

2021 OPTA Cohort 2 Schedule (Orthopedic Physical Therapist Assistant Program)

*Each week begins at 12:00 am **WEDNESDAY** and ends at 11:59 pm the following **TUESDAY**. All Assignments are due by the end of each week, **TUESDAY**. All Live Masterclass sessions are on **TUESDAY**. See schedule for date & time. Please email Erin Hoffman, ehoffman@nxtgeninstitute.com, for an excused absence.*

Date	Topic	Assignment	Discussion Board Post (on Yammer)	Learning Materials
TUESDAY 6/1/2021	OPTA Orientation LIVE 6 PM	<ul style="list-style-type: none"> • Discussion Assignment • View orientation videos 	Introduce yourself!	<ul style="list-style-type: none"> • Video 1: LMS orientation • Video 2: Stream orientation
6/9/2021	Cervical Spine	<ul style="list-style-type: none"> • Cervical Spine Module • Cervical Spine Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	Post 1: What you KNOW and what you WANT to Learn. (Wednesday) Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)	<ul style="list-style-type: none"> • Lecture Video 1: Cervical Spine by Dr. Lacey Cline • Reading Monolith (Optional)
6/16/2021	TMJ	<ul style="list-style-type: none"> • TMJ Module • TMJ Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	Post 1: What you KNOW and what you WANT to Learn. (Wednesday) Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)	<ul style="list-style-type: none"> • Lecture Video 1: TMJ by Dr. Lacey Cline • Lecture Video 2: TMJ Assessment by Dr. Erson Religioso • Reading Monolith (Optional)
6/22/2021	Live OPTA Masterclass Session: Covering Cervical Spine and TMJ with Dr. Heather Henry <u>7:30 PM – 9:30 PM</u>			
Wednesday 6/23/2021 – Tuesday 7/6/2021: No New Content Summer Break				

7/7/2021	Thoracic Spine	<ul style="list-style-type: none"> • Thoracic Module • Thoracic Spine Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video 1: Thoracic Spine • Reading Monolith (Optional)
7/14/2021	The Shoulder	<ul style="list-style-type: none"> • Shoulder Module • The Shoulder Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: The Shoulder by Dr. Lacey Cline • Reading Monolith (Optional)
7/21/2021	The Post-Operative Shoulder	<ul style="list-style-type: none"> • Post-Operative Shoulder Module • The Post-Operative Shoulder Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: Post-Operative Shoulder by Douglas Murray • Reading Monolith (Optional)
7/27/2021	Live OPTA Masterclass Session: Covering Thoracic Spine, Shoulder, and Post-Operative Shoulder with Dr. Jason Smith 6 PM – 8 PM			
7/28/2021	The Elbow	<ul style="list-style-type: none"> • Elbow Module • The Elbow Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: The Elbow by Dr. Lacey Cline • Reading Monolith (Optional)

8/4/2021	The Wrist and Hand	<ul style="list-style-type: none"> • Wrist and Hand Module • The Wrist and Hand Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: The Wrist and Hand by Dr. Lacey Cline • Reading Monolith (Optional)
8/11/2021	The Post-Operative Wrist and Hand	<ul style="list-style-type: none"> • Post-Operative Wrist and Hand Module • The Post-Operative Wrist and Hand Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: Post-Operative Wrist and Hand w/ Dr. Jonathan Fass • Reading Monolith (Optional)
8/17/2021	Live OPTA Masterclass Session: Covering Elbow, Wrist & Hand, Post-Operative Wrist & Hand with Dr. Jason Smith 6 PM – 8 PM			
Wednesday 8/18/2021 – Tuesday 8/31/2021: No New Content End of Summer Break				
9/1/2021	Lumbar Spine	<ul style="list-style-type: none"> • Lumbar Spine Module • The Lumbar Spine Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: Lumbar Spine w/ Dr. Lacey Cline • Reading Monolith (Optional)

9/8/2021	Pelvis/SIJ	<ul style="list-style-type: none"> • Pelvis and SIJ Module • The Pelvis and SIJ Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: SIJ and Pelvis w/ Dr. Lacey Cline • Reading Monolith (Optional)
9/15/2021	Post-Operative Lumbar Spine	<ul style="list-style-type: none"> • Post-Operative Lumbar Spine Module • The Post-Operative Lumbar Spine Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: Post-Operative Lumbar Spine w/ Dr. Jonathan Fass • Reading Monolith (Optional)
9/21/2021	Live OPTA Masterclass Session: Covering Lumbar Spine, Pelvis/SIJ, Post-Operative Lumbar Spine with Dr. Jason Smith 6 PM – 8 PM			
9/22/2021	The Hip	<ul style="list-style-type: none"> • Hip Module • The Hip Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: The Hip w/ Dr. Lacey Cline • Reading Monolith (Optional)
9/29/2021	Post-Operative Hip	<ul style="list-style-type: none"> • Post-Operative Hip Module • The Post-Operative Hip Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: Post-Operative Hip w/ Dr. Jonathan Fass • Reading Monolith (Optional)

