



SUBJECT OUTLINE

Subject Name:

Myotherapy for the Upper Body 1

Subject Code:

MSTT212

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Naturopathy)

Bachelor of Health Science (Myotherapy)

Total Course Credit Points:

128

96

Level:

Elective 4th Year

Core 2nd Year

Duration:

1 Semester

Subject is:

Core or Elective as noted

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*:

☐ On campus

☐ Online / Digital

☒ Blended

☒ Intensive

Weekly Session^ Format/s - 1 session per week:

☒ On campus practical tutorials:

☐ 1 hour

☒ 2 hours

2 hour practical session per week

☒ Livestream lectures:

☒ 1 hour

☐ 2 hours

1 hour lecture per week

☒ Summer school – 7 weeks:

Offered in Summer School only for make-up purposes after lockdowns.

Delivery on campus: 2 x 3 hour sessions Weeks 1 – 6, 1 x 3 hour session Week 7.

Assessment Due: Attendance – Weeks 1 – 7; Range of Motion Logbook – Week 4; Final Practical Exam – Week 7; Final Written Exam – Week 7.

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

^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

Note: As they are aware, international students on a Student Visa (500) must attend livestream classes on their local campus, using the Virtual Classrooms provided.

Study Pattern:

☒ 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 increase 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
Attendance (80% required)	N/A	N/A	Sessions 1-12	Pass/Fail
Range of Motion Logbook	1-2	1-5	Week 6	30%
Final Practical Exam (30 minutes)	1-4	1-12	Session 13	40%
Final Written Exam (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.	Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources) The Joint Assessment Routine <ul style="list-style-type: none"> ➤ Overview and rationale ➤ Upper limb and axial observation and postural assessment Biomechanics <ul style="list-style-type: none"> ➤ Joint movements ➤ Overview of kinematics 	<ul style="list-style-type: none"> ➤ Postural assessment ➤ Observation of the upper limb and axial skeleton ➤ Joint movements of the upper limb and axial skeleton
2.	The Axial Skeleton: The Cervical, Thoracic and Lumbar Spine <ul style="list-style-type: none"> ➤ Active, passive and active resisted range of movement ➤ Length testing ➤ Palpation 	<ul style="list-style-type: none"> ➤ Axial skeleton assessment
3.	The Shoulder Complex <ul style="list-style-type: none"> ➤ Active, passive and active resisted range of movement ➤ Length testing ➤ Palpation Formative Assessment: Range of Motion Logbook Part A due	<ul style="list-style-type: none"> ➤ Shoulder complex assessment
4.	The Elbow and Forearm	<ul style="list-style-type: none"> ➤ Elbow and forearm assessment



	<ul style="list-style-type: none"> ➤ Active, passive and active resisted range of movement ➤ Length testing ➤ Palpation 	
5.	The Wrist, Hand and Temporomandibular Joint <ul style="list-style-type: none"> ➤ Active, passive and active resisted range of movement ➤ Palpation 	<ul style="list-style-type: none"> ➤ Wrist, hand and temporomandibular joint assessment
6.	Biomechanics <ul style="list-style-type: none"> ➤ Arthrokinematics ➤ Osteokinematics 	<ul style="list-style-type: none"> ➤ Joint movement activities
7.	Pathomechanics <ul style="list-style-type: none"> ➤ Abnormal and compensatory movement and posture 	<ul style="list-style-type: none"> ➤ Basic functional movement activities and assessment
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 non-teaching week falls between Weeks 7 and 8		
8.	Trigger Points and Neuromuscular Techniques (NMT) <ul style="list-style-type: none"> ➤ Aetiology, clinical features, diagnosis ➤ Pathophysiology ➤ Perpetuating factors, factors affecting pain 	<ul style="list-style-type: none"> ➤ Identification of common trigger points of the upper limb and axial skeleton
9.	Trigger Points <ul style="list-style-type: none"> ➤ Diagnosis and palpation ➤ Efficacy of treatment techniques ➤ Neuromuscular techniques for the axial skeleton 	<ul style="list-style-type: none"> ➤ Neuromuscular techniques for the axial skeleton
10.	Trigger Points (continued) <ul style="list-style-type: none"> ➤ Neuromuscular techniques for the upper limb 	<ul style="list-style-type: none"> ➤ Neuromuscular techniques for the upper limb
11.	Trigger Points (continued) <ul style="list-style-type: none"> ➤ Applied case studies 	<ul style="list-style-type: none"> ➤ Case-study based treatment of trigger points
12.	Integration: Putting It All Together <ul style="list-style-type: none"> ➤ Integrated assessment and treatment of the axial skeleton ➤ Clinical reasoning Exam Preparation	<ul style="list-style-type: none"> ➤ Case-study based assessment and treatment of the axial skeleton and upper limb <ul style="list-style-type: none"> ○ Posture and functional movement assessment ○ Range of movement assessment ○ Treatment of trigger points
13.	Final Practical Exam	
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 Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education . Refer to the LMS for exam opening and closing times.
17.	Final Examination Week 2 Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education . Refer to the LMS for exam opening and closing times.