SUBJECT OUTLINE

Subject Name: **Subject Code:**

Myotherapy for the Axial Skeleton MSTT315

SECTION 1 – GENERAL INFORMATION

Award/s: Bachelor of Health Science (Myotherapy)

Total course credit points: 96

Level: 3rd Year

Duration: 1 Semester

Subject Coordinator: Paul Attenborough (Melbourne 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 three weeks with 2 x 6 hour days delivered per week Assessment: Attendance - Weeks 1-3 Mid-semester and Final Practical Exams are completed in additional sessions in Weeks 2 & 3 of the intensive Final Written Exam - Week 6
Full Time		
Part Time		

Pre-requisites: MSTC223, MSTT223, MSTT224

Co-requisites: Nil

Special resource requirements:

Details:

- Mulligan belt
- Pen torch
- Reflex hammer
- Tuning fork (128 Hz)

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

The purpose of this subject is to expand the students' understanding of myotherapy through the acquisition of specialised knowledge of joint arthrokinematics and osteokinematics on the axial skeleton. This is required to develop skills in differentiating regional symptomology relating to neuropathic pain, executing segmental joint mobility assessment and applying segmental mobilisation to the axial skeleton.

Learning Outcomes

1. Demonstrate accurate application of joint and neural examination, joint mobilisation and neural mobilisation techniques for the axial skeleton.
2. Describe normal joint biomechanics and pathomechanics in relation to the axial skeleton.
3. Explain the rationale for the choice and use of particular techniques.
4. Apply knowledge of the Maitland concept, Mulligan concept and neural mobilisation techniques to clinical examples appropriately.
5. Consider precautions and contraindications to treatment.

Assessment Tasks

Type	Learning Outcomes Assessed	Week Content Delivered	Due	Weighting
Attendance (80% required)	N/A	1-13	Sessions 1-13	Pass/Fail
Mid-semester Practical Exam (30 mins)	1,3-5	1-5	Session 6	20%
Final Practical Exam (30 mins)	1,3-5	1-12	Session 13	40%
Final Written Exam (2 Hours)	2-5	1-12	Final Examination Period	40%
The overall 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:

1. Barral, J.P., & Croibier, A. (2007). *Manual therapy for the peripheral nerves*. Edinburgh, Scotland: Churchill Livingstone Elsevier. [ebook available]
2. Hing, W., Hall, T., Rivett, D., Vincenzino, B., & Mulligan, B. (2015). *The Mulligan concept of manual therapy: Textbook of techniques*. Chatswood, NSW: Elsevier.

Recommended readings:

1. 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]
2. Mulligan, B.R. (2010). *Manual therapy: NAGS, SNAGS, MWMS etc* (6th ed.). Wellington, NZ: Plane View Services.
3. Vicenzino, B., Hing, W., Rivett, D., & Hall, T. (2011). *Mobilisation with movement: The art and the science.* Chatswood, NSW: Elsevier.

Subject Content

Week	Practical
1.	Revision of the Maitland concept and joint mobilisation Joint and neural examination of the lumbar spine and sacroiliac joints • Regional symptomology • Neural testing guidelines • Demonstrate clinical reasoning to interpret examination findings • Demonstration of advanced assessment of the lumbar spine and sacroiliac joints with reference to clinical examples of pain, dysfunction and disability • Supervised student practice of assessment and treatment techniques
2.	Introduction to the Mulligan concept and mobilisation with movement Joint mobilisation and mobilisation with movement of the lumbar spine • Review current research regarding mobilisation, mobilisation with movement and neural mobilisation • Demonstration of joint mobilisation and mobilisation with movement of the lumbar spine with reference to clinical examples of pain, dysfunction and disability • Supervised student practice of joint mobilisation with movement
3.	Neural mobilisation for the lumbar spine

	• Neural mobilisation guidelines • Assessment • Technique selection • Supervised student practice of neural mobilisation
4.	Joint mobilisation and mobilisation with movement of the sacroiliac joints • Technique selection • Review current research regarding mobilisation, mobilisation with movement and neural mobilisation • Demonstration of joint mobilisation and mobilisation with movement of the sacroiliac joints with reference to clinical examples of pain, dysfunction and disability • Supervised student practice of joint mobilisation with movement
5.	Revision • Concentrated practice of assessment, mobilisation with movement and neural mobilisation • Case study application • Exam preparation
6.	**Mid-semester Practical Exam**
7.	Joint examination of the cervical spine • Demonstrate clinical reasoning to interpret examination findings • Demonstration of advanced assessment of the cervical spine with reference to clinical examples of pain, dysfunction and disability • Supervised student practice of assessment and treatment techniques
	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.	Neural examination of the cervical spine Neural mobilisation to the cervical spine • Neural testing guidelines • Treatment selection • Demonstrate clinical reasoning to interpret examination findings • Demonstration of neural tests and mobility for the cervical spine and make reference to clinical examples of pain, dysfunction and disability • Supervised student practice of neural testing and mobility testing and treatment
9.	Joint mobilisation and mobilisation with movement of the cervical spine • Technique selection • Review current research regarding mobilisation, mobilisation with movement and neural mobilisation • Demonstration of joint mobilisation and mobilisation with movement of the cervical spine with reference to clinical examples of pain, dysfunction and disability • Supervised student practice of joint mobilisation with movement
10.	Advanced assessment and neural testing of the thorax Neural testing of the thorax • Demonstrate clinical reasoning to interpret examination findings • Demonstration of mobility tests to T1-T12 and ribs with reference to clinical examples • Supervised student practice of assessment and treatment techniques
11.	Joint mobilisation and mobilisation with movement of the thoracic region Neural mobilisation of the thorax • Technique selection • Review current research regarding mobilisation, mobilisation with movement and neural mobilisation

	• Demonstration of mobilisation, mobilisation with movement and neural mobilisation techniques to the thorax with reference to clinical examples of pain, dysfunction and disability • Supervised student practice of treatment techniques
12.	Revision • Concentrated practice of assessment, mobilisation with movement and neural mobilisation • Case study application • Exam preparation
13.	**Final Practical Exam**
14.	**Study Week/Practical Examination Week 1** Note that make-up classes may be scheduled in this week
15.	**Study Week/Practical Examination Week 2** Note that make-up classes may be scheduled in this week
16.	**Final Examination Week 1** Please refer to the Examination Timetable for your campus for the exact time and day of the final exam
17.	**Examination Week 2** Please refer to the Examination Timetable for your campus for the exact time and day of the final exam