

Subject Outline

Subject Name:	Integrated Musculoskeletal Therapy
Subject Code:	MSTT327
Award(s):	Bachelor of Health Science (Musculoskeletal Therapy)
Core/Elective:	Core – 2 credit points
Pre/co-requisites:	MSTC314, MSTT315, MSTT316
Student Workload:	39 hours face to face 36 hours self-directed study
Delivery Mode:	Face to Face <ul style="list-style-type: none"> • 3 hour lecture Full Time Part Time
Subject Coordinator	Katie Reily (Melbourne Campus)
Subject Rationale:	<ul style="list-style-type: none"> • The integration and consolidation of assessment and treatment skills developed thus far. • This subject provides students with the opportunity to integrate and consolidate assessment and practical skills learnt in the course to date. • The aim is to provide students with the knowledge of how to integrate bony mobilisations along with soft tissue treatment into a treatment session using anatomical and fascial lines of assessment.

Learning Outcomes:

1.	Compare and contrast clinical signs and symptoms from common musculoskeletal disorders.
2.	Construct an integrated treatment plan based on an accurate working diagnosis.
3.	Develop a thorough orthopaedic assessment procedure that is evidence based and addresses a patient's history.
4.	Construct and critique health history, initial consultation and follow-up forms.
5.	Observe precautions and contraindications to treatment.

Content:

Week	Lecture/Practical
1.	Integrated approach for the cervical and thoracic spine and upper extremity <ul style="list-style-type: none"> • Case study 1 • Demonstration of orthopaedic assessment and an integrated treatment using muscle energy techniques, myofascial release, trigger point therapy and mobilisation techniques • Supervised student practice of assessment and treatment techniques

2.	<p>Integrated approach for the cervical and thoracic spine and upper extremity</p> <ul style="list-style-type: none"> • Case study 2 • Demonstration of orthopaedic assessment and an integrated treatment using muscle energy techniques, myofascial release, trigger point therapy and mobilisation techniques • Supervised student practice of assessment and treatment techniques
3.	<p>Integrated approach for the cervical and thoracic spine and upper extremity</p> <ul style="list-style-type: none"> • Case study 3 • Demonstration of orthopaedic assessment and an integrated treatment using muscle energy techniques, myofascial release, trigger point therapy and mobilisation techniques • Supervised student practice of assessment and treatment techniques
4.	<p>Integrated approach for the cervical and thoracic spine and upper extremity</p> <ul style="list-style-type: none"> • Case study 4 • Demonstration of orthopaedic assessment and an integrated treatment using muscle energy techniques, myofascial release, trigger point therapy and mobilisation techniques • Supervised student practice of assessment and treatment techniques
5.	<p>Integrated approach for the cervical and thoracic spine and upper extremity</p> <ul style="list-style-type: none"> • Case study 5 • Demonstration of orthopaedic assessment and an integrated treatment using muscle energy techniques, myofascial release, trigger point therapy and mobilisation techniques • Supervised student practice of assessment and treatment techniques
6.	Mid Semester Practical Exam
7.	<p>Integrated approach for the lumbar spine, pelvis and lower extremity</p> <ul style="list-style-type: none"> • Case study 7 • Demonstration of orthopaedic assessment and an integrated treatment using muscle energy techniques, myofascial release, trigger point therapy and mobilisation techniques • Supervised student practice of assessment and treatment techniques
<p>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.</p>	
8.	<p>Integrated approach for the lumbar spine, pelvis and lower extremity</p> <ul style="list-style-type: none"> • Case study 8 • Demonstration of orthopaedic assessment and an integrated treatment using muscle energy techniques, myofascial release, trigger point therapy and mobilisation techniques • Supervised student practice of assessment and treatment techniques
9.	<p>Integrated approach for the lumbar spine, pelvis and lower extremity</p> <ul style="list-style-type: none"> • Case study 9 • Demonstration of orthopaedic assessment and an integrated treatment using muscle

	<p>energy techniques, myofascial release, trigger point therapy and mobilisation techniques</p> <ul style="list-style-type: none"> Supervised student practice of assessment and treatment techniques
10.	<p>Integrated approach for the lumbar spine, pelvis and lower extremity</p> <ul style="list-style-type: none"> Case study 10 Demonstration of orthopaedic assessment and an integrated treatment using muscle energy techniques, myofascial release, trigger point therapy and mobilisation techniques Supervised student practice of assessment and treatment techniques
11.	<p>Integrated approach for the lumbar spine, pelvis and lower extremity</p> <ul style="list-style-type: none"> Case study 11 Demonstration of orthopaedic assessment and an integrated treatment using muscle energy techniques, myofascial release, trigger point therapy and mobilisation techniques Supervised student practice of assessment and treatment techniques
12.	<p>Integrated approach for the lumbar spine, pelvis and lower extremity</p> <ul style="list-style-type: none"> Case study 12 Demonstration of orthopaedic assessment and an integrated treatment using muscle energy techniques, myofascial release, trigger point therapy and mobilisation techniques Supervised student practice of assessment and treatment techniques
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.
16-17.	<p>Final Exam Period</p> <p><i>There is no final exam for this subject.</i></p>

Set Text Requirements:

1.	Hing, W., Hall, T., Rivett, D., Vincenzino, B., & Mulligan, B. (2015). <i>The Mulligan concept of manual therapy: Textbook of techniques</i> . Chatswood, NSW: Elsevier.
2.	Sahrmann, S. (Ed.). (2011). <i>Movement system impairment syndromes of the extremities, cervical and thoracic spines</i> . St. Louis, MO: Elsevier Mosby. [ebook available]

Recommended readings:

1.	Mulligan, B. R. (2010). <i>Manual therapy: NAGS, SNAGS, MWMS etc</i> (6th ed.). Wellington, NZ: Plane View Services.
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Special Resource Requirements:

1.	Two bath-sheet sized towels per student (Clinic towels must not be used)
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2. Mulligan belt

Assessment:

Assessment Item	Topic/s	Learning Outcomes assessed (LO)	Week Content Delivered	Week Due	Weighting
1. <i>Mid-Semester Practical Exam</i>	Differential diagnostics, integrated treatment and assessment procedures	1-3, 5	1-5	6	40%
2. <i>Final Practical Exam</i>	Differential diagnostics, integrated treatment and assessment procedures	1-3, 5	7-12	13	40%
3. <i>Assignment</i>	Patient history form, initial consultation and follow-up consultation forms	4	1-12	13	20%

Formative assessment will be undertaken early in the subject and then on a regular basis throughout the duration of the subject to provide students and staff with feedback on the learning. It may take the form of quizzes, small group and classroom presentations, writing activities, peer review where appropriate.

Early formative assessment would be used to determine any necessary intervention strategies to ensure students are able to complete the program in the normal subject duration.

Feedback will also be provided on summative assessment undertaken during semester.