

MAT 6916 - Therapeutic Interventions 1

Fall 2026 Syllabus, Section 01, CRN 42451,

Credit hours: 3

Instructor

Omar Ross

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Public Instructor Information

Instructor Title: Therapeutic Interventions 1

Instructor Professional Qualifications:

DPT, Doctor of Physical Therapy, Slippery Rock University

Masters, Human Performance and Health Promotion, University of New Orleans

Bachelors, Sports Medicine, University of Southern Mississippi

Instructor Office Location: # Cushwa B301

Instructor Office Phone: # 330-941-2164

Course Description

6916. Therapeutic Interventions 1. This course is designed to provide students with the interactive approach to the care and intervention of lower extremity injuries and illnesses. Students will develop short- and long-term goals, and problem lists as it relates to early, mid, and late healing phase interventions. The course will focus on the application of these interventions for conditions related to the foot, ankle, knee, and hip complex. Prereq.: Successful Completion of Summer 1 Courses. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required			

Therapeutic Exercise Foundations and Techniques, 8th edition. F. A. Davis, 2023. Kisner C, Borstad J, Colby LA. 978-9356961319.

Michlovitz's Modalities for Therapeutic Intervention, 7th edition. F. A. Davis, 2022. JW, Nolan TP, Jr. eds. 978-1719641999.

ATu Learning Platform. Clinical Pattern. <https://app.clinicalpattern.com>. 2026.

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Day	Date	Reading(s)	Proposed Topic	Due/To Prepare for Class
Mon	8/24	PowerPoints	Monday: • Review Syllabus • Discuss Assessments Lecture: • Foundational Rehabilitation Concepts	PowerPoints
Wed	8/26	PowerPoints	Wednesday: Foundational Rehabilitation Concepts: • Stages of Healing • SINSS Model • RTSS	PowerPoints Quiz 1: Anatomical Review: • Due 8.30.26 @ 11:59p
Mon	8/31	PowerPoints	Monday: Foundational Rehabilitation Concepts: • Strength, Mobility, Stability Aspects of Athletic Rehabilitative Care	PowerPoints



