

## Subject Outline

<b>Subject Name:</b>	Musculoskeletal Therapy Sports Injury Management 2
<b>Subject Code:</b>	MSTS322
<b>Award(s):</b>	Bachelor of Health Science (Musculoskeletal Therapy)
<b>Core/Elective:</b>	Core – 2 credit points
<b>Pre/co-requisites:</b>	MSTS221, MSTC314
<b>Student Workload:</b>	39 hours face to face 36 hours self-directed study
<b>Delivery Mode:</b>	<b>Face to face</b> <ul style="list-style-type: none"> <li>• 3hour lecture</li> </ul> <b>Full Time</b> <b>Part Time</b>
<b>Subject Coordinator:</b>	Emrys Goldsworthy
<b>Subject Rationale:</b>	<ul style="list-style-type: none"> <li>• This unit further consolidates the assessment and treatment skills which are particularly pertinent to sports injuries and their management.</li> <li>• This unit of study provides students with data, demonstrations and practical participation to build on their underpinning knowledge as a result of successfully completing MSTN211 and MSTS221.</li> <li>• It aims to consolidate and support the students' development of musculoskeletal therapy practice with a focus primarily on sports injuries to joints in the human body, management of the injured athlete and rehabilitation facilitated via exercise prescription including specific corrective exercise for joint injuries as an adjunct to musculoskeletal therapy.</li> <li>• Students will develop and apply their knowledge, proficiencies and desirable personal attributes gained from general musculoskeletal therapeutics and the specific pre-requisite subjects.</li> </ul>

### Learning Outcomes:

1. Identify the role of the musculoskeletal therapist in the sports medicine team.
2. Assess and evaluate the principles of recovery from injury and to understand the athlete's injury as an individual.
3. Critically assess the effects of an injury on the joint complex.
4. Critically discuss the benefit of muscle activation around an injured joint and the facilitation of proprioceptive re-education.
5. Apply the keys to a successful treatment program and to evaluate the effectiveness of the athlete's recovery, through re-assessing objective findings.
6. Compare and contrast strategies for injury, recovery and prevention to prevent further injury based on the athlete's overall response to the treatment protocol.

**Content:**

<b>Week</b>	<b>Lecture/Practical</b>
1.	<p>The principles of taping and bracing</p> <ul style="list-style-type: none"> <li>• Taping and bracing</li> <li>• The role of the musculoskeletal therapy in context to sports injury management</li> </ul> <p>Revise sports injury first aid (RICER)</p> <ul style="list-style-type: none"> <li>• Revise therapies</li> </ul>
2.	<p>Common sports injuries to the head and neck</p> <ul style="list-style-type: none"> <li>• Mechanism of injury to the cervical spine</li> <li>• Injury prevention strategies for the region</li> </ul> <p>Demonstration of assessment and differential diagnosis of cases presented for discussion and treatment options</p> <ul style="list-style-type: none"> <li>• Examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> <li>• Stretching and strengthening for the region</li> </ul>
3.	<p>Common sports injuries to the clavicle and thoracic region</p> <ul style="list-style-type: none"> <li>• Mechanism of injury to the clavicle and thoracic region</li> <li>• Injury prevention strategies for the region</li> </ul> <p>Demonstration of assessment and differential diagnosis of cases presented for discussion and treatment options</p> <ul style="list-style-type: none"> <li>• Examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> <li>• Stretching and strengthening for the region</li> </ul>
4.	<p>Common sports injuries to the shoulder: the glenohumeral joint</p> <ul style="list-style-type: none"> <li>• Mechanism of injury to the glenohumeral joint</li> <li>• Injury prevention strategies for the region</li> </ul> <p>Demonstration of assessment techniques and differential diagnosis of cases presented for discussion and treatment options</p> <ul style="list-style-type: none"> <li>• Examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> <li>• Stretching and strengthening for the region</li> </ul>
5.	<p>Common sports injuries to the shoulder: the rotator cuff</p> <ul style="list-style-type: none"> <li>• Mechanism of injury to the rotator cuff</li> <li>• Injury prevention strategies for the region</li> </ul> <p>Demonstration of assessment techniques and differential diagnosis of cases presented for discussion and treatment options</p> <ul style="list-style-type: none"> <li>• Examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> </ul> <p>Stretching and strengthening for the region</p>
6.	<p>Common sports injuries to the elbow and wrist</p> <ul style="list-style-type: none"> <li>• Mechanism of injury to the elbow and wrist</li> <li>• Injury prevention strategies for the region</li> </ul> <p>Demonstration of assessment techniques and differential diagnosis of cases presented for discussion and treatment options</p> <ul style="list-style-type: none"> <li>• Examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> </ul> <p>Stretching and strengthening for the region</p>



