

# SUBJECT OUTLINE

Subject Name:

Subject Code:

## Introduction to Musculoskeletal Therapies

**MSTP211**

### SECTION 1 – GENERAL INFORMATION

**Award/s:**

Bachelor of Complementary Medicine

**Total course credit points:**

48

**Level:**

2<sup>nd</sup> Year

**Duration:**

1 Semester

**Subject Coordinator:** Katie Reily (Melbourne Campus)

**Subject is:** Core

**Subject Credit Points:** 2

### Student Workload:

**No. timetabled hours per week:**

**3**

**No. personal study hours per week:**

**2**

**Total hours per week:**

**5**

**Delivery Mode:**

E-Learning

Details:

Narrated Powerpoint presentations

Assessed asynchronous tutor moderated discussion forum and self-managed activities

Student handouts, web resources

Full Time

Part Time

**Pre-requisites:** BIOH111

**Co-requisites:** Nil

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

This subject provides an introduction to manual therapies and gives the student a comprehensive foundation for interdisciplinary understanding within the field of complementary medicine. There are numerous disciplines within manual therapies, including massage, myotherapy, musculoskeletal therapy, physiotherapy, chiropractic, osteopathy, tui na and kinesiology, etc. In the context of each modality, students examine the different approaches in the treatment of conditions affecting the neuromusculoskeletal system. In addition, students will learn how to undertake self-treatment for common musculoskeletal ailments.

#### Learning Outcomes

1. Identify and discuss the aims and diversity of approaches within manual therapies.
2. Compare and contrast the core concepts within musculoskeletal therapy, chiropractic, osteopathy and physiotherapy.
3. Identify and respond effectively to ethical issues in manual therapies practice.
4. Describe the application of the range of manual therapies therapeutic methods and their uses.

#### Assessment Tasks

Type	Learning Outcomes Assessed	Weeks Content Delivered	Week Due	Weighting
Activities and Discussion Forums (weekly posts of minimum)	1-4	1-13	Forum only: Sessions 1,5,7,8,12,13	6 x 2% = 12% Plus 7 x 4% = 28%

150 words)			Activity plus forum: Sessions 2,3,4,6,9,10,11	Total = 40%
<b>Written Reflection</b> (case study in ethics – 750 words)	3	1-11	13	20%
<b>Written Exam</b> (Short answer - 1.5 hours)	1-4	1-13	Final Exam Period	40%

**Prescribed readings:** Nil

**Recommended readings:**

1. Casanelia, L & Stelfox, D 2010, *Foundations of Massage*, 3rd edn, Churchill Livingstone Elsevier, Sydney, viewed 17 December 2014, <<http://www.ebscohost.com>>.
2. Smith, J 2005, *Structural bodywork*, Churchill Livingstone Elsevier, Edinburgh, viewed 17 December 2014, <<http://www.ebscohost.com>>.
3. Zetler, J & Bonello, R 2012, *Essentials of law, ethics and professional issues for CAM*, Churchill Livingstone Elsevier, Chatswood, NSW, viewed 17 December 2014, <<http://www.ebscohost.com>>.

Subject Content		
Week	Lecture	Tutorial
1.	<b>History of Manual Therapies</b> Touch: what makes it healing? Massage around the world <ul style="list-style-type: none"> <li>• Asian</li> <li>• African</li> <li>• European</li> <li>• South American</li> </ul> Bone setting in traditional cultures Benefits of touch therapies	<b>Forum Discussion</b> <b>Introductory Webinar</b> Overview and expectations of the subject <ul style="list-style-type: none"> <li>• Questions and discussion about assessments</li> <li>• Information management</li> </ul> Activities explore and expand awareness of the concepts presented, promoting peer and tutor interaction.
2.	<b>Soft Tissue Therapies in Australia</b> <ul style="list-style-type: none"> <li>• Recent history</li> <li>• Swedish massage</li> <li>• Spa/relaxation massage</li> <li>• Sports massage</li> <li>• Foot and hand reflexology</li> </ul>	<b>Forum Discussion</b> <b>Activity:</b> Massage techniques: effleurage, petrissage
3.	<b>Remedial Techniques</b> <ul style="list-style-type: none"> <li>• Remedial massage</li> <li>• Tui na</li> <li>• Trigger point therapy</li> <li>• Muscle energy techniques</li> </ul>	<b>Forum Discussion</b> <b>Activity:</b> Draw your referral pattern from a trigger point
4.	<b>Proprietary Techniques</b> <ul style="list-style-type: none"> <li>• Structural integration/Rolfing™</li> <li>• Myofascial release</li> </ul>	<b>Forum Discussion</b> <b>Activity:</b> Ethical issues: scope of practice; informed consent