10/5/2021	Live OPTA Masterclass Session: Covering Hip and Post-Operative Hip with Dr. Jason Smith 6 PM – 8 PM			
10/6/2021	The Knee	<ul style="list-style-type: none"> • Knee Module • The Knee Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: The Knee w/ Dr. Lacey Cline • Reading Monolith (Optional)
10/13/2021	Post-Operative Knee	<ul style="list-style-type: none"> • Post-Operative Knee Module • The Post-Operative Knee Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: Post-Operative Knee w/ Dr. Jonathan Fass • Reading Monolith (Optional)
10/20/2021	The Foot and Ankle	<ul style="list-style-type: none"> • Foot and Ankle Module • The Foot and Ankle Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: The Foot and Ankle Quiz w/ Dr. Lacey Cline • Reading Monolith (Optional)
10/27/2021	Post-Operative Foot and Ankle	<ul style="list-style-type: none"> • Post-Operative Foot and Ankle Module • The Post-Operative Foot and Ankle Quiz • Discussion Assignment <ul style="list-style-type: none"> ○ Link to Yammer 	<p>Post 1: What you KNOW and what you WANT to Learn. (Wednesday)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (Tuesday)</p>	<ul style="list-style-type: none"> • Lecture Video: Post-Operative Foot and Ankle w/ Dr. Jonathan Fass • Reading Monolith (Optional)

11/2/2021	Live OPTA Masterclass Session: Covering Knee, Post-Operative Knee, Foot and Ankle, Post-Operative Foot and Ankle with Dr. Jason Smith 6 PM – 8 PM			
11/3/2021	Patient Management: Cervical and Thoracic Spine	<ul style="list-style-type: none"> • Patient Management: Functional Anatomy for the Cervical and Thoracic Spine Module • Recorded Patient or Colleague Movement Analysis 	Yammer Post: Video Analysis	<ul style="list-style-type: none"> • Review Associated Videos and Reading Material on Sharepoint (Required)
11/10/2021	Patient Management: Functional Anatomy for the Shoulder, Elbow, Wrist, and Hand	<ul style="list-style-type: none"> • Patient Management: Functional Anatomy for the Shoulder, Elbow, Wrist, and Hand Module • Recorded Patient or Colleague Movement Analysis 	Yammer Post: Video Analysis	<ul style="list-style-type: none"> • Review Associated Videos and Reading Material on Sharepoint (Required)
11/16/2021	Live OPTA Masterclass Session: Functional Anatomy with Dr. Jason Smith 6 PM – 8 PM			
Wednesday 11/17/2021 – Tuesday 11/30/2021: No New Content Thanksgiving Break				
12/1/2021	Patient Management: Functional Anatomy for the Lumbar Spine, Pelvis, and SIJ	<ul style="list-style-type: none"> • Patient Management: Functional Anatomy for the Lumbar Spine, Pelvis, and SIJ Module • Recorded Patient or Colleague Movement Analysis 	Yammer Post: Video Analysis	<ul style="list-style-type: none"> • Review Associated Videos and Reading Material on Sharepoint (Required)

12/8/2021	Patient Management: Functional Anatomy for the Hip, Knee, Foot and Ankle	<ul style="list-style-type: none"> • Patient Management: Functional Anatomy for the Hip, Knee, Foot and Ankle Module • Recorded Patient or Colleague Movement Analysis 	Yammer Post: Video Analysis	<ul style="list-style-type: none"> • Review Associated Videos and Reading Material on Sharepoint (Required)
12/14/2021	Live OPTA Masterclass Session: Functional Anatomy with Dr. Jason Smith 6 PM – 8 PM			
12/15/2021	Integrated Exercise Progression	<ul style="list-style-type: none"> • Integrated Exercise Progression Module 	Yammer Post: Discuss one new exercise progression/prescription you will be able to facilitate into your treatments and respond to one fellow member	<ul style="list-style-type: none"> • Review Associated Videos and Reading Material on Sharepoint (Required)
	Wednesday 12/22/2021 – Tuesday 12/28/2021: No New Content Holiday Break			
	Wednesday 12/29/2021 – Tuesday 1/11/2022: Catch up on any late assignments & Review for Final Exam			
1/12/2022 – 1/30/2022	Take Final Exam The Final Exam is open for 19 days. You have two attempts and two hours to complete, without pause. Be ready to take the exam when you open it. Upon completion, you must have completed and passed all modules and quizzes to gain certification.			