Subject Name: Myotherapy for the Lower Body 1
Subject Code: MSTT211

SECTION 1 - GENERAL INFORMATION

<table>
<thead>
<tr>
<th>Award/s</th>
<th>Total Course Credit Points:</th>
<th>Level:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bachelor of Health Science (Myotherapy)</td>
<td>96</td>
<td>Core</td>
</tr>
<tr>
<td>Bachelor of Health Science (Naturopathy)</td>
<td>128</td>
<td>Elective</td>
</tr>
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</table>

Duration: 1 Semester

Subject Coordinator: Taylor-Jane Sharouni (Sydney campus)

Subject is: Core or Elective as noted

Subject Credit Points: 2

Student Workload:

<table>
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<tr>
<th>No. timetabled hours per week:</th>
<th>3</th>
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<tbody>
<tr>
<td>No. personal study hours per week:</td>
<td>2</td>
</tr>
<tr>
<td>Total hours per week:</td>
<td>5</td>
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Delivery Mode:

Face to Face (On campus)

1 x 1 hour lecture
1 x 2 hour practical

Full Time

Part Time

Pre-requisites: MSTA121

Co-requisites: Nil

Special Resource Requirements:

1 bath-sheet sized towel per student (Clinic towels must not be used)
Attire that allows effective palpation while acting as student model
Goniometer
Myofascial release balm

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject 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 subject 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

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance (80% required)</td>
<td>N/A</td>
<td>N/A</td>
<td>Sessions 1-12</td>
<td>Pass/Fail</td>
</tr>
<tr>
<td>Mid-semester Practical Exam (20 minutes)</td>
<td>1-2</td>
<td>1-4</td>
<td>Session 5</td>
<td>30%</td>
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<tr>
<td>Final Practical Exam (30 minutes)</td>
<td>1-4</td>
<td>1-12</td>
<td>Session 13</td>
<td>40%</td>
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<tr>
<td>Final Written Exam (1.5 hours)</td>
<td>1-4</td>
<td>1-12</td>
<td>Final Examination Period</td>
<td>30%</td>
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</table>

Prescribed Readings:


Recommended Readings:


Subject Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Lectures</th>
<th>Practicals</th>
</tr>
</thead>
</table>
| 1.   | **Introduction** (Subject Outline / Subject Aims / Assessment / Teaching Resources)  
**The Joint Assessment Routine**  
- Overview and rationale  
- Lower limb observation and postural assessment  
**Biomechanics**  
- Joint movements  
- Overview of kinematics | **Postural assessment**  
**Observation of the lower limb**  
**Joint movements of the lower limb** |
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| 2. | **The Ankle and Foot**  
- Active, passive and active resisted range of movement  
- Length testing  
- Palpation |  
- Ankle and foot assessment |
| 3. | **The Knee**  
- Active, passive and active resisted range of movement  
- Length testing  
- Palpation |  
- Knee assessment |
| 4. | **The Pelvis and Hip**  
- Active, passive and active resisted range of movement  
- Length testing  
- Palpation |  
- Pelvis and hip assessment |
| 5. | **Mid-semester Practical Exam** | |
| 6. | **Biomechanics**  
- Kinetics |  
- Forces and movement |
| 7. | **Gait**  
- 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 non-teaching week falls between Weeks 7 and 8 |   |
| 8. | **Trigger Points and Neuromuscular Techniques (NMT)**  
- Overview, context and historical understanding  
- Aetiology, clinical features & diagnosis  
- Pathophysiology |  
- Identification of common trigger points of the lower limb |
| 9. | **Trigger Points**  
- Diagnosis & palpation  
- Reliability of palpation  
- Neuromuscular techniques for the pelvis and thigh |  
- Neuromuscular techniques for the pelvis and thigh |
| 10. | **Trigger Points (Continued)**  
- Neuromuscular techniques for the knee, leg and foot |  
- Neuromuscular techniques for the knee, leg and foot |
| 11. | **Trigger Points (Continued)**  
- Applied case studies |  
- Case-study based treatment of trigger points |
| 12. | **Integration: Putting It All Together**  
- Integrated assessment and treatment of the hip and knee region  
- Clinical reasoning  
- Exam Preparation |  
- Case-study based assessment and treatment of the lower limb  
  - 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 |   |
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| **15.** | **Non-Teaching Week/Practical Examination Week 2**  
Note that make-up classes may be scheduled in this week |
| **16.** | **Final Examination Week 1**  
Please refer to the Examination Timetable for your local campus for the exact day and time of exam |
| **17.** | **Final Examination Week 2**  
Please refer to the Examination Timetable for your local campus for the exact day and time of exam |