	<ul style="list-style-type: none"> <li>• Bowen therapy™</li> </ul> Lymphatic drainage Visceral manipulation	
5.	<b>Physiotherapy</b> <ul style="list-style-type: none"> <li>• History and practice</li> <li>• Specialities</li> <li>• Techniques of physiotherapy</li> <li>• Beneficial effects of physiotherapy</li> </ul>	<b>Forum Discussion</b>
6.	<b>Osseus Manipulation</b> <b>Chiropractic</b> <ul style="list-style-type: none"> <li>• History and practice</li> <li>• Chiropractic around the world</li> <li>• Subluxation theory</li> <li>• Techniques of chiropractic</li> <li>• Beneficial effects of chiropractic</li> </ul>	<b>Forum Discussion</b> <b>Activity:</b> Ethical issues- pain and abuse
7.	<b>Osteopathy</b> <ul style="list-style-type: none"> <li>• History and practice</li> <li>• Osteopathy around the world</li> <li>• Techniques of osteopathy</li> <li>• Beneficial effects of osteopathy</li> <li>• Sacro-occipital technique/cranio-sacral</li> <li>• Treatment of infants and children               <ul style="list-style-type: none"> <li>○ Resolving birth trauma</li> </ul> </li> </ul>	<b>Forum Discussion</b>
<b>NON-TEACHING WEEK</b> <b>Online students</b> - The break week falls between Weeks 7 and 8.		
8.	<b>Myotherapy/Musculoskeletal Therapy</b> <ul style="list-style-type: none"> <li>• History</li> <li>• Principles</li> <li>• Treatment of pain</li> <li>• Pain gate theory</li> <li>• Descending pain inhibition</li> </ul>	<b>Forum Discussion</b>
9.	<b>Myotherapy</b> <ul style="list-style-type: none"> <li>• Assessment methods</li> <li>• Postural alignment</li> <li>• Range of movement</li> <li>• Palpation</li> </ul>	<b>Forum Discussion</b> <b>Activity:</b> Postural self-analysis
10.	<b>Myotherapy</b> Diagnostic testing <ul style="list-style-type: none"> <li>• Special testing and joint examination</li> <li>• Neurodynamic testing</li> </ul> Treatment techniques <ul style="list-style-type: none"> <li>• Joint mobilisation</li> <li>• Neurodynamic techniques</li> <li>• Dry needling               <ul style="list-style-type: none"> <li>○ Electrostimulation</li> </ul> </li> </ul>	<b>Forum Discussion</b> <b>Activity:</b> Scapulo-humeral motion test

	<ul style="list-style-type: none"> <li>• TENS</li> </ul>	
<b>11.</b>	<b>Energetics of Touch Therapies</b> <ul style="list-style-type: none"> <li>• Connecting with a client through touch</li> <li>• Energy in the hands</li> <li>• Analog communication in the tissues</li> <li>• Influencing tensegrity</li> <li>• Energetic boundaries</li> </ul>	<b>Forum Discussion</b> <b>Activity:</b> Ethical issues- misconduct
<b>12.</b>	<b>Exercise Therapy</b> <ul style="list-style-type: none"> <li>• Self-stretches</li> <li>• Correcting patterns</li> <li>• Correcting posture</li> <li>• Strength development</li> </ul>	<b>Forum Discussion</b>
<b>13.</b>	<b>Review of scope of Manual Therapies</b> <ul style="list-style-type: none"> <li>• Treating pain and loss of motion</li> <li>• Legal status in Australia</li> <li>• Multimodality practices</li> <li>• Cross referral</li> <li>• Ethical considerations for practice</li> </ul>	<b>Forum Discussion</b>
<b>14.</b>	<b>Non-Teaching / Practical Examination Week 1. Note that make-up classes may be scheduled in this week.</b>	
<b>15.</b>	<b>Non-Teaching / Practical Examination Week 2. Note that make-up classes may be scheduled in this week.</b>	
<b>16.</b>	<b>Final Exam Week 1</b> Please refer to your Campus Timetable for the exact time and day of the final exam <b>Online enrolled students:</b> You are required to sit examinations on campus per the <b>Examination Policy - Higher Education</b> . The Exam Week for subjects offered online is identified in the Online Calendar for the current calendar year.	
<b>17.</b>	<b>Final Exam Week 2</b> Please refer to your Campus Timetable for the exact time and day of the final exam	