Wed	9/2	PowerPoints	Wednesday: Foundational Rehabilitation Concepts • Impact of Exam/Re-Examination on Interventions • Injury/Re-injury Prevention in Athletic Care	PowerPoints
Mon	9/7	Michlovitz's Modalities: • Chapter 1: Modalities in Patient Care • Chapter 2: Cold Therapy Modalities • Chapter 3: Therapeutic Heat • Chapter 4: Therapeutic Ultrasound • Chapter 9/10: Therapeutic Electrical Stimulation At: Physical Agents: • https://app.clinicalpattern.com/en/phys_agents	Monday: • No Class – Labor Day	Quiz 2: Foundational Rehabilitation Concepts: • Due 9.13.26 @ 11:59p Michlovitz's Modalities: • Chapter 1: Modalities in Patient Care • Chapter 2: Cold Therapy Modalities • Chapter 3: Therapeutic Heat • Chapter 4: Therapeutic Ultrasound • Chapter 9/10: Therapeutic Electrical Stimulation At: Physical Agents: • https://app.clinicalpattern.com/en/phys_agents
Wed	9/9	Michlovitz's Modalities: • Chapter 1: Modalities in Patient Care • Chapter 2: Cold Therapy Modalities • Chapter 3: Therapeutic Heat • Chapter 4: Therapeutic Ultrasound • Chapter 9/10: Therapeutic Electrical Stimulation At: Physical Agents: • https://app.clinicalpattern.com/en/phys_agents	Wednesday: Foundational Concepts for Modalities • Thermal • Electrical • Acoustic	Michlovitz's Modalities: • Chapter 1: Modalities in Patient Care • Chapter 2: Cold Therapy Modalities • Chapter 3: Therapeutic Heat • Chapter 4: Therapeutic Ultrasound • Chapter 9/10: Therapeutic Electrical Stimulation At: Physical Agents: • https://app.clinicalpattern.com/en/phys_agents
Mon	9/14	Michlovitz's Modalities: • Chapter 6: Laser • Chapter 7: Spinal Traction • Chapter 8: Pneumatic Compression At: Physical Agents: • https://app.clinicalpattern.com/en/phys_agents	Monday: Foundational Concepts for Modalities • Laser • Mechanical o Traction o Massage o Cupping	Quiz 3: Foundational Modality Concepts: • Due 9.20.26 @ 11:59p Michlovitz's Modalities: • Chapter 6: Laser • Chapter 7: Spinal Traction • Chapter 8: Pneumatic Compression At: Physical Agents: • https://app.clinicalpattern.com/en/phys_agents
Wed	9/16	Michlovitz's Modalities: • Chapter 6: Laser • Chapter 7: Spinal Traction • Chapter 8: Pneumatic Compression At: Physical Agents: • https://app.clinicalpattern.com/en/phys_agents	Wednesday: Scenario-based Modalities Lab: • Pain Modulation • Muscle Tightness/ Spasm • Decompression	Michlovitz's Modalities: • Chapter 6: Laser • Chapter 7: Spinal Traction • Chapter 8: Pneumatic Compression At: Physical Agents: • https://app.clinicalpattern.com/en/phys_agents
Mon	9/21	At: Physical Agents: • https://app.clinicalpattern.com/en/ortho_o_Hip_o_Knee_o_Ankle/Foot	Monday: Foundational Concepts for Manual Therapy: • Joint Mobilizations • Passive Stretching • Manually Resisted Exercise	Quiz 4: Foundational Manual Therapy Concepts: • Due 9.27.26 @ 11:59p At: Physical Agents: • https://app.clinicalpattern.com/en/ortho_o_Hip_o_Knee_o_Ankle/Foot
Wed	9/23	At: Physical Agents: • https://app.clinicalpattern.com/en/ortho_o_Hip_o_Knee_o_Ankle/Foot	Wednesday: Scenario-based Modalities Lab: • Pain Modulation • Muscle Tightness/ Spasm • Decompression	At: Physical Agents: • https://app.clinicalpattern.com/en/ortho_o_Hip_o_Knee_o_Ankle/Foot
Mon	9/28	At: Physical Agents: • https://app.clinicalpattern.com/en/ortho_o_Hip_o_Knee_o_Ankle/Foot	Monday: Foundational Concepts for Manual Therapy: • Joint Mobilizations • Passive Stretching • Manually Resisted Exercise	Quiz 5: Foundational Cumulative • Due 10.4.26 @ 11:59p At: Physical Agents: • https://app.clinicalpattern.com/en/ortho_o_Hip_o_Knee_o_Ankle/Foot
Wed	9/30	At: Physical Agents: • https://app.clinicalpattern.com/en/ortho_o_Hip_o_Knee_o_Ankle/Foot	Wednesday: Scenario-based Manual Therapy Lab: • Joint Mobilizations • Passive Stretching • Manually Resisted Exercise	At: Physical Agents: • https://app.clinicalpattern.com/en/ortho_o_Hip_o_Knee_o_Ankle/Foot
Mon	10/5	PowerPoints	Monday: Outcome Assessment Tools: • Outcome Tools/Patient-Reported Outcome Measures (PROM's) • Functional Performance Measures • Skill Checks: o 5 Students: 7'/students	PowerPoints
Wed	10/7		Wednesday • Examination 1 o Weeks 1-6 • Skill Checks: o 4 Students: 7'/students	Wednesday • Examination 1 o Weeks 1-6 • Skill Checks: o 4 Students: 7'/students
Mon	10/12	MAT Project Week	MAT Project Week	MAT Project Week
Wed	10/14	MAT Project Week	MAT Project Week	MAT Project Week



