SUBJECT OUTLINE

Subject Name:

Myotherapy for the Lower Body 2

Subject Code:

MSTT223

SECTION 1 – GENERAL INFORMATION

Award/s: Bachelor of Health Science (Myotherapy)

Total Course Credit Points: 96

Level: 2nd Year

Duration: 1 Semester

Subject Coordinator: Cory Dal Ponte (Melbourne Campus)

Subject is: Core

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:

Face to Face (On Campus)	1 x 3 hour practical
Intensive Delivery (Summer School)	Contact hours are delivered over 5 weeks with 2 x 4 hour days delivered per week Content: Combination lecture and tutorial activities Assessment: Attendance – Weeks 1-5. Mid-semester Practical Exam – Week 3. Final Practical & Written Exams – Week 6. Full Time Part Time

Pre-requisites: MSTT211

Co-requisites: MSTA212, MSTN121

Special Resource Requirements:

- Measuring tape
- Tuning Fork (128 Hz)
- Goniometer
- Buck reflex hammer
- One bath-sheet sized towel per student (Clinic towels must not be used)

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject provides opportunities for students to further develop their knowledge, proficiencies and values related to clinical decision-making and care in myotherapy. The subject focuses on the assessment of dysfunction and care of the joints and related tissues in the lower body and extremities.

Learning Outcomes

1. Implement appropriate examination plans based on myotherapy examination protocols in context of the lower body.
2. Interpret clinical signs and symptoms and determine accurate differential diagnoses in context of the lower body.
3. Demonstrate knowledge and application of orthopaedic special testing procedures for the lower body.
4. Interpret special testing results to determine an accurate diagnosis in context of the lower body.
5. Demonstrate knowledge and application of musculoskeletal therapeutic techniques for treatment of injuries and conditions of the lower body including but not limited to: joint mobilisation and neurodynamic techniques.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Attendance (80% required)	N/A	N/A	Sessions 1-12	Pass/Fail
Mid-semester Practical Exam (30 minutes)	1-5	1-5	Session 6	30%
Final Practical Exam (30 minutes)	1-5	1-12	Session 13	30%
Final Written Exam (2 hours)	1-5	1-13	Final Examination Period	40%
All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS				

Prescribed Readings:

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

2. Hengeveld, E., & Banks, K. (Eds). (2013). *Maitland's peripheral manipulation: Management of neuromusculoskeletal disorders* (5th ed., Vol. 2). Churchill Livingstone; Elsevier. [ebook available]

Recommended Readings:

1. Magee, D. (2014). *Orthopedic physical assessment* (6th ed.). Elsevier. [eBbok available]
2. Neumann, D. A. (2017). *Kinesiology of the musculoskeletal system: Foundations for rehabilitation* (3rd ed.). Elsevier.
3. Petty, N. J. (2011). *Neuromusculoskeletal examination and assessment: A handbook for therapists* (4th ed.). Churchill Livingstone: Elsevier. [ebook available]

Subject Content

Week	Practicals
1.	**Thoracolumbar and lumbopelvic examination** • Recognising and acting on red flags • Functional anatomy, arthrokinematics and pathomechanics of the thoracic and lumbar spines • Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing • Interpretation of clinical findings • Self-reflection on practical skills application and client/clinician interaction
2.	**Sacroiliac joint and pubic symphysis examination** • Functional anatomy, arthrokinematics and pathomechanics of the sacroiliac joint and pubic symphysis • Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing • Interpretation of clinical findings • Self-reflection on practical skills application and client/clinician interaction
3.	**Manual therapy for the lumbar spine** • Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques • Current evidence-based practice for manual therapies • Identifying yellow flags and effective referral • Self-reflection on practical skills application and client/clinician interaction
4.	**Manual therapy for the sacroiliac joint and pubic symphysis** • Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques • Current evidence-based practice for manual therapies • The place of medical imaging in clinical reasoning • Self-reflection on practical skills application and client/clinician interaction
5.	**Revision** • Concentrated practice of regional assessment and treatment • Case study application

	• Exam preparation
6.	**Mid-semester Practical Exam**
7.	**Iliofemoral joint examination** • Functional anatomy, arthrokinematics and pathomechanics of the iliofemoral joint • Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing • Interpretation of clinical findings • Self-reflection on practical skills application and client/clinician interaction
	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.	**Knee examination** • Functional anatomy, arthrokinematics and pathomechanics of the knee complex • Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing • Interpretation of clinical findings • Self-reflection on practical skills application and client/clinician interaction
9.	**Ankle and foot examination** • Functional anatomy, arthrokinematics and pathomechanics of the ankle and foot • Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing • Interpretation of clinical findings • Self-reflection on practical skills application and client/clinician interaction
10.	**Manual therapy for the hip and knee** • Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques • Current evidence-based practice for manual therapies • Effective treatment planning • Self-reflection on practical skills application and client/clinician interaction
11.	**Manual therapy for the ankle and foot** • Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques • Current evidence-based practice for manual therapies • Evaluating client outcomes and revising the treatment plan • Self-reflection on practical skills application and client/clinician interaction
12.	**Revision** • Concentrated practice of regional assessment and treatment • Case study application • Managing adverse events and adapting the treatment plan • Exam preparation
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 your local campus calendar 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 your local campus calendar for exam opening and closing times.