



# SUBJECT OUTLINE

Subject Name:

**Myotherapy Clinical Practicum 3**

Subject Code:

**MSTC314**

## SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Myotherapy)

Total Course Credit Points:

96

Level:

3<sup>rd</sup> Year

Duration:

1 Semester

Subject is:

Core

Subject Credit Points:

4

### Student Workload:

No. timetabled hours per week:  
**8**

No. personal study hours per week:  
**4**

Total hours per week:  
**12**

Delivery Mode\*:

☒ On campus

☐ Online / Digital

☐ Blended

☐ Intensive

Weekly Session Format/s - 2 sessions per week over 12 weeks:

☒ Clinic block: 4 hour sessions, includes 30 minutes per session of set up / pack down time

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

Study Pattern:

☒ Full Time

☒ Part Time

Pre-requisites:

BIOE221, MSTC223, MSTT223, MSTT224

Co-requisites:

Nil

### Special Resource Requirements:

HLTAID003 Provide first aid (VET unit of competency)

LMS-based clinic induction and quiz

Professional Dress Standards as described by the [Endeavour Clinic Handbook](#)

[Endeavour Clinic Handbook](#)

WWCC (or its equivalent) for the location in which subject is undertaken as per [Working with Children Check Policy](#)

Clinical equipment kit including:

- Buck reflex hammer
- Goniometer
- Measuring tape
- Mulligan belt
- Pen light
- Sphygmomanometer



- Stethoscope
- Tuning fork (128 Hz)

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

This subject provides students with the opportunity to build expertise and confidence in the delivery of myotherapy techniques within a supervised clinic practicum. Students continue to develop and apply their knowledge and skills at an intermediate level to care for a range of clients.

### Learning Outcomes

1. Consider and adapt history taking approach in response to clients' physical, mental and emotional needs.
2. Formulate an appropriate working diagnosis and treatment plan, based on analysis of information gathered through the clients' clinical history and the musculoskeletal examination.
3. Critically evaluate the effectiveness of the treatment through re-assessing objective findings, client feedback and self-reflection.
4. Design and implement detailed treatment plans that address clients' needs based on clinical examination findings.
5. Critically evaluate the literature in relation to the clinical effectiveness, quality, relevance and reliability of myotherapy interventions.

### Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Attendance</b> (100% required)	N/A	N/A	Sessions 1-24	Pass/Fail
<b>Mid-semester Progressive Clinical Assessment</b> (rubric-based)	1-4	1-11	Sessions 11-12	30%
<b>Client Log</b> (1000 words)	1-5	1-16	Week 9	30%
<b>Final Progressive Clinical Assessment</b> (rubric-based)	1-4	12-24	Sessions 23-24	40%

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



### Prescribed Readings:

1. Brukner, P., & Khan, K. (Eds.). (2017). *Bruckner & Khan's clinical sports medicine* (5th ed. Vol 1 and Vol 2). McGraw Hill. [ebook available]
2. Butler, D. S. (2000). *The sensitive nervous system*. Noigroup Publications.
3. Dommerholt, J., & Fernández-de-las-Peñas, C. (2013). *Trigger point dry needling: An evidence and clinical-based approach* (2nd ed.). Churchill Livingstone. [ebook available]

### Recommended Readings:

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

## Subject Content

Week	Clinical Practicum
1-12.	<p>Clinic practicum extends from Week 1 to Week 12.</p> <p>Progressive assessments are conducted in Weeks 6 and 12 and students submit a formative self-reflection and are presented with written and verbal feedback from each supervisor about their performance in clinic in relation to specified rubrics.</p> <p>In Clinical Practicum students are evaluated on their ability to apply their knowledge and skills in a professional manner. Therefore students should note that, although helpful, previous success in academic subjects does not guarantee success in Clinical Practicum.</p> <p>During myotherapy clinical practicum students will practice under supervision:</p> <ul style="list-style-type: none"> <li>➤ Conducting clinical consultations and observations</li> <li>➤ Good client-practitioner communication</li> <li>➤ Case taking</li> <li>➤ Clinical examination skills and physical assessment</li> <li>➤ Developing individualised treatment plans</li> <li>➤ Prescription of home care exercises or activities</li> <li>➤ Appropriate referral</li> <li>➤ Undertaking Patient Reported Outcome Measures (PROMs) and monitoring results over time</li> <li>➤ Present to supervisor and obtain approval for treatment plan</li> <li>➤ Office management skills and reception duties</li> <li>➤ Observing all clinic policies and procedures</li> <li>➤ Participating in debriefing sessions at the conclusion of each clinical practicum to identify any important issues</li> </ul>