Mon	10/19	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 20: The Hip Atu: Clinical Pattern Recognition o Hip	Monday: Hip Pathologies – Early Stage(s): • Manual Therapy & Modalities • Joint Mobilization & Soft Tissue Techniques • Modality Selection & Application	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 20: The Hip Atu: Clinical Pattern Recognition o Hip
Wed	10/21	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 20: The Hip Atu: Clinical Pattern Recognition o Hip	Wednesday: Hip Pathologies – Late Stage(s): • Gym-Based Lab Foundational Strengthening: • Glute/Hip Complex Loading • Closed-Chain Progression	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 20: The Hip Atu: Clinical Pattern Recognition o Hip
Mon	10/26	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 20: The Hip Atu: Clinical Pattern Recognition o Hip	Monday: Hip Pathologies – Early Stage(s): • Manually Resisted Exercise & Advanced Manual Techniques • Case-Based Application	Exit Slip: Hip Manual Skills • Stretching, Joint Mobilization, Manually Resisted Exercise • Due by 11/2 (within 2 class sessions) Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 20: The Hip Atu: Clinical Pattern Recognition o Hip
Wed	10/28	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 20: The Hip Atu: Clinical Pattern Recognition o Hip	Wednesday: Hip Pathologies – Late Stage(s) Gym-Based Lab: • Advanced Strengthening • Return-to-Sport Functional Testing: Sport-Specific Hip Demands	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 20: The Hip Atu: Clinical Pattern Recognition o Hip
Mon	11/2	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 21: The Knee Atu: Clinical Pattern Recognition o Knee	Monday: Knee Pathologies – Early Stage(s): • Manual Therapy & Modalities • Joint Mobilization & Soft Tissue Techniques • Modality Selection & Application	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 21: The Knee Atu: Clinical Pattern Recognition o Knee
Wed	11/4	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 21: The Knee Atu: Clinical Pattern Recognition o Knee	Wednesday: Knee Pathologies – Late Stage(s): • Gym-Based Lab: Foundational Strengthening: • Quad/Hamstring/ Patellofemoral Loading	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 21: The Knee Atu: Clinical Pattern Recognition o Knee
Mon	11/9		Monday: • Examination 2:	Examination 2: • Covers weeks 7-11 • Synchronous • 30 Questions • 45 minutes
Wed	11/11	Wednesday: • Veterans Day – No Class	Wednesday: • Veterans Day – No Class	Wednesday: • Veterans Day – No Class
Mon	11/16	Monday: Knee Pathologies – Early Stage(s): • Manually Resisted Exercise & Advanced Manual Techniques • Manually Resisted Exercise Application • Advanced Manual Therapy Techniques • Case-Based Application	Monday: Knee Pathologies – Early Stage(s): • Manually Resisted Exercise & Advanced Manual Techniques • Manually Resisted Exercise Application • Advanced Manual Therapy Techniques • Case-Based Application	Exit Slip: Knee Manual Skills • Stretching, Joint Mobilization, Manually Resisted Exercise • Due by 11/23 (within 2 class sessions) Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 21: The Knee Atu: Clinical Pattern Recognition o Knee
Wed	11/18	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 21: The Knee Atu: Clinical Pattern Recognition o Knee	Wednesday: Knee Pathologies – Late Stage: • Gym-Based Lab Advanced Strengthening: • Return-to-Sport Functional Testing	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 21: The Knee Atu: Clinical Pattern Recognition o Knee
Mon	11/23	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 22: The Ankle and Foot Atu: Clinical Pattern Recognition o Ankle/Foot	Monday: Ankle/Foot Pathologies – Early Stage(s) - (Combined Session): • Manual Therapy, Modalities & Manually Resisted Exercise • Joint Mobilization & Soft Tissue Techniques • Modality Selection & Application: Ankle/Foot Pathology • Manually Resisted Exercise Application • Case-Based Application	Exit Slip: Ankle/Foot Manual Skills • Stretching, Joint Mobilization, Manually Resisted Exercise • Due by 12/2 (within 2 class sessions) Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 22: The Ankle and Foot Atu: Clinical Pattern Recognition o Ankle/Foot
Wed	11/25	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 22: The Ankle and Foot Atu: Clinical Pattern Recognition o Ankle/Foot	• Thanksgiving Holiday begins – No Class	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 22: The Ankle and Foot Atu: Clinical Pattern Recognition o Ankle/Foot
Mon	11/30	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 22: The Ankle and Foot Atu: Clinical Pattern Recognition o Ankle/Foot	Monday: Ankle/Foot – Late Stage(s): • Gym-Based Lab Foundational Strengthening: • Proprioceptive/Balance Base, Progressive Loading	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 22: The Ankle and Foot Atu: Clinical Pattern Recognition o Ankle/Foot

Wed	12/2	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 22: The Ankle and Foot At: Clinical Pattern Recognition o Ankle/Foot	Wednesday: Ankle/Foot – Late Stage(s): • Gym-Based Lab Advanced Strengthening: • Return-to-Sport Functional Testing: Hop/Agility Battery, • Sport-Specific Return Criteria	Kisner – Therapeutic Exercise: Foundations and Techniques, 8e • Chapter 22: The Ankle and Foot At: Clinical Pattern Recognition o Ankle/Foot
Mon	12/7		Monday • Comprehensive Practical Examination	Final Practical: • Comprehensive • 20 min/ students • Case driven
Wed	12/9		Wednesday • Comprehensive Practical Examination	Final Practical: • Comprehensive • 20 min/ students • Case driven

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.