7.	<p>Common sports injuries to the lumbar spine and pelvis</p> <ul style="list-style-type: none"> <li>• Mechanism of injury to the lumbar spine and pelvis</li> <li>• Injury prevention strategies for the region</li> </ul> <p>Demonstration of assessment techniques and differential diagnosis of cases presented for discussion and treatment options</p> <ul style="list-style-type: none"> <li>• Examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> </ul> <p>Stretching and strengthening for the region</p> <p><b>Assessment 1: Case Study Quiz One – Upper Body</b></p>
8.	<p><b>NON-TEACHING WEEK</b></p> <p>Semester 1 – This break varies in relation to Easter so it may fall between weeks 6 to 8. Refer to the student calendar for exact dates.</p> <p>Semester 2 – Week 8</p>
9.	<p>Common sports injuries to the upper leg</p> <ul style="list-style-type: none"> <li>• Mechanism of injury to the upper leg</li> <li>• Injury prevention strategies for the region</li> </ul> <p>Demonstration of assessment techniques and differential diagnosis of cases presented for discussion and treatment options</p> <ul style="list-style-type: none"> <li>• Examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> </ul>
10.	<p>Common sports injuries to the knee</p> <ul style="list-style-type: none"> <li>• Mechanism of injury to the knee</li> <li>• Injury prevention strategies for the region</li> </ul> <p>Demonstration of assessment techniques and differential diagnosis of cases presented for discussion and treatment options</p> <ul style="list-style-type: none"> <li>• Examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> </ul> <p>Stretching and strengthening for the region</p>
11.	<p>Common sports injuries to the lower leg</p> <ul style="list-style-type: none"> <li>• Mechanism of injury to the lower leg</li> <li>• Injury prevention strategies for the region</li> </ul> <p>Demonstration of assessment techniques and differential diagnosis of cases presented for discussion and treatment options</p> <ul style="list-style-type: none"> <li>• Examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> </ul> <p>Stretching and strengthening for the region</p>
12.	<p>Common sports injuries to the ankle</p> <ul style="list-style-type: none"> <li>• Mechanism of injury to the ankle</li> <li>• Injury prevention strategies for the region</li> </ul> <p>Demonstration of assessment techniques and differential diagnosis of cases presented for discussion and treatment options</p> <ul style="list-style-type: none"> <li>• Examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> </ul> <p>Stretching and strengthening for the region</p>
13.	<p>Common sports injuries to the foot</p> <ul style="list-style-type: none"> <li>• Mechanism of injury to the foot</li> <li>• Injury prevention strategies for the region</li> </ul> <p>Demonstration of assessment techniques and differential diagnosis of cases presented for</p>

	<p>discussion and treatment options</p> <ul style="list-style-type: none"> <li>Examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> </ul> <p>Stretching and strengthening for the region</p>
14.	<p><b>Assessment 2: Case Study Quiz Two – Lower Body</b></p> <p>Review of common sports injuries</p> <ul style="list-style-type: none"> <li>Mechanism of injury review</li> <li>Injury prevention strategies review</li> <li>Review on examination, palpation, ROM testing, special tests, orthopaedic testing and treatment protocols</li> </ul>
15-16.	<p><b>Non-Teaching Weeks / Practical Examination Weeks. Note that make-up classes may be scheduled in these weeks.</b></p>
17-18.	<p><b>Final Exam Period</b></p> <p><i>There is no final exam for this subject.</i></p>

**Set Text Requirements:**

1. Brukner, P & Khan, K 2012, <i>Clinical sports medicine</i> , 4th edn, McGraw Hill, North Ryde, NSW. [eBook available]
2. Macdonald, R (eds) 2010, <i>Pocketbook of taping techniques</i> , Churchill Livingstone Elsevier, Edinburgh. [eBook available]

**Recommended readings:**

1. Comerford, M & Mottram, S 2012, <i>Kinetic control</i> , Churchill Livingstone Elsevier, Edinburgh. [eBook available]
2. Kisner, C & Colby, LA 2011, <i>Ther Ex notes: clinical pocket guide</i> , F.A. Davis Company, Philadelphia. [eBook available]
3. Magee, DJ, Zachewski, JE & Quillen, WS (eds) 2007, <i>Scientific foundations and principles of practice in musculoskeletal rehabilitation</i> , Saunders Elsevier, St Louis, Missouri. [eBook available]

**Special Resource Requirements:**

1. Two bath-sheet sized towels per student (Clinic towels must not be used)
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**Assessment tasks:**

Assessment Item	Topic/s	Learning Outcomes Assessed	Weeks Content Delivered	Week Due	Weighting
1. <b>Case Study Quiz One – Upper Body</b> Short and Long Answer questions	Sporting Injuries of the Upper Body	1-10	1-6	7	20%
2. <b>Case Study Quiz Two – Lower Body</b> Short and Long Answer questions	Sporting Injuries of the Lower Body	1-10	7-13	14	20%



<b>3. Practical Examination</b> 2 parts – written and practical, conducted at the same time.	Case Study and Treatment <b>Part A</b> – Assessment & Treatment Plan (written) <b>Part B</b> – Practical application	1-10	1-13	Practical Exam Period	<b>Part A</b> - 25% <b>Part B</b> - 35%
<p>Formative assessment will be undertaken early in the subject and then on a regular basis throughout the duration of the subject to provide students and staff with feedback on the learning. It may take the form of quizzes, small group and classroom presentations, writing activities, peer review where appropriate.</p> <p>Early formative assessment would be used to determine any necessary intervention strategies to ensure students are able to complete the program in the normal subject duration.</p> <p>Feedback will also be provided on summative assessment undertaken during semester.</p>					