

SUBJECT OUTLINE



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:

No. timetabled hours per week:

3

No. personal study hours per week:

2

Total hours per week:

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 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: MSTT212

Co-requisites: Nil

Special resource requirements:

1 bath-sheet sized towel per student (Clinic towels must not be used)

Goniometer

Buck reflex hammer

Tuning fork (128 Hz)

Pen torch

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				
Type	Learning Outcomes Assessed	Weeks Content Delivered	Week Due	Weighting
Attendance (80% attendance required)	N/A	1-12	1-12	Pass/Fail
Mid-semester Practical Exam (30 minutes)	1-5	1-4	6	30%
Final Practical Exam (30 minutes)	1-5	1-12	13	30%
Final Written Exam (2 hours)	1-5	1-12	Final Exam Period	40%
The pass mark for this subject is 50%. Additionally, students must pass the Final Practical Exam with a mark of not less than 50%				

Prescribed readings:

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

Recommended readings:

- Petty, N. J. (2011). *Neuromusculoskeletal examination and assessment* (4th ed.). Edinburgh, Scotland: Churchill Livingstone Elsevier. [eBook available]

Subject Content	
Week	Practical
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 Interpretation of clinical findings

	Self-reflection on practical skills application and client/clinician interaction
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
	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.
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
13.	Final Practical Exam
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.
16-17.	Final Exam Weeks 1 & 2 Please refer to the Exam Timetable for your campus for the exact time and day of the final exam.