      1. A short (less than 1 min – time is included in presentation length) video clip demonstrating the mechanism of injury (MOI) requiring rehabilitation. This could be a clip from youtube or one that you create yourself, in good taste and appropriate for class. It should be brief, to the point, and your group should clearly demonstrate knowledge of the mechanism of injury both in the video and with a short verbal explanation. Please include in reference list.
      2. Both short term and long term goals specific to the stages of healing and continuing throughout the rehabilitation program. Include appropriate timelines for attaining specific rehabilitation goals and timeline for recovery. Please include exercises (order, sets, repetitions, and frequency) in conjunction with time and use of modalities for each phase of healing, including:
         1. Inflammatory Response
         2. Fibroblastic Repair
         3. Maturation and Remodeling
      3. Use of injury specific progressive rehabilitation exercise (PRE) throughout the rehabilitation program and relative to the stages of healing for your chosen injury. Please include specific information pertaining to and examples of:
         • Immobilization PRN (as needed)
         • General Body Conditioning (throughout rehabilitation plan)
         • Flexibility Exercises (throughout rehabilitation plan)
         • Open & Closed Chain Exercises
         • Functional Exercises
         • Sports Specific Exercises
      - Timeline and appropriate progression of exercises per stages of healing imperative to a successful presentation and a good grade on this assignment.
      4. Use and timing of modalities to facilitate recovery for specific injury.
      5. Return to competition (include a return to running plan or return to throwing plan as applicable to chosen scenario) and functional testing for specific injury and sport.
      6. Discussion of taping, bracing, or equipment for return to participation as applicable. Please do not plan on demonstrating technique as part of your presentation.
      7. Additional rehabilitation considerations as applicable.
    - A successful presentation will not just treat the symptoms of the condition but also address the biomechanics that exacerbate or perhaps caused the condition in your scenario.
  5) Assessment by fellow group members – you will be evaluating each other anonymously on the day of the presentation allotting a maximum of 10 points to yourself and your fellow group members to ensure equal and adequate participation on this assignment (average group assessment). **10 points**
Your grade will be out of a maximum 75 points and will be worth 15% of your final grade.

Presentation topics include:

- **Foot/Ankle/Lower Leg**
  - Plantar fasciitis
  - Acute lateral ankle sprain
  - Achilles tendinitis/tendinosis
  - Medial tibial stress syndrome

- **Knee and Related Structures**
  - ACL reconstructive rehabilitation
  - Iliotibial band friction syndrome

- **Shoulder Complex**
  - Rotator cuff strain/Impingement syndrome
  - Acromioclavicular sprain

General Guidelines for the List of References in APA Style ([http://owl.english.purdue.edu/owl/resource/560/05/](http://owl.english.purdue.edu/owl/resource/560/05/))