Subject Name: Myotherapy for the Upper Body 1
Subject Code: MSTT212

SECTION 1 - GENERAL INFORMATION

Award/s: Bachelor of Health Science (Myotherapy) 96 Core 2nd Year
Bachelor of Health Science (Naturopathy) 128 Elective 4th Year

Duration: 1 Semester

Subject Coordinator: Taylor-Jane Sharouni (Sydney campus)

Student Workload:

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

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 upper limb and axial skeleton. Students will focus on postural assessment, joint range of motion testing and palpation. The student will gain valuable insight into how joints move (kinematics), the anatomical structures that support movement and those which increase stability. This subject will furthermore provide students with a broad understanding of myofascial trigger points, including: clinical features, perpetuating factors, factors affecting pain and the relative efficacy of various treatment techniques. Students completing this subject will be able to complete a basic range of movement assessment of the upper limb and axial skeleton, detect movement dysfunction and resolve dysfunction of trigger point origin using neuromuscular techniques.
Learning Outcomes

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

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>
</tr>
<tr>
<td>Final Practical Exam (30 minutes)</td>
<td>1-4</td>
<td>1-12</td>
<td>Session 13</td>
<td>40%</td>
</tr>
<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>
</tr>
</tbody>
</table>

Prescribed Readings:

Recommended Readings:

Subject Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Lectures</th>
<th>Practicals</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td><strong>Introduction</strong> (Subject Outline / Subject Aims / Assessment / Teaching Resources)</td>
<td>Postural assessment</td>
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<tr>
<td></td>
<td><strong>The Joint Assessment Routine</strong></td>
<td>Observation of the upper limb and axial skeleton</td>
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<tr>
<td></td>
<td>• Overview and rationale</td>
<td>Joint movements of the upper limb and axial skeleton</td>
</tr>
<tr>
<td></td>
<td>• Upper limb and axial observation and postural assessment</td>
<td></td>
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<tr>
<td></td>
<td><strong>Biomechanics</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Joint movements</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Overview of kinematics</td>
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</table>
   - Active, passive and active resisted range of movement  
   - Length testing  
   - Palpation | **Axial skeleton assessment** |
| 3. | **The Temporomandibular Joint and Shoulder Complex**  
   - Active, passive and active resisted range of movement  
   - Length testing  
   - Palpation | **Temporomandibular joint and shoulder complex assessment** |
| 4. | **The Elbow, Wrist and Hand**  
   - Active, passive and active resisted range of movement  
   - Length testing  
   - Palpation | **Elbow, wrist and hand assessment** |
| 5. | **Mid-semester Practical Exam** |
| 6. | **Biomechanics**  
   - Arthrokinematics  
   - Osteokinematics | **Joint movement activities** |
| 7. | **Pathomechanics**  
   - Abnormal and compensatory movement and posture | **Basic functional movement activities and 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)**  
   - Aetiology, clinical features, diagnosis  
   - Pathophysiology  
   - Perpetuating factors, factors affecting pain | **Identification of common trigger points of the upper limb and axial skeleton** |
| 9. | **Trigger Points**  
   - Diagnosis and palpation  
   - Efficacy of treatment techniques  
   - Neuromuscular techniques for the axial skeleton | **Neuromuscular techniques for the axial skeleton** |
| 10. | **Trigger Points (continued)**  
   - Neuromuscular techniques for the upper limb | **Neuromuscular techniques for the upper limb** |
| 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 axial skeleton  
   - Clinical reasoning  
   **Exam Preparation** | **Case-study based assessment and treatment of the axial skeleton and upper limb**  
   - Posture and functional movement 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 |
|   | 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 |