**SUBJECT OUTLINE**

**Subject Name:**

Myotherapy for the Lower Body 2

**Subject Code:**

MSTT223

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**SECTION 1 – GENERAL INFORMATION**

Award/s: Bachelor of Health Science (Myotherapy)

Total course credit points: 96

Level: 2nd Year

Duration: 1 Semester

Subject Coordinator: Taylor-Jane Sharouni (Sydney campus)

Subject is: Core

Subject Credit Points: 2

**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>
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<tbody>
<tr>
<td>3</td>
<td>2</td>
<td>5</td>
</tr>
</tbody>
</table>

Delivery Mode:

- Face to face
- 3 hour practical
- Intensive Delivery
- Details: Summer School - contact hours are delivered over five weeks with 2 x 4 hour days delivered per week.
- Assessment: Attendance – Weeks 1-5
- Mid-semester Practical Exam – Week 3
- Final Practical Exam – Week 6
- Final Written Exam – Week 6

Full Time

Part Time

Pre-requisites: MSTT211

Co-requisites: MSTN121

**Special Resource Requirements:**

- 1 bath-sheet sized towel per student (Clinic towels must not be used)
- Buck reflex hammer
- Goniometer
- Measuring tape
- Tuning fork (128 Hz)

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**SECTION 2 – ACADEMIC DETAILS**

**Subject Rationale**

This subject provides opportunities for students to further develop their knowledge, proficiencies and values related to clinical decision-making and care in myotherapy. The subject focuses on the assessment of dysfunction and care of the joints and related tissues in the lower body and extremities.

**Learning Outcomes**

1. Implement appropriate examination plans based on myotherapy examination protocols in context of the lower body.
2. Interpret clinical signs and symptoms and determine accurate differential diagnoses in context of the lower body.
3. Demonstrate knowledge and application of orthopaedic special testing procedures for the lower body.
4. Interpret special testing results to determine an accurate diagnosis in context of the lower body.
5. Demonstrate knowledge and application of musculoskeletal therapeutic techniques for treatment of injuries and conditions of the lower body including but not limited to: joint mobilisation and neurodynamic techniques.
### Assessment Tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Weeks 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 (30 minutes)</td>
<td>1-5</td>
<td>1-5</td>
<td>Session 6</td>
<td>30%</td>
</tr>
<tr>
<td>Final Practical Exam (30 minutes)</td>
<td>1-5</td>
<td>1-12</td>
<td>Session 13</td>
<td>30%</td>
</tr>
<tr>
<td>Final Written Exam (2 hours)</td>
<td>1-5</td>
<td>1-13</td>
<td>Final Examination Period</td>
<td>40%</td>
</tr>
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**Prescribed readings:**


**Recommended readings:**


### Subject Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Practical</th>
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| 1.   | **Thoracolumbar and lumbopelvic examination**  
Recognising and acting on red flags  
Functional anatomy, arthrokinematics and pathomechanics of the thoracic and lumbar spines  
Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing  
Interpretation of clinical findings  
Self-reflection on practical skills application and client/clinician interaction |
| 2.   | **Sacroiliac joint and pubic symphysis examination**  
Functional anatomy, arthrokinematics and pathomechanics of the sacroiliac joint and pubic symphysis  
Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing  
Interpretation of clinical findings  
Self-reflection on practical skills application and client/clinician interaction |
| 3.   | **Manual therapy for the lumbar spine**  
Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques  
Current evidence-based practice for manual therapies  
Identifying yellow flags and effective referral |
Self-reflection on practical skills application and client/clinician interaction

4. **Manual therapy for the sacroiliac joint and pubic symphysis**
   Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques
   Current evidence-based practice for manual therapies
   The place of medical imaging in clinical reasoning
   Self-reflection on practical skills application and client/clinician interaction

5. **Revision**
   Concentrated practice of regional assessment and treatment
   Case study application
   Exam preparation

6. **Mid-semester Practical Exam**

7. **Iliofemoral joint examination**
   Functional anatomy, arthrokinematics and pathomechanics of the iliofemoral joint
   Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing
   Interpretation of clinical findings
   Self-reflection on practical skills application and client/clinician interaction

   **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 - Week 8

8. **Knee examination**
   Functional anatomy, arthrokinematics and pathomechanics of the knee complex
   Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing
   Interpretation of clinical findings
   Self-reflection on practical skills application and client/clinician interaction

9. **Ankle and foot examination**
   Functional anatomy, arthrokinematics and pathomechanics of the ankle and foot
   Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing
   Interpretation of clinical findings
   Self-reflection on practical skills application and client/clinician interaction

10. **Manual therapy for the hip and knee**
    Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques
    Current evidence-based practice for manual therapies
    Effective treatment planning
    Self-reflection on practical skills application and client/clinician interaction

11. **Manual therapy for the ankle and foot**
    Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques
    Current evidence-based practice for manual therapies
    Evaluating client outcomes and revising the treatment plan
    Self-reflection on practical skills application and client/clinician interaction

12. **Revision**
    Concentrated practice of regional assessment and treatment
    Case study application
    Managing adverse events and adapting the treatment plan
    Exam preparation
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<tbody>
<tr>
<td>13.</td>
<td>Final Practical Exam</td>
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<tr>
<td>14.</td>
<td>Non-Teaching Week/Practical Examination Week 1: note that make-up classes may be scheduled in this week.</td>
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<tr>
<td>15.</td>
<td>Non-Teaching Week/Practical Examination Week 2: note that make-up classes may be scheduled in this week.</td>
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</table>
| 16. | Final Examination Week 1  
Please refer to the Exam Timetable for your campus for the exact time and day of the final exam. |
| 17. | Final Examination Week 2  
Please refer to the Exam Timetable for your campus for the exact time and day of the final exam. |