

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:	No. personal study hours per week:	Total hours per week:
3	2	5

Delivery Mode:

Face to Face 1 x 1 hour lecture 1 x 2 hour practical
(On campus)

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 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 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

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Attendance (80% required)	N/A	N/A	Sessions 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 Examination 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. (2017). *Kinesiology of the musculoskeletal system: Foundations for rehabilitation* (3rd ed.). St. Louis, MO: Mosby.

Subject Content

Week	Lectures	Practicals
1.	<p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>The Joint Assessment Routine</p> <ul style="list-style-type: none"> • Overview and rationale • Upper limb and axial observation and postural assessment <p>Biomechanics</p> <ul style="list-style-type: none"> • Joint movements • Overview of kinematics 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Elbow, wrist and hand assessment
5.	Mid-semester Practical Exam	
6.	Biomechanics <ul style="list-style-type: none"> Arthrokinematics Osteokinematics 	<ul style="list-style-type: none"> Joint movement activities
7.	Pathomechanics <ul style="list-style-type: none"> Abnormal and compensatory movement and posture 	<ul style="list-style-type: none"> 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) <ul style="list-style-type: none"> Aetiology, clinical features, diagnosis Pathophysiology Perpetuating factors, factors affecting pain 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Neuromuscular techniques for the axial skeleton
10.	Trigger Points (continued) <ul style="list-style-type: none"> Neuromuscular techniques for the upper limb 	<ul style="list-style-type: none"> Neuromuscular techniques for the upper limb
11.	Trigger Points (continued) <ul style="list-style-type: none"> Applied case studies 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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.	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 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