



# SUBJECT OUTLINE

Subject Name:

**Myotherapy for the Upper Body 1**

Subject Code:

**MSTT212**

## SECTION 1 – GENERAL INFORMATION

<b>Award/s:</b>	<b>Total Course Credit Points:</b>	<b>Level:</b>
Bachelor of Health Science (Naturopathy)	128	Elective 4 <sup>th</sup> Year
Bachelor of Health Science (Myotherapy)	96	Core 2 <sup>nd</sup> Year
<b>Duration:</b> 1 Semester		
<b>Subject Coordinator:</b> Amy Hulse (Brisbane Campus)		
<b>Subject is:</b> Core or Elective as noted	<b>Subject Credit Points:</b>	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 (On Campus)      1 x 1 hour lecture      1 x 2 hour practical

Full Time

Part Time

**Pre-requisites:** MSTA121

**Co-requisites:** Nil

### Special Resource Requirements:

1 bath-sheet sized towel per student (Clinic towels must not be used)

Attire that allows effective palpation while acting as student model

Goniometer

Myofascial release balm and associated safety data sheet

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

This subject aims to introduce key elements of the orthopaedic examination of the upper limb and axial skeleton. Students will focus on postural assessment, joint range of motion testing and palpation. The student will gain valuable insight into how joints move (kinematics), the anatomical structures that support movement and those which crease stability. This subject will furthermore provide students with a broad understanding of myofascial trigger points, including: clinical features, perpetuating factors, factors affecting pain and the relative efficacy of various treatment techniques. Students completing this subject will be able to complete a basic range of movement



assessment of the upper limb and axial skeleton, detect movement dysfunction and resolve dysfunction of trigger point origin using neuromuscular techniques.

## Learning Outcomes

1. Apply understanding of joint movements and joint mechanics.
2. Demonstrate practical competence and understanding in joint assessment techniques of the upper limb and axial skeleton.
3. Explain the theory, clinical characteristics and neuromuscular techniques for myofascial trigger points of the upper body and axial skeleton.
4. Demonstrate practical application of a variety of therapeutic interventions to deactivate trigger points of the upper limb and axial skeleton.

## Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Attendance</b> (80% required)	N/A	N/A	Sessions 1-12	Pass/Fail
<b>Range of Motion Logbook</b>	1-2	1-5	Week 6	30%
<b>Final Practical Exam</b> (30 minutes)	1-4	1-12	Session 13	40%
<b>Final Written Exam</b> (1.5 hours)	1-4	1-12	Final Examination Period	30%

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

### Prescribed Readings:

1. Biel, A. (2015). Trail guide to movement: Building the body in motion. Books of Discovery.
2. Clarkson, H. M. (2013). Musculoskeletal assessment: Joint motion and muscle testing (3rd ed.). Wolters Kluwer Health.
3. Niel-Asher, S. (2014). The concise book of trigger points: A professional and self-help manual (3rd ed.). North Atlantic Books. [ebook available]

### Recommended Readings:

1. Dommerholt, J., & Huijbregts, P. (2011). Myofascial trigger points: Pathophysiology and evidence-informed diagnosis and management. Jones and Bartlett Publishers. [ebook available]



2. Neumann, D. A. (2017). Kinesiology of the musculoskeletal system: Foundations for rehabilitation (3rd ed.). Elsevier. [ebook available]

