Subject Name: Myotherapy for the Upper Body 2  
Subject Code: MSTT224

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

Delivery Mode:

- Face to face
- Intensive delivery Details: Summer School - contact hours are delivered over five weeks with 2 x 4 hour days delivered per week
- Assessment: Scope of Practice Guideline – Week 1
- Mid-Semester Practical Exam – Week 3
- Final Practical Exam – Week 6
- Final Written Exam – Week 6

Pre-requisites: MSTT212

Co-requisites: MTSN121

Special resource requirements:

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

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 upper body and extremities.

Learning Outcomes

1. Implement appropriate examination plans based on myotherapy examination protocols in context of the upper body.
2. Interpret clinical signs and symptoms and determine accurate differential diagnoses in context of the upper body.
3. Demonstrate the knowledge and application of orthopaedic special testing procedures for the upper body.
4. Interpret special testing results to determine an accurate diagnosis in context of the upper body.
5. Demonstrate the knowledge and application of musculoskeletal therapeutic techniques for treatment of injuries and conditions of the upper 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>Scope of Practice Guideline</td>
<td>N/A</td>
<td>1</td>
<td>Week 1</td>
<td>Pass/Fail</td>
</tr>
<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</td>
<td>1-5</td>
<td>1-4</td>
<td>Session 6</td>
<td>30%</td>
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<tr>
<td>(30 minutes)</td>
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<td></td>
<td></td>
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<tr>
<td>Final Practical Exam</td>
<td>1-5</td>
<td>1-12</td>
<td>Session 13</td>
<td>30%</td>
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<tr>
<td>(30 minutes)</td>
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<td></td>
<td></td>
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<tr>
<td>Final Written Exam</td>
<td>1-5</td>
<td>1-12</td>
<td>Final Examination Period</td>
<td>40%</td>
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<tr>
<td>(2 hours)</td>
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The pass mark for this subject is 50%
Additionally, students must pass the Final Practical Exam with a mark of not less than 50%

All written assessments and online quizzes are due at 11:55PM and submitted through the LMS

### Prescribed readings:


### Recommended readings:


### Subject Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Practicals</th>
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</table>
| 1.   | Craniofacial examination  
|      | • Functional anatomy, arthrokinematics and pathomechanics of the craniofacial region  
|      | • 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  
|      | • Adapting the treatment plan to meet client goals  
| 2.   | Cranio cervical and upper cervical spine examination  
|      | • Recognising and acting on red flags  
|      | • Functional anatomy, arthrokinematics and pathomechanics of the cranio cervical and upper cervical region  
|      | • 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.   | Cervicothoracic and thoracic spine examination  
|      | • Functional anatomy, arthrokinematics and pathomechanics of the cervicothoracic region  
|      | • Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing  

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MSTT224 Myotherapy for the Upper Body 2  
Australian College of Natural Medicine (ACNM) trading as Endeavour College of Natural Health  
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</table>
| 4. | Manual therapy for the cervical spine, temporomandibular joint and thoracic spines  
- Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques  
- Current evidence-based practice for manual therapies  
- Working within scope of practice; the place of myotherapy in treatment of the head and spine  
- Self-reflection on practical skills application and client/clinician interaction |
| 5. | Revision  
- Concentrated practice of regional assessment and treatment  
- Case study application  
- The clinical reasoning cycle; re-evaluation and processing new information  
- Exam preparation |
| 6. | Mid-semester Practical Exam |
| 7. | Shoulder examination  
- Functional anatomy, arthrokinematics and pathomechanics of the shoulder 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  
- The importance of differential diagnosis: Avoiding anchoring and other clinical reasoning errors  
- Interpretation of clinical findings  
- Self-reflection on practical skills application and client/clinician interaction |
| 8. | Manual therapy for the shoulder  
- Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques  
- Current evidence-based practice for manual therapies  
- Self-reflection on practical skills application and client/clinician interaction |
| 9. | Elbow examination  
- Functional anatomy, arthrokinematics and pathomechanics of the elbow 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 |
| 10. | Wrist and hand examination  
- Functional anatomy, arthrokinematics and pathomechanics of the wrist and hand  
- Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing  
- Questioning assumptions in the interpretation of clinical findings  
- Self-reflection on practical skills application and client/clinician interaction |
| 11. | Manual therapy for the elbow, wrist and hand  
- Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques  
- Current evidence-based practice for manual therapies  
- Predicting and managing treatment outcomes and timelines based on client information  
- Self-reflection on practical skills application and client/clinician interaction |
| 12. | Revision  
- Concentrated practice of regional assessment and treatment  
- Case study application  
- Evaluating client outcomes and revising the treatment plan  
- Managing adverse events and adapting the treatment plan  
- Exam preparation |
<p>| 13. | Final Practical Exam |</p>
<table>
<thead>
<tr>
<th>Week</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>14-15</td>
<td>Non-Teaching Week/Practical Examination Weeks 1 &amp; 2</td>
<td>Note that make-up classes may be scheduled in these weeks</td>
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<tr>
<td>16-17</td>
<td>Final Examination Weeks 1 &amp; 2</td>
<td>Please refer to the Examination Timetable for your campus for the exact time and day of the final exam.</td>
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