

MODULE SPECIFICATION PROFORMA

Module Title:	Therapeutic Interventions for Musculoskeletal Injuries	Level:	5	Credit Value:	20
----------------------	--	---------------	---	----------------------	----

Module code:	CMP504	Is this a new module?	No	Code of module being replaced:	
---------------------	--------	------------------------------	----	---------------------------------------	--

Cost Centre:	GACM	JACS3 code:	B300
---------------------	------	--------------------	------

Trimester(s) in which to be offered:	2	With effect from:	September 16
---	---	--------------------------	--------------

School:	Social & Life Sciences	Module Leader:	Paul Battersby
----------------	------------------------	-----------------------	----------------

Scheduled learning and teaching hours	50 hrs
Guided independent study	150 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered	Core	Option
BSc (Hons) Acupuncture	✓	<input type="checkbox"/>
BSc (Hons) Complementary Therapies for Healthcare	✓	<input type="checkbox"/>
BSc (Hons) Rehabilitation and Injury Management	✓	<input type="checkbox"/>

Pre-requisites
None

Office use only

Initial approval August 16

APSC approval of modification *Enter date of approval*

Have any derogations received SQC approval?

Version 1

Yes ✓ No

Module Aims

1. To provide students with the fundamental knowledge of how musculoskeletal injuries can occur and the assessment, treatment and rehabilitation of the most common musculoskeletal injuries.
2. To apply and integrate theoretical and practical knowledge in the assessment and treatment of specific musculoskeletal injuries.

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

At the end of this module, students will be able to		Key Skills	
1	Use appropriate biomechanical analysis and assessment methods in preparation for treatment.	KS1	KS2
		KS3	KS6
		KS7	KS9
2	Recognise underlying pathological disorders which would contraindicate the treatment.	KS1	KS2
		KS3	KS6
		KS7	KS9
3	Appraise the appropriate principles for treatment.	KS1	KS2
		KS3	KS6
		KS7	KS9
4	Appraise the evidence base available for rehabilitation practice and injury management.	KS1	KS2
		KS3	KS6
		KS7	KS9

Transferable/key skills and other attributes

Data interpretation.
Communicate (oral & written) with others using appropriate terminology.
Demonstrate group & teamwork.
Presentation skills

Derogations

Application for the following is to be made

Credits shall be awarded by an Assessment Board for this module when a mark of at least 40%, or a pass grade, has been achieved in all elements of assessment.

Assessment:

Assessment One:

The practical assessment is designed so that the student has the opportunity demonstrate competency in treating common musculoskeletal injuries.

Assessment Two:

A written examination is aimed at assessing the students underpinning knowledge of the subject whilst widening their perception of the physiological and healing mechanisms of the human body.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1 & 2	Practical	50%	30 minutes	
2	3 & 4	Examination	50%	2 hours	3 000

Learning and Teaching Strategies:

The module will be clinically based and will be taught through a combination of lead lectures and practical sessions. The practical sessions will provide the forum for reflective practice.

Indicative syllabus outline:

Introduction to remedial massage
 Postural Analysis.
 Trigger point therapy
 Muscle Energy Release Techniques
 Treatment modalities of musculoskeletal injuries of the;
 Lower limbs
 Lumbar spine
 Upper limbs
 Cervical region
 Cryotherapy
 Contrast Bathing
 Kinesiology Taping

Bibliography:

Essential reading

Clay, J. (2007), *Basic Clinical Massage Therapy*. 2nd ed. London: Lippincott Williams and Wilkins.

This book should be available from the library in Edward Llwyd Building, main campus.

Findlay, S. (2010), *Sports Massage (Hands on Guide for Therapists)*. Leeds: Human Kinetics.

This book should be available from the library in Edward Llwyd Building, main campus.

Johnson, J. (2009), *Soft Tissue Release: Hands-on Guides for Therapists*. Leeds: Human