Subject Content		
Week	Lectures	Tutorials / Practicals
1.	<p><b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p><b>The Joint Assessment Routine</b></p> <ul style="list-style-type: none"> <li>➤ Overview and rationale</li> <li>➤ Upper limb and axial observation and postural assessment</li> </ul> <p><b>Biomechanics</b></p> <ul style="list-style-type: none"> <li>➤ Joint movements</li> <li>➤ Overview of kinematics</li> </ul>	<ul style="list-style-type: none"> <li>➤ Postural assessment</li> <li>➤ Observation of the upper limb and axial skeleton</li> <li>➤ Joint movements of the upper limb and axial skeleton</li> </ul>
2.	<p><b>The Axial Skeleton: The Cervical, Thoracic and Lumbar Spine</b></p> <ul style="list-style-type: none"> <li>➤ Active, passive and active resisted range of movement</li> <li>➤ Length testing</li> <li>➤ Palpation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Axial skeleton assessment</li> </ul>
3.	<p><b>The Shoulder Complex</b></p> <ul style="list-style-type: none"> <li>➤ Active, passive and active resisted range of movement</li> <li>➤ Length testing</li> <li>➤ Palpation</li> </ul> <p><b>Formative Assessment: Range of Motion Logbook Part A due</b></p>	<ul style="list-style-type: none"> <li>➤ Shoulder complex assessment</li> </ul>
4.	<p><b>The Elbow and Forearm</b></p> <ul style="list-style-type: none"> <li>➤ Active, passive and active resisted range of movement</li> <li>➤ Length testing</li> <li>➤ Palpation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Elbow and forearm assessment</li> </ul>
5.	<p><b>The Wrist, Hand and Temporomandibular Joint</b></p> <ul style="list-style-type: none"> <li>➤ Active, passive and active resisted range of movement</li> <li>➤ Palpation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Wrist, hand and temporomandibular joint assessment</li> </ul>
6.	<p><b>Biomechanics</b></p> <ul style="list-style-type: none"> <li>➤ Arthrokinematics</li> <li>➤ Osteokinematics</li> </ul>	<ul style="list-style-type: none"> <li>➤ Joint movement activities</li> </ul>



7.	<b>Pathomechanics</b> <ul style="list-style-type: none"> <li>Abnormal and compensatory movement and posture</li> </ul>	<ul style="list-style-type: none"> <li>Basic functional movement activities and assessment</li> </ul>
<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week) <b>Semester 1</b> – This aligns with the week after Easter so it may fall between Weeks 6 to 8 <b>Semester 2</b> – The non-teaching week falls between Weeks 7 and 8		
8.	<b>Trigger Points and Neuromuscular Techniques (NMT)</b> <ul style="list-style-type: none"> <li>Aetiology, clinical features, diagnosis</li> <li>Pathophysiology</li> <li>Perpetuating factors, factors affecting pain</li> </ul>	<ul style="list-style-type: none"> <li>Identification of common trigger points of the upper limb and axial skeleton</li> </ul>
9.	<b>Trigger Points</b> <ul style="list-style-type: none"> <li>Diagnosis and palpation</li> <li>Efficacy of treatment techniques</li> <li>Neuromuscular techniques for the axial skeleton</li> </ul>	<ul style="list-style-type: none"> <li>Neuromuscular techniques for the axial skeleton</li> </ul>
10.	<b>Trigger Points (continued)</b> <ul style="list-style-type: none"> <li>Neuromuscular techniques for the upper limb</li> </ul>	<ul style="list-style-type: none"> <li>Neuromuscular techniques for the upper limb</li> </ul>
11.	<b>Trigger Points (continued)</b> <ul style="list-style-type: none"> <li>Applied case studies</li> </ul>	<ul style="list-style-type: none"> <li>Case-study based treatment of trigger points</li> </ul>
12.	<b>Integration: Putting It All Together</b> <ul style="list-style-type: none"> <li>Integrated assessment and treatment of the axial skeleton</li> <li>Clinical reasoning</li> </ul> <b>Exam Preparation</b>	<ul style="list-style-type: none"> <li>Case-study based assessment and treatment of the axial skeleton and upper limb               <ul style="list-style-type: none"> <li>Posture and functional movement assessment</li> <li>Range of movement assessment</li> <li>Treatment of trigger points</li> </ul> </li> </ul>
13.	<b>Final Practical Exam</b>	
14.	<b>Non-Teaching Week/Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week	
15.	<b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week	
16.	<b>Final Examination Week 1</b> Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy – Higher Education</a> . Refer to your local campus calendar for exam opening and closing times.	
17.	<b>Final Examination Week 2</b> Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy – Higher Education</a> . Refer to your local campus calendar for exam opening and closing times.	