



Jordan University of Science and Technology
Faculty of Applied Medical Sciences
Physical Therapy Department

P.T341 Pt In Orthopaedics (2)

First Semester 2025-2026

Course Catalog

2 Credit Hours. This course builds on previous knowledge of anatomy, pathology, physiology, biomechanics, musculoskeletal assessment, and physical therapy for orthopedics (1). The course provides fundamental knowledge in clinical musculoskeletal disorders of lower extremity and lumbar spine related to physical therapy practice including bone and muscle diseases, soft tissue injuries, arthritis, rheumatology, and post-surgical rehabilitation. Basic assessment methods of musculoskeletal disorders of lower extremity peripheral joints, thoracic spine, lumbar spine, and sacroiliac joint will be introduced in this course and will be related to clinical situations. Physical therapy treatment and rehabilitation of lower extremity peripheral joints, thoracic spine, lumbar and sacroiliac joints will be taught to prepare students for clinical situations. This course will include lectures, active learning, case studies, and lab demonstrations.

Teaching Method: On Campus

Text Book

Title	Clinical Orthopaedic Rehabilitation: An Evidence-Based Approach
Author(s)	Brent Brotzman
Edition	3rd Edition
Short Name	Ref #1
Other Information	

Course References

Short name	Book name	Author(s)	Edition	Other Information
Ref #2	Orthopedic Examination Evaluation and Intervention	Mark Dutton	2nd Edition	
Ref #3	Maitland's Vertebral Manipulation	Butterworth-Heinemann	7th Edition	

Instructor

Name	Dr. Mohammad Yabroudi
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Office Location	-
Office Hours	Sun : 15:00 - 16:00 Mon : 11:00 - 13:00 Tue : 15:00 - 16:00 Wed : 11:00 - 13:00
Email	m.yabroudi@just.edu.jo

Class Schedule & Room
Section 1: Lecture Time: Sun, Tue : 13:00 - 14:00 Room: SOUTH HALL

Tentative List of Topics Covered		
Weeks	Topic	References
Week 1	Syllabus and Course Expectations	
Week 2	Neurodynamics	From Ref #1
Week 2	Soft tissue injury and healing	From Ref #2
Week 3	Thoracic Spine Disorders	From Ref #2 , From Ref #3
Week 3	Lumbar Spine Disorders	From Ref #2
Week 4	Treatment-Based Classification of LBP	From Ref #1
Week 4	Mobilization Classification of Lumbar Spine & Sacroiliac Joint	From Ref #1 , From Ref #3
Week 5	Stabilization Principle	From Ref #1
Week 5	Specific Exercise (Flexion Principle)	From Ref #1
Week 6	Specific Exercise (Extension, Lateral Shift & Traction Principles)	From Ref #1 , From Ref #3
Week 7	Evaluation of The Hip Joint I	From Ref #2
Week 8	Evaluation of The Hip Joint II	From Ref #2
Week 8	Treatment of The Hip Joint	From Ref #1 , From Ref #2
Week 9	Selected Pathological Conditions of The Hip Joint	From Ref #1 , From Ref #2
Week 9	Total Hip Arthroplasty	From Ref #1
Week 10	Evaluation of The Knee Joint	From Ref #2
Week 10	Knee Ligaments and Meniscus Injuries	From Ref #1

Week 11	Patellofemoral Joint Assessment and Treatment	From Ref #1 , From Ref #2
Week 12	Other Knee Conditions and Total Knee Arthroplasty	From Ref #1
Week 13	Biomechanical Examination of the Foot and Ankle	From Ref #2
Week 14	Foot and Ankle Pathologies and Treatment I	From Ref #1 , From Ref #2
Week 14	Foot and Ankle Pathologies and Treatment II	From Ref #1 , From Ref #2
Week 15	Rheumatologic Diseases	From Ref #2

