

SUBJECT OUTLINE



Subject Name:

Introduction to Musculoskeletal Therapies

Subject Code:

MSTP211

SECTION 1 - GENERAL INFORMATION

Award/s:	Bachelor of Complementary Medicine	Total Course Credit Points:	48	Level:	2 nd Year
Duration:	1 Semester				
Subject Coordinator:	Stacey Mahboub (Brisbane 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:

e-Learning (Online) Narrated PowerPoint presentations
Tutorials: Asynchronous tutor moderated discussion forum and activities
Student handouts, web-based resources

Full Time

Part Time

Pre-requisites: BIOH111

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% (6x2%) + 28% (7x4%)
Written Reflection ethics case study (750 words)	3	1-11	Week 13	20%
Final Written Exam short answer (1.5 hours)	1-4	1-13	Final Examination Period	40%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				

Prescribed Readings:

Nil

Recommended Readings:

- Casanelia, L., & Stelfox, D. (2010). *Foundations of massage* (3rd ed). Sydney, NSW: Churchill Livingstone Elsevier. [ebook available].
- Smith, J. (2005). *Structural bodywork*. Edinburgh, Scotland: Churchill Livingstone Elsevier.
- Zetler, J., & Bonello, R. (2012). *Essentials of law, ethics and professional issues for CAM*. Chatswood, NSW: Churchill Livingstone Elsevier.

Subject Content		
Week	Lectures	Tutorials
1.	Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources) History of Manual Therapies 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	Forum Discussion Introductory Webinar Overview and expectations of the subject <ul style="list-style-type: none"> Questions and discussion about assessments Information management Activities explore and expand awareness of the concepts presented, promoting peer and tutor interaction
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 	Forum Discussion Activity <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 	Forum Discussion Activity <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™ Lymphatic drainage Visceral manipulation	Forum Discussion Activity <ul style="list-style-type: none"> • Ethical issues: Scope of practice; informed consent
5.	Physiotherapy <ul style="list-style-type: none"> • History and practice • Specialities • Techniques of physiotherapy • Beneficial effects of physiotherapy 	Forum Discussion
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 <ul style="list-style-type: none"> • 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) 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 • Neurodynamic techniques • Dry needling <ul style="list-style-type: none"> ○ Electrostimulation • TENS 	Forum Discussion Activity <ul style="list-style-type: none"> • Scapulo-humeral motion test
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 Online enrolled students: You are required to sit examinations on campus per the Examination Policy - Higher Education . The Examination Weeks for subjects offered online are identified in the Online Calendar Please refer to the Examination Timetable for your local campus for the exact day and time of exam	
17.	Final Examination Week 2 Online enrolled students: You are required to sit examinations on campus per the Examination Policy - Higher Education . The Examination Weeks for subjects offered online are identified in the Online Calendar Please refer to the Examination Timetable for your local campus for the exact day and time of exam	