

SUBJECT OUTLINE



Subject Name:

Myotherapy for the Upper Body 1

Subject Code:

MSTT212

SECTION 1 – GENERAL INFORMATION

Award/s:	Total course credit points:	Level:
Bachelor of Health Science (Naturopathy)	128	Elective 4 th Year
Bachelor of Health Science (Myotherapy)	96	Core 2 nd Year
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
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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 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 create 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 unit 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				
Type	Learning Outcomes Assessed	Weeks 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 • Upper limb and axial observation and postural assessment Biomechanics <ul style="list-style-type: none"> • Joint movements • Overview of kinematics 	Postural assessment Observation of the upper limb and axial skeleton Joint movements of the upper limb and axial skeleton
2.	The axial skeleton: the cervical, thoracic and lumbar spine <ul style="list-style-type: none"> • Active, passive and active resisted range of movement • Length testing • Palpation 	Axial skeleton assessment

3.	The temporomandibular joint and shoulder complex <ul style="list-style-type: none"> • Active, passive and active resisted range of movement • Length testing • Palpation 	Temporomandibular joint and shoulder complex assessment
4.	The elbow, wrist and hand <ul style="list-style-type: none"> • Active, passive and active resisted range of movement • Length testing • Palpation 	Elbow, wrist and hand assessment
5.	Mid-semester Practical exam	
6.	Biomechanics <ul style="list-style-type: none"> • 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 break week falls between Weeks 7 and 8.		
8.	Trigger points and neuromuscular techniques (NMT) <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Diagnosis and palpation • Efficacy of treatment techniques • Neuromuscular techniques for the axial skeleton 	Neuromuscular techniques for the axial skeleton
10.	Trigger points <ul style="list-style-type: none"> • Neuromuscular techniques for the upper limb 	Neuromuscular techniques for the upper limb
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 axial skeleton • Clinical reasoning Exam preparation	Case-study based assessment and treatment of the axial skeleton and upper limb <ul style="list-style-type: none"> • Posture and functional movement assessment • Range of movement assessment • Treatment of trigger points
13.	Final Practical exam	
14-15.	Non-Teaching Weeks / Practical Examination Weeks. Note that make-up classes may be scheduled in these weeks.	
16-17.	Final Exam Weeks 1 & 2 Please refer to the Exam Timetable for your local campus for the exact day and time of exam.	