



# SUBJECT OUTLINE

Subject Name:

**Myotherapy Clinical Practicum 1**

Subject Code:

**MSTC212**

## SECTION 1 – GENERAL INFORMATION

<b>Award/s:</b>	<b>Total Course Credit Points:</b>	<b>Level:</b>
Bachelor of Health Science (Myotherapy)	96	2 <sup>nd</sup> Year
<b>Duration:</b>	1 Semester	
<b>Subject Coordinator:</b>	Taylor-Jane Sharouni (Sydney Campus)	
<b>Subject is:</b>	<b>Subject Credit Points:</b>	2
Core		

### Student Workload:

<b>No. timetabled hours per week:</b> 4	<b>No. personal study hours per week:</b> 2	<b>Total hours per week:</b> 6
--	--	-----------------------------------

#### Delivery Mode:

Clinic Block Delivery 1 x 4 hour clinical practicum sessions per week over 12 weeks (includes 30 minutes per session set up / pack down time).

Full Time  
Part Time

**Pre-requisites:** MSTC121, MSTF121

**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](#)

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

This subject provides students with supervised clinical practice in delivering myotherapy techniques such as neuromuscular, myofascial release and stretching relevant to postural dysfunctions of the body. These skills will be utilised to care for a range of clients within a supervised clinic environment. It aims to consolidate and support



the students' development of myotherapy practice while continuing to develop and apply their knowledge, proficiencies and desirable personal attributes gained from previous learning experiences.

## Learning Outcomes

1. Make use of patient reported outcome measures and myotherapy standardised documents for subjective data gathering and recording of information.
2. Perform appropriate physical examinations relevant to the presenting case using the myotherapy examination order.
3. Choose appropriate myotherapy treatment techniques to meet client goals.
4. Communicate effectively and appropriately with clients, the general public and the health care team in a clinical setting.
5. Demonstrate ethical behaviour with all clients presenting for treatment and follow all aspects of informed consent.
6. Demonstrate proficiency with all aspects of management and administration of a professional myotherapy practice.
7. Summarise experiences in clinic using reflective writing techniques.

## Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Attendance</b> (100% required)	N/A	N/A	Sessions 1-12	Pass/Fail
<b>Mid-semester Progressive Clinical Assessment</b> (rubric-based)	1-6	1-6	Session 6-7	30%
<b>2 Reflective Logs</b> (500 words, each)	1, 3, 7	1-8	Weeks 5 & 8	20% (2 x 10%)
<b>Final Progressive Clinical Assessment</b> (rubric-based)	1-6	7-12	Session 12	50%

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

### Prescribed Readings:

1. Andrade, C. K. (2014). *Outcome-based massage: Putting evidence into practice*. (3rd ed.). Wolters Kluwer Health.



### Recommended Readings:

1. Biel, A. (2015). *Trail guide to movement: A hands-on guide to locating muscles, bones and more*. Books of Discovery.
2. Granger, J. (2011). *Neuromuscular therapy manual*. Lippincott Williams & Wilkins.

Subject Content	
Week	Clinical Practicum
<b>1.</b>	<p><b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Clinic orientation</p> <p>Assessment and treatment technique review for relaxation and seated massage</p>
<b>2.</b>	<p>Client assessment, including postural assessment</p> <p>Incorporating myotherapy techniques into treatment</p> <p>Mock clinic - putting consultation and treatment into practice</p>
<b>3-12.</b>	<p>Clinic practicum extends from Week 3 to Week 12. Students begin conducting basic myotherapy treatment sessions from Week 3.</p> <p>Mid-semester reviews are conducted in Weeks 6-7 and students complete a formative self-reflection form and are presented with both written and verbal feedback about their performance in clinic.</p> <p>Final reviews of clinical practicum are conducted in Week 12 and students complete a formative self-reflection form and are presented with further written and verbal feedback regarding 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 safe, 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>➤ Basic myotherapy (1 hour bookings) and seated massage (30 minute bookings)</li> <li>➤ Conducting clinical consultations and observations</li> <li>➤ Using good client-practitioner communication</li> <li>➤ Demonstrating effective case taking and clinical examination skills</li> <li>➤ Using patient reported outcome measures and other validated measurement tools</li> <li>➤ Developing individualised treatment plans</li> <li>➤ Identifying and completing appropriate referral</li> <li>➤ Presenting to supervisor to 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>