



SUBJECT OUTLINE

Subject Name:

Subject Code:

Introduction to Musculoskeletal Therapies

MSTP2

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Undergraduate Certificate in History and Philosophy of Complementary Medicine	12	1 st Year
Undergraduate Certificate in Lifestyle Coaching	10	1 st Year
Duration: 1 Semester		
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*:

☐ On campus ☒ Online / Digital ☐ Blended ☐ Intensive

Weekly Session^ Format/s - 1 session per week:

<input checked="" type="checkbox"/> eLearning modules:	Lectures: Interactive adaptive online learning modules
	Tutorials: can include asynchronous tutor moderated discussion forum and activities, learning journal activities or other web-based resources

*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

Study Pattern: ☒ Full Time ☒ Part Time

Pre-requisites: Nil

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject provides an introduction to manual therapies and gives the student a comprehensive foundation for interdisciplinary understanding within the field of complementary medicine. There are numerous disciplines within manual therapies, including massage, myotherapy, musculoskeletal therapy, physiotherapy, chiropractic, osteopathy, tui na and kinesiology, etc. In the context of each discipline, students examine the different approaches in the treatment of conditions affecting the neuromusculoskeletal system. In addition, students will learn how to undertake self-treatment for common musculoskeletal ailments.



Learning Outcomes

1. Identify and discuss the aims and diversity of approaches within manual therapies.
2. Compare and contrast the core concepts within musculoskeletal therapy, chiropractic, osteopathy and physiotherapy.
3. Identify and respond effectively to ethical issues in manual therapies practice.
4. Describe the application of the range of manual therapies therapeutic methods and their uses.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
6 Discussion Forums & 7 Activities weekly posts (minimum 150 words, each)	1-4	1-13	Forum only: Sessions 1, 5, 7, 8, 12 & 13 + Activity plus forum: Sessions 2, 3, 4, 6, 9, 10, & 11	12% (6 x 2%) + 28% (7 x 4%)
Written Reflection ethics case study (750 words)	3	1-10	Week 13	20%
Final Written Exam short answer (1 hour)	1-4	1-13	Final Examination Period	40%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS.

Pass Requirements

To achieve a passing grade in this subject, students must:

- have a cumulative mark of at least 50%, and
- have submitted all assessment items with a value greater than 15%.

Prescribed Readings:

Nil



Recommended Readings:

Casanelia, L., & Stelfox, D. (2010). *Foundations of massage* (3rd ed). Churchill Livingstone Elsevier. [ebook available].

Smith, J. (2005). *Structural bodywork*. Churchill Livingstone Elsevier.

Zetler, J., & Bonello, R. (2012). *Essentials of law, ethics and professional issues for CAM*. Churchill Livingstone Elsevier.

Subject Content		
Week	Lectures	Tutorials / Practicals
1.	Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources) History of Manual Therapies <ul style="list-style-type: none"> ➤ Touch: what makes it healing? ➤ Massage around the world <ul style="list-style-type: none"> ○ Asian ○ African ○ European ○ South American ➤ Bone setting in traditional cultures ➤ Benefits of touch therapies 	<p>Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback.</p> <p>Forum Discussion</p> <p>Introductory Webinar</p> <ul style="list-style-type: none"> ➤ Overview and expectations of the subject <ul style="list-style-type: none"> ○ Questions and discussion about assessments ○ Information management
2.	Soft Tissue Therapies in Australia <ul style="list-style-type: none"> ➤ Recent history ➤ Swedish massage ➤ Spa/relaxation massage ➤ Sports massage ➤ Foot and hand reflexology 	<p>Forum Discussion</p> <p>Activity:</p> <ul style="list-style-type: none"> ➤ Massage techniques: Effleurage, petrissage
3.	Remedial Techniques <ul style="list-style-type: none"> ➤ Remedial massage ➤ Tui na ➤ Trigger point therapy ➤ Muscle energy techniques 	<p>Forum Discussion</p> <p>Activity:</p> <ul style="list-style-type: none"> ➤ Draw your referral pattern from a trigger point
4.	Proprietary Techniques <ul style="list-style-type: none"> ➤ Structural integration/Rolfing™ ➤ Myofascial release ➤ Bowen Therapy™ <p>Lymphatic drainage</p> <p>Visceral manipulation</p>	<p>Forum Discussion</p> <p>Activity:</p> <ul style="list-style-type: none"> ➤ Ethical issues: Scope of practice; informed consent
5.	Physiotherapy	Forum Discussion



	<ul style="list-style-type: none"> ➤ History and practice ➤ Specialities ➤ Techniques of physiotherapy ➤ Beneficial effects of physiotherapy 	
6.	Osseous Manipulation Chiropractic <ul style="list-style-type: none"> ➤ History and practice ➤ Chiropractic around the world ➤ Subluxation theory ➤ Techniques of chiropractic ➤ Beneficial effects of chiropractic 	Forum Discussion Activity: Ethical issues: Pain and abuse
7.	Osteopathy <ul style="list-style-type: none"> ➤ History and practice ➤ Osteopathy around the world ➤ Techniques of osteopathy ➤ Beneficial effects of osteopathy ➤ Sacro-occipital technique/cranio-sacral ➤ Treatment of infants and children <ul style="list-style-type: none"> ○ Resolving birth trauma 	Forum Discussion
NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Online students – The non-teaching week falls between Weeks 7 and 8		
8.	Myotherapy/Musculoskeletal Therapy <ul style="list-style-type: none"> ➤ History ➤ Principles ➤ Treatment of pain ➤ Pain gate theory ➤ Descending pain inhibition 	Forum Discussion
9.	Myotherapy <ul style="list-style-type: none"> ➤ Assessment methods ➤ Postural alignment ➤ Range of movement ➤ Palpation 	Forum Discussion Activity: <ul style="list-style-type: none"> ➤ Postural self-analysis
10.	Myotherapy (continued) <ul style="list-style-type: none"> ➤ Diagnostic testing <ul style="list-style-type: none"> ○ Special testing and joint examination ○ Neurodynamic testing ➤ Treatment techniques <ul style="list-style-type: none"> ○ Joint mobilisation 	Forum Discussion Activity: <ul style="list-style-type: none"> ➤ Scapulo-humeral motion test



	<ul style="list-style-type: none"> ○ Neurodynamic techniques ○ Dry needling <ul style="list-style-type: none"> ▪ Electrostimulation ➤ TENS 	
11.	Energetics of Touch Therapies <ul style="list-style-type: none"> ➤ Connecting with a client through touch ➤ Energy in the hands ➤ Analog communication in the tissues ➤ Influencing tensegrity ➤ Energetic boundaries 	Forum Discussion Activity: <ul style="list-style-type: none"> ➤ Ethical issues: Misconduct
12.	Exercise Therapy <ul style="list-style-type: none"> ➤ Self-stretches ➤ Correcting patterns ➤ Correcting posture ➤ Strength development 	Forum Discussion
13.	Review of Scope of Manual Therapies <ul style="list-style-type: none"> ➤ Treating pain and loss of motion ➤ Legal status in Australia ➤ Multimodality practices ➤ Cross referral ➤ Ethical considerations for practice 	Forum Discussion
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.	Final Examination Week 1 Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy - Higher Education . Refer to the LMS for exam opening and closing times.	
17.	Final Examination Week 2 Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy - Higher Education . Refer to the LMS for exam opening and closing times.	