



## **KNES 441/443/445 – PRACTICUM COURSE**

**Practicum Position Title:** Kinesiology Assistant - Alberta Hip and Knee Clinic

**# of Positions Available:** 1 position per semester

**Industry/Company Description:** The vision of the Alberta Hip and Knee Clinic in Calgary is to create independent, effective and integrated care for all musculoskeletal patients. It is a full circle clinic where patients with hip and knee concerns can seek treatment options and follow up care. Most patients that come to the clinic are coming either before or after a total hip or knee replacement. We work to educate patients about the surgery and assist them in proper recovery so they can enjoy the full benefit of total joint replacement.

**Location:** Alberta Hip and Knee Clinic, Suite # 335 401 9<sup>th</sup> Avenue SW (Gulf Canada Square)

**Required Hours:** 60-72 hours per term/5-6 hours per week during fall or winter

**Academic Session:** Fall or Winter

**Specified Schedule:** Clinic hours are 8:00am – 4:00pm Monday to Friday. Specific hours to be determined.

### **Project Duties/Responsibilities:**

- Greet client in waiting room and escort into assessment room for the purpose of pre and post-surgical knee and hip replacement assessments. Learn how to observe and evaluate the gait of the client as they proceed to the assessment room
- Under strict supervision, assist with pre-surgical assessment by informing client about the surgery process, follow-up visits and importance of exercise with respect to the rehabilitative process.
- Provide client with a verbal questionnaire related to the functionality of the client's hips and knees (i.e. pain level, how many city blocks can they walk, can they climb stairs, etc.)
- Use goniometer to measure range of motion including flexion, extension, abduction/adduction, internal/external rotation of knees and/or hips.
- Assist with the facilitation of the weekly group pre-surgical education class. Present basic material related to hip and knee replacement surgery recovery including exercises and required equipment.
- Assist Kinesiologist with the completion of Red Cross equipment requisition forms for clients' walking aids and aids to daily living.
- Assist with 2 week, 6 week, 12 week and 1 year post-surgical assessments, including gait and range of motion assessments, and walking aid adjustments.

### **Required Student Qualifications:**

- Required: KNES 373 (Exercise Physiology)
- Recall of KNES 259/260 (Anatomy and Physiology)
- Ability to work collaboratively with a multidisciplinary team
- Good communication and interpersonal skills
- Ability to work efficiently and accurately when under pressure or in a fast paced environment

### **On Site Supervisors:**

Kira Lohnes, BSc Kinesiology – [Kira.L@orthosurgeons.ca](mailto:Kira.L@orthosurgeons.ca)  
Danielle Taylor, BKin – [Danielle.T@orthosurgeons.ca](mailto:Danielle.T@orthosurgeons.ca)