Mapping of Course Outcomes to Program Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Relate the patients? signs and symptoms to specific orthopedic conditions.	5%	
Differentiate between various conditions affecting the lower extremity, thoracic and lumbar spines, and sacroiliac joint	20%	
Select appropriate objective examination related to the clinical scenario.	5%	
Select an appropriate plan of care based on subjective and objective assessment	10%	
Describe the procedures, indications, and side effects of common orthopedic surgical procedures for the lower extremity, thoracic and lumbar spines	10%	
Analyze the findings of the subjective and objective examinations	10%	
Analyze the physical dysfunction related to specific orthopedic conditions related to the lower extremity, thoracic and lumbar spines, and sacroiliac joint	10%	
Conduct comprehensive subjective examination related to the lower extremity, thoracic and lumbar spines, and sacroiliac joint.	15%	
Apply manual therapy skills for lower extremity, thoracic and lumbar spines, and sacroiliac joint	15%	

Relationship to Program Student Outcomes (Out of 100%)									
PLO1 - K1	PLO2- K2	PLO3- K3	PLO4-K4	PLO5-S1	PLO6-S2	PLO7-S3	PLO8-C1	PLO9-C2	PLO10-C3

Evaluation	
Assessment Tool	Weight
First Exam	30%
Second Exam	30%
Final Exam	40%

Policy

Additional Notes/Policies

Exams: The exams may include any type of question, multiple choice, true or false, or essay questions. Exam materials will be decided upon by handouts, notes, reading assignments, and discussion throughout the course. Exams will be designed to assess the foundation knowledge, critical thinking, and problem-solving.

Statement on Professionalism: Professional behavior is always expected of students. Attitude and professional behavior are the minimum criteria for passing this class. Repeated lack of professional behavior will result in failure of the course. Examples of unprofessional behavior include but are not limited to missing classes, tardiness, lack of attention to a speaker, leaving a lecture before its completion without prior authorization of the instructor, working on other class material during class, and sleeping during class. Using social networks (e.g. Facebook, Twitter, messenger, etc.) during classes is considered unprofessional behavior.

Cheating and plagiarism: All learning activities should be of the student's work unless instructed differently. The instructor will follow JUST's roles and regulations in the cases of cheating and/or plagiarism. Group discussions are highly recommended however each student must submit individual assignments unless indicated otherwise.

Cell phone: Please do not use cell phones in class. If you are depended upon for anticipated emergencies, please put cell phones on vibration mode and answer the phone outside the classroom. **CELL PHONES MUST BE TURNED OFF DURING EXAMS.**

Attendance: Attendance of lectures will greatly enhance your grade. The student is responsible for any information discussed in the lecture. It is imperative to attend all classes!

Absences: According to University regulations for baccalaureate degrees (Item 7: A, B, and C), students are not allowed to be absent for more than 20% of lectures for any reason or excuse. If a student exceeds the absence limit, he or she will not be allowed to sit for future course exams and will earn the least possible grade for the course (35%), unless the student has already withdrawn from the course (according to item 7: C).

Make-up will be granted in the following cases only: Official university activities (with proper documentation). Extenuating circumstances (PRIOR approval should be obtained or direct contact made with the instructor within 24 hours)

Expected workload: Students are expected to work sufficiently to ensure high learning quality. The students are expected to spend more time out of class time preparing for the lectures.

Student Responsibility: It is the responsibility of each student enrolled in this course to monitor grades, attendance records, and progress. The student has one week from the time any test, or assignment, is returned to the class to appeal the grade. Any advertisement will be posted on E-learning; therefore, students are responsible for checking E-learning regularly.

Religious Observance: If any examination, except the final examination, conflicts with a personal religious holiday, please privately identify yourself to the instructor to schedule a make-up examination that is mutually acceptable.

Statement on Disability: Any student in this course who needs accommodation because of a disability to complete the course requirements should contact the instructor.

Feedback: Concerns, complaints, questions, and/or feedback are appreciated and will be important to the instructor. You can contact your instructor using the e-mail: m.yabroudi@just.edu.jo. Students can use the above-listed office hours.

Statement of Acceptance of Syllabus: Any student who does not understand or accept the contents and terms of this syllabus must notify the instructor in writing within one week of receiving the syllabus. The

syllabus is subject to change based on needs assessment at any time. The instructor will notify the students of any changes to the syllabus.

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