

Module Code:	PHY502
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Module Title:	Musculoskeletal Physiotherapy and Rehabilitation
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Level:	5	Credit Value:	20
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Cost Centre(s):	GAPT	<u>JACS3</u> code:	B160
		<u>HECoS</u> code:	100252

Faculty	Social and Life Sciences	Module Leader:	Maddy Nicholson
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Scheduled learning and teaching hours	45 hrs
Guided independent study	155 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered (not including exit awards)	Core	Option
BSc (Hons) Physiotherapy	✓	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Pre-requisites

Office use only

Initial approval: 24/05/2019
 With effect from: 23/09/2019
 Date and details of revision:

Version no: 1

Version no:

Module Aims

To enable students to apply anatomy, physiology, pathology and normal movement to develop problem solving skills in the physiotherapy assessment, management and rehabilitation of MSK conditions.

Intended Learning Outcomes

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

At the end of this module, students will be able to**Key Skills**

1	Relate the anatomy, physiology and movement of the MSK system to the physiotherapy assessment, treatment, rehabilitation and outcome measures for conditions affecting the MSK system.	KS3	KS5
		KS6	KS7
		KS8	KS9
2	Demonstrate an understanding of the signs and symptoms of MSK dysfunction in acute and long term conditions	KS1	KS2
		KS3	KS6
		KS8	
3	Select and apply appropriate physiotherapy management and outcome measures for assessment findings.	KS2	KS3
		KS7	KS8
		KS9	KS10
4	Apply the principles of individual and group therapy for practice with patients.	KS1	KS2
		KS3	KS7
		KS8	KS9
5	Discuss adaptations for patient management to psychological, emotional, social, cultural, environmental and ergonomic issues.	KS1	KS2
		KS3	KS7
		KS8	KS9

Transferable skills and other attributes

By the end of the module the student will demonstrate:

- Professional skills
- Team working
- Communication skills
- Reflective skills

Inter-professional working

Derogations

Students are permitted a maximum of two attempts in any modules
A minimum pass mark of 40% must be achieved in all modules, therefore condonement is not permitted

Assessment:

Indicative Assessment Tasks:

Students will plan an individual or group programme of physiotherapy, including outcome measures based on a clinical scenario provided 1 week in advance. This will be presented through a Viva which includes a written clinical record.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration or Word count (or equivalent if appropriate)
1	1 -5	Viva	100%	30 Minutes

Learning and Teaching Strategies:

The delivery of this module will consist of lectures, interactive classroom sessions, tutorials, group and practical sessions. In order to provide sufficient contact time to develop and refine practical skills of assessment and treatment, the contact time for this module provides an additional 6 hours above the recommended amount for level 5.

It is intended that the module will provide support to students throughout the module; however, students will be encouraged to become increasingly autonomous as they gain competence and confidence within their studies.

A flipped classroom approach will be used to move the learning of essential content such as normal anatomy and dysfunction so that application can be transparently consolidated.

All learning and teaching is supported by the University's virtual learning environment Moodle and students will be able to access clear and timely information to support delivery of content such as videos, links to intranet information, open forums and pre-recorded lectures.

Syllabus outline:

The module will consider both acute, long term, adult and paediatric MSK conditions, which will include: Stenosis, Spondylolisthesis, Spondylolysis, Facet Joint Syndrome, Disc Herniation, Cauda Equina, Ankylosing spondylitis, acute and chronic spinal cord lesions, OA,

RA, acute trauma, muscle and tendon injuries, fracture/dislocations, other bone and nerve injuries. It will also consider management of patients with long term conditions such as chronic back pain.

Students will have a strong basis of learning about contraindications, flags and other key safety considerations.

Practical elements of the module will include:

Exercise in practice

Exercise prescription

Mobilisations

PNF

Trigger points

Accessory movements

Passive movements

Introduction to taping

Indicative Bibliography:

Essential reading

Greenhalgh, S. and Selfe, J. (2006), Red Flags: A Guide to Identifying Serious Pathology of Spine, London: Churchill Livingstone.

Petty, N. & Ryder, D. (2018), Musculoskeletal Examination and Assessment – Volume 1: A Handbook for Therapists, 5th ed. Edinburgh: Churchill Livingstone.

Petty, N. & Barnard, K. (2018), Principles of Musculoskeletal Treatment and Management – Volume 2: A Handbook for Therapists, 3rd ed. Edinburgh: Churchill Livingstone.

Soames, R. & Palastanga, N. (2019), Anatomy & Human Movement: Structure and Function, 7th ed. Edinburgh: Elsevier.

Other indicative reading

Jull, G., Moore, A., Falla, D., Lewis, J., McCarthy, C. & Sterling, M. (2015), Grieve's Modern Musculoskeletal Physiotherapy, 4th ed. Edinburgh: Elsevier.

Hengeveld, E. and Banks, K. (2013), Maitland's Vertebral Manipulation: Management of Neuromusculoskeletal Disorders-Volume 1, 8th ed. London: Churchill Livingstone.

