

SUBJECT OUTLINE



Subject Name:

Subject Code:

Myotherapy for the Appendicular Skeleton

MSTT316

SECTION 1 – GENERAL INFORMATION

Award/s:	Bachelor of Health Science (Myotherapy)	Total course credit points:	96	Level:	3 rd Year
Duration:	1 Semester				
Subject Coordinator:	Paul Attenborough (Melbourne 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:

Face to face	3 hours 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:	<ul style="list-style-type: none">• Mulligan belt• Pen torch• Reflex hammer• Tuning fork (128 Hz)
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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 appendicular skeleton. This is required to develop skills in differentiating regional symptomology relating to neuropathic pain, execute peripheral joint mobility assessment and apply mobilisation techniques to the appendicular skeleton.

Learning Outcomes

1. Demonstrate accurate application of joint and neural examination, joint mobilisation and neural mobilisation for the appendicular skeleton.
2. Describe normal joint biomechanics and pathomechanics in relation to the appendicular 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	Weeks Content Delivered	Due	Weighting
Attendance (80% required)	N/A	1-13	Sessions 1-13	Pass/Fail
Mid-semester Practical Exam (30 minutes)	1,3-5	1-5	Session 6	20%
Final Practical Exam (30 minutes)	1,3-5	1-13	Practical Examination Period	40%
Final Written Exam (2 hours)	2-5	1-13	Final Examination Period	40%

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

Prescribed readings:

- Barral, J. P., & Croibier, A. (2007). *Manual therapy for the peripheral nerves*. Edinburgh, Scotland: Churchill Livingstone Elsevier. [ebook available]
- 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:

- 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]
- Mulligan, B. R. (2010). *Manual therapy: NAGS, SNAGS, MWMS etc* (6th ed.). Wellington, New Zealand: Plane View Services.
- Vincenzino, 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 upper extremity <ul style="list-style-type: none"> Demonstrate clinical reasoning to interpret examination findings Demonstration of advanced assessment techniques of the shoulder complex 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 for the shoulder complex Neural mobilisation of the upper extremity <ul style="list-style-type: none"> Review current research regarding mobilisation, mobilisation with movement and neural mobilisation Demonstration of mobilisation techniques of glenohumeral, sternoclavicular, acromioclavicular and scapulothoracic joints with reference to clinical examples of pain, dysfunction and disability Demonstrate neural mobilisation techniques to the upper extremity Supervised student practice of mobilisation, mobilisation with movement, and neural mobilisation techniques
3.	Joint examination of the elbow, wrist and hand Neural examination of the upper extremity

	<ul style="list-style-type: none"> • Demonstrate clinical reasoning to interpret examination findings • Demonstration of advanced assessment techniques of the elbow and wrist with reference to clinical examples of pain, dysfunction and disability • Supervised student practice of assessment
4.	<p>Joint mobilisation and mobilisation with movement of the elbow, wrist and hand Neural mobilisation of the upper extremity</p> <ul style="list-style-type: none"> • Review current research regarding mobilisation, mobilisation with movement and neural mobilisation • Demonstration of joint mobilisation, and mobilisation with movement techniques of the wrist and hand joints with reference to clinical examples of pain, dysfunction and disability • Demonstrate neural mobilisation techniques to the upper extremity • Supervised student practice of mobilisation, mobilisation with movement, and neural mobilisation techniques
5.	<p>Revision</p> <ul style="list-style-type: none"> • Concentrated practice of assessment, mobilisation with movement and neural mobilisation • Case study application • Exam preparation
6.	Mid-semester Practical Exam
7.	<p>Joint examination of the hip joint Neural examination of the lower extremity</p> <ul style="list-style-type: none"> • Demonstrate clinical reasoning to interpret examination findings • Demonstration of advanced assessment techniques of the hip and pelvis with reference to clinical examples of pain, dysfunction and disability • Supervised student practice of assessment and treatment techniques
<p>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</p>	
8.	<p>Joint mobilisation and mobilisation with movement of the hip Neural mobilisation of the lower extremity</p> <ul style="list-style-type: none"> • Review current research regarding mobilisation, mobilisation with movement and neural mobilisation • Demonstration of joint mobilisation and mobilisation with movement techniques of the hip with reference to clinical examples of pain, dysfunction and disability • Demonstrate neural mobilisation techniques to the upper extremity • Supervised student practice of mobilisation, mobilisation with movement, and neural mobilisation techniques
9.	<p>Joint examination of the knee complex Neural examination of the lower extremity</p> <ul style="list-style-type: none"> • Demonstrate clinical reasoning to interpret examination findings • Demonstration of advanced assessment of the tibiofemoral, patellofemoral and proximal tibiofibular joints with reference to clinical examples of pain, dysfunction and disability • Supervised student practice of assessment and treatment techniques
10.	<p>Joint mobilisation and mobilisation with movement of the knee complex Neural mobilisation of the lower extremity</p> <ul style="list-style-type: none"> • Review current research regarding mobilisation, mobilisation with movement and neural mobilisation • Demonstration of joint mobilisation and mobilisation with movement techniques of the knee with reference to clinical examples of pain, dysfunction and disability • Demonstrate neural mobilisation techniques to the upper extremity • Supervised student practice of mobilisation, mobilisation with movement, and neural mobilisation techniques

11.	Joint examination of the ankle and foot Neural examination of the lower extremity <ul style="list-style-type: none"> • Demonstrate clinical reasoning to interpret examination findings • Demonstration of advanced assessment techniques of the ankle and foot with reference to clinical examples of pain, dysfunction and disability • Supervised student practice of assessment and treatment techniques
12.	Joint mobilisation and mobilisation with movement techniques for the ankle and foot Neural mobilisation of the lower extremity <ul style="list-style-type: none"> • Review current research regarding mobilisation, mobilisation with movement and neural mobilisation • Demonstration of mobilisation and mobilisation with movement techniques of the ankle and foot with reference to clinical examples of pain, dysfunction and disability • Supervised student practice of mobilisation, mobilisation with movement, and neural mobilisation techniques
13.	Revision <ul style="list-style-type: none"> • Concentrated practice of assessment, mobilisation with movement and neural mobilisation • Case study application • Exam preparation
14.	Study Week/Practical Examination Week 1 Practical exam occurs in regular class time and location 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.	Final Examination Week 2 Please refer to the Examination Timetable for your campus for the exact time and day of the final exam