

PHTY90105 Exercise Sports and Manual Therapy

Credit Points:	12.50
Level:	9 (Graduate/Postgraduate)
Dates & Locations:	2012, Parkville This subject commences in the following study period/s: Semester 2, Parkville - Taught on campus.
Time Commitment:	Contact Hours: 90 hours of lectures, tutorials and practical classes Total Time Commitment: 144 hrs Students will need to allow time for self-directed learning (SDL)
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	<p>For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Student Support and Engagement Policy, academic requirements for this subject are articulated in the Subject Overview, Learning Outcomes, Assessment and Generic Skills sections of this entry.</p> <p>It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and Student Equity and Disability Support: http://services.unimelb.edu.au/disability</p>
Coordinator:	Dr Louisa Remedios
Contact:	Physiotherapy Melbourne School of Health Sciences The University of Melbourne Level 1, 200 Berkeley St Carlton Victoria 3010 AUSTRALIA T: +61 3 8344 6387 F: +61 3 8344 4188 E: physio-enquiries@unimelb.edu.au (mailto:nursing-enquiries@unimelb.edu.au) W: www.physioth.unimelb.edu.au (http://www.nursing.unimelb.edu.au/)
Subject Overview:	This subject aims to provide opportunities for students to engage with more advanced levels of musculoskeletal physiotherapy practice, sports physiotherapy and exercise prescription. Advanced practice in this subject refers to more refined levels of critical reasoning, assessment and intervention selection in the specialised areas of musculoskeletal, sports, manual therapy and exercise. Students will have the opportunity to practice assessment skills and demonstrate the ability to make differential diagnosis decisions; know the indications and contra-indications for and demonstrate the safe use of manual therapy techniques; independently select and execute appropriate treatment techniques, be able to evaluate treatment effectiveness and to modify treatment as necessary. Students will also be given the opportunity to understand the role of a physiotherapist in multi-disciplinary clinical settings and how these principles apply to patients in a primary contact environment. Advanced practice will also incorporate the identification, appraisal and application of research evidence underpinning specific areas of musculoskeletal physiotherapy practice.
Objectives:	The curriculum for the DPT program has been designed around 8 Learning Outcomes under 3 elements. Element 1: Physiotherapy Theory and Practice

	<p>1. Integrate prior knowledge of musculoskeletal physiotherapy, common musculoskeletal conditions, exercise and the framework for clinical reasoning to the assessment and management of individuals with complex and specific musculoskeletal conditions.</p> <p>2. Contrast theoretical and clinical approaches used in assessment and management of peripheral, vertebral, multi-pathology and multi-trauma cases</p> <p>3. Know and understand the precautions and contra indications / complications of techniques commonly used in sports and manual therapy, such as joint mobilization, HVT techniques, dry needling and exercise prescription.</p> <p>4. Execute risk assessment procedures and safely and effectively apply advanced musculoskeletal assessment and treatment techniques, including joint mobilising, high velocity thrust and dry needling techniques to address impairments and activity limitations in individuals with specified musculoskeletal conditions</p> <p>Element 2: Research and Evidence</p> <p>5. Integrate evidence from high-quality clinical studies from the core areas of physiotherapy practice in order to optimally manage patients with complex and multi-factorial musculoskeletal conditions</p> <p>6. Debate the efficacy of vertebral musculoskeletal treatment techniques, as well as theories related to their mechanisms of effect</p> <p>Element 3: Healthcare context</p> <p>7. Analyse how legal and ethical issues impact on musculoskeletal physiotherapy practice, with specific attention to the use of HVTs and dry needling in the management of clinical presentations.</p> <p>8. Identify how the rights of individuals who present with musculoskeletal conditions including vertebral conditions are incorporated in physiotherapy practice</p>
Assessment:	Mastery of selected techniques - during semester (Hurdle requirement)2000 word Case study on exercise prescription - week 9 (20%)2 hour Theory examination - Exam week (40%)40 minute Practical Examination - Exam week (40%)
Prescribed Texts:	None
Breadth Options:	This subject is not available as a breadth subject.
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	<p>On completion of this subject, students will have had the opportunity to develop the skills associated with:</p> <ul style="list-style-type: none"> # Managing uncertainty # Integrating and interpreting clinical findings and applying rigorous reasoning to arrive at an appropriate plan of management # Performing relevant physiotherapy procedures effectively and safely, with due regards for the patient's comfort
Related Course(s):	Doctor of Physiotherapy