

SUBJECT OUTLINE



Subject Name:

Myotherapy for the Lower Body 1

Subject Code:

MSTT211

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Myotherapy)
Bachelor of Health Science (Naturopathy)

Total course credit points:

96 Core 2nd Year
128 Elective 4th Year

Level:

Duration: 1 Semester

Subject Coordinator: Sue Sharpe (Melbourne campus)

Subject is: Core or Elective as noted

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:

Face to face 1 hour lecture 2 hours practical
Full Time
Part Time

Pre-requisites: MSTA121

Co-requisites: Nil

Special resource requirements:

Details: 1 bath-sheet sized towel per student (Clinic towels must not be used)
Endeavour College approved attire
Myofascial release balm
Goniometer

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This unit aims to introduce key elements of the orthopaedic examination of the lower limb. Students will focus on postural assessment, joint range of motion testing and palpation. The student will gain valuable insight into movement (kinetics and kinematics), the anatomical structures that support movement and those which create stability. This subject will furthermore provide students with a broad understanding of myofascial trigger points, including; aetiology, history and context, diagnosis and neuromuscular treatment techniques.

Students completing this unit will be able to complete a basic range of movement assessment of the lower limb, detect movement dysfunction and resolve dysfunction of trigger point origin using neuromuscular techniques.

Learning Outcomes

1. Apply understanding of joint movement and joint mechanics.
2. Demonstrate practical competence and understanding in joint assessment techniques of the lower limb.
3. Explain the theory, clinical characteristics and neuromuscular techniques for myofascial trigger points of the lower limb.
4. Demonstrate practical application of a variety of therapeutic interventions to deactivate trigger points of the lower limb.

Assessment Tasks				
Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Skill Development (80% attendance and active participation required)	1-4	1-12	1-12	Pass/Fail
Mid-semester Practical Exam (20 minutes)	1,2	1-4	5	30%
Final Practical Exam (30 minutes)	1-4	1-12	13	40%
Final Written Exam (1.5 hours)	1-4	1-12	Final Exam Period	30%

Prescribed readings:

1. Biel, A. (2015). *Trail guide to movement: Building the body in motion*. Boulder, CO: Books of Discovery.
2. Clarkson, H. M. (2013). *Musculoskeletal assessment: Joint motion and muscle testing* (3rd ed.). Philadelphia, PA: Wolters Kluwer Health.
3. Niel-Asher, S. (2014). *The concise book of trigger points* (3rd ed.). Berkeley, CA: North Atlantic Books.

Recommended readings:

1. Dommerholt, J. & Huijbregts, P. (2011). *Myofascial trigger points: Pathophysiology and evidence-informed diagnosis and management*. Boston, MA: Jones and Bartlett Publishers.
2. Neumann, D. A. (2010). *Kinesiology of the musculoskeletal system: Foundations for rehabilitation* (2nd ed.). St Louis, MO: Mosby.

Subject Content		
Week	Lecture	Practical
1.	Introduction to the unit The joint assessment routine <ul style="list-style-type: none"> • Overview and rationale • Lower limb observation and postural assessment Biomechanics <ul style="list-style-type: none"> • Joint movements • Overview of kinematics 	Postural assessment Observation of the lower limb Joint movements of the lower limb
2.	The pelvis and hip <ul style="list-style-type: none"> • Active, passive and active resisted range of movement • Length testing • Palpation 	Pelvis and hip assessment
3.	The knee <ul style="list-style-type: none"> • Active, passive and active resisted range of movement • Length testing 	Knee assessment

	<ul style="list-style-type: none"> • Palpation 	
4.	The ankle and foot <ul style="list-style-type: none"> • Active, passive and active resisted range of movement • Length testing • Palpation 	Ankle and foot assessment
5.	Mid-semester Practical Exam	
6.	Biomechanics <ul style="list-style-type: none"> • Kinetics 	Forces and movement
7.	Gait <ul style="list-style-type: none"> • Normal and abnormal gait • Basic gait assessment 	Basic gait assessment
NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Semester 1 - This aligns with the week after Easter so it may fall between weeks 6 to 8. Semester 2 - The break week falls between Weeks 7 and 8.		
8.	Trigger points and neuromuscular techniques (NMT) <ul style="list-style-type: none"> • Overview, context and historical understanding • Aetiology, clinical features & diagnosis • Pathophysiology 	Identification of common trigger points of the lower limb
9.	Trigger points <ul style="list-style-type: none"> • Diagnosis & palpation • Reliability of palpation • Neuromuscular techniques for the pelvis and thigh 	Neuromuscular techniques for the pelvis and thigh
10.	Trigger points <ul style="list-style-type: none"> • Neuromuscular techniques for the knee, leg and foot 	Neuromuscular techniques for the knee, leg and foot
11.	Trigger points <ul style="list-style-type: none"> • Applied case studies 	Case-study based treatment of trigger points
12.	Integration: putting it all together <ul style="list-style-type: none"> • Integrated assessment and treatment of the hip and knee region • Clinical reasoning Exam preparation	Case-study based assessment and treatment of the lower limb <ul style="list-style-type: none"> • Posture and gait assessment • Range of movement assessment • Treatment of trigger points
13.	Final Practical Exam	
14.	Non-Teaching Week / Practical Examination Week 1. Note that make-up classes may be scheduled in this week.	
15.	Non-Teaching Week / Practical Examination Week 2. Note that make-up classes may be scheduled in this week.	
16.	Final Exam Week 1 Please refer to the Exam Timetable for your local campus for the exact day and time of exam.	
17.	Final Exam Week 2 Please refer to the Exam Timetable for your local campus for the exact day and time of exam.	