

SUBJECT OUTLINE



Subject Name:

Myotherapy for the Lower Body 2

Subject Code:

MSTT223

SECTION 1 – GENERAL INFORMATION

Award/s:	Bachelor of Health Science (Myotherapy)	Total course credit points:	96	Level:	2 nd Year
Duration:	1 Semester				
Subject Coordinator:	Taylor-Jane Sharouni (Sydney campus)				
Subject is:	Core	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	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: Mid-Semester Practical assessment for the Summer School is completed in Week 3 of the intensive. Final written and practical exams are conducted in week 6 of summer school.
Full Time		
Part Time		

Pre-requisites: MSTT211

Co-requisites: Nil

Special Resource Requirements:

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

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				
Type	Learning Outcomes Assessed	Weeks Content Delivered	Week Due	Weighting
Attendance (80% attendance is required)	N/A	1-12	1-12	Pass/Fail
Mid-semester Practical Exam (30 minutes)	1-5	1-5	6	30%
Final Practical Exam (30 minutes)	1-5	1-12	13	30%
Final Written Exam (2 hours)	1-5	1-13	Final Exam Period	40%

Prescribed readings:

1. Hengeveld, E & Banks, K (eds) 2014, *Maitland's vertebral manipulation: management of neuromusculoskeletal disorders*, 8th edn, vol. 1, Churchill Livingstone Elsevier, Edinburgh. [eBook available]
2. Hengeveld, E & Banks, K (eds) 2013, *Maitland's peripheral manipulation: management of neuromusculoskeletal disorders*, 5th edn, vol. 2, Churchill Livingstone Elsevier, Edinburgh. [eBook available]

Recommended readings:

1. Petty, NJ 2011, *Neuromusculoskeletal examination and assessment*, 4th edn, Churchill Livingstone Elsevier, Edinburgh. [eBook available]

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

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
13.	Final Practical Exam held in class this week

14.	Non-Teaching Week/Practical Exam Week 1: note that make-up classes may be scheduled in this week.
15.	Non-Teaching Week/Practical Exam Week 2: note that make-up classes may be scheduled in this week.
16.	Final Exam Week 1 Please refer to the Exam Timetable for your campus for the exact time and day of the final exam.
17.	Final Exam Week 2 Please refer to the Exam Timetable for your campus for the exact time and day of the final exam.