



SUBJECT OUTLINE

Subject Name:

Myotherapy for the Upper Body 2

Subject Code:

MSTT224

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Myotherapy)	96	2 nd Year
Duration:	1 Semester	
Subject Coordinator:	Cory Dal Ponte (Melbourne Campus)	
Subject is:	Subject Credit Points:	2
Core		

Student Workload:

No. timetabled hours per week: 3	No. personal study hours per week: 2	Total hours per week: 5
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Delivery Mode:

Face to Face 1 x 3 hour practical
(On Campus)

Intensive Delivery (Summer School) Contact hours are delivered over 5 weeks with 2 x 4 hour days delivered per week
Assessment: Scope of Practice Guideline – Week 1; Mid-Semester Practical Exam – Week 3; Final Practical Exam – Week 6; Final Written Exam – Week 6

Full Time

Part Time

Pre-requisites: MSTT212

Co-requisites: MSTN121, MSTA212

Special Resource Requirements:

- Goniometer
- Penlight
- Tuning Fork (128 Hz)
- 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 upper body and extremities.

Learning Outcomes

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

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Scope of Practice Guideline	N/A	1	Week 1	Pass/Fail
Attendance (80% required)	N/A	N/A	Sessions 1-12	Pass/Fail
Mid-semester Practical Exam (30 minutes)	1-5	1-4	Session 6	30%
Final Practical Exam (30 minutes)	1-5	1-12	Session 13	30%
Final Written Exam (2 hours)	1-5	1-12	Final Examination Period	40%

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

The pass mark for this subject is 50%

Additionally, students must pass the Final Practical Exam with a mark of not less than 50%



Prescribed 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]

Recommended Readings:

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

Subject Content

Week	Practicals
1.	<p>Craniofacial examination</p> <ul style="list-style-type: none"> ➤ Functional anatomy, arthrokinematics and pathomechanics of the craniofacial region ➤ 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 ➤ Adapting the treatment plan to meet client goals
2.	<p>Craniocervical and upper cervical spine examination</p> <ul style="list-style-type: none"> ➤ Recognising and acting on red flags ➤ Functional anatomy, arthrokinematics and pathomechanics of the craniocervical and upper cervical region ➤ 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.	<p>Cervicothoracic and thoracic spine examination</p> <ul style="list-style-type: none"> ➤ Functional anatomy, arthrokinematics and pathomechanics of the cervicothoracic region ➤ 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
4.	<p>Manual therapy for the cervical spine, temporomandibular joint and thoracic spines</p> <ul style="list-style-type: none"> ➤ Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques



	<ul style="list-style-type: none"> ➤ Current evidence-based practice for manual therapies ➤ Working within scope of practice; the place of myotherapy in treatment of the head and spine ➤ Self-reflection on practical skills application and client/clinician interaction
5.	<p>Revision</p> <ul style="list-style-type: none"> ➤ Concentrated practice of regional assessment and treatment ➤ Case study application ➤ The clinical reasoning cycle; re-evaluation and processing new information ➤ Exam preparation
6.	<p>Mid-semester Practical Exam</p>
7.	<p>Shoulder examination</p> <ul style="list-style-type: none"> ➤ Functional anatomy, arthrokinematics and pathomechanics of the shoulder 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 ➤ The importance of differential diagnosis: Avoiding anchoring and other clinical reasoning errors ➤ Interpretation of clinical findings ➤ Self-reflection on practical skills application and client/clinician interaction
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p>Semester 2 – The non-teaching week falls between Weeks 7 and 8</p>	
8.	<p>Manual therapy for the shoulder</p> <ul style="list-style-type: none"> ➤ Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques ➤ Current evidence-based practice for manual therapies ➤ Self-reflection on practical skills application and client/clinician interaction
9.	<p>Elbow examination</p> <ul style="list-style-type: none"> ➤ Functional anatomy, arthrokinematics and pathomechanics of the elbow 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
10.	<p>Wrist and hand examination</p> <ul style="list-style-type: none"> ➤ Functional anatomy, arthrokinematics and pathomechanics of the wrist and hand ➤ Development of psychomotor skills with a focus on examination procedures for the region including observation, range of motion, palpation, accessory motion and neurological testing ➤ Questioning assumptions in the interpretation of clinical findings ➤ Self-reflection on practical skills application and client/clinician interaction
11.	<p>Manual therapy for the elbow, wrist and hand</p> <ul style="list-style-type: none"> ➤ Development of psychomotor skills with a focus on joint mobilisation and neurodynamic techniques ➤ Current evidence-based practice for manual therapies ➤ Predicting and managing treatment outcomes and timelines based on client information



	<ul style="list-style-type: none"> ➤ Self-reflection on practical skills application and client/clinician interaction
12.	<p>Revision</p> <ul style="list-style-type: none"> ➤ Concentrated practice of regional assessment and treatment ➤ Case study application ➤ Evaluating client outcomes and revising the treatment plan ➤ Managing adverse events and adapting the treatment plan ➤ Exam preparation
13.	Final Practical Exam
14.	<p>Non-Teaching Week/Practical Examination Week 1</p> <p>Note that make-up classes may be scheduled in this week</p>
15.	<p>Non-Teaching Week/Practical Examination Week 2</p> <p>Note that make-up classes may be scheduled in this week</p>
16.	<p>Final Examination Week 1</p> <p>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.</p>
17.	<p>Final Examination Week 2</p> <p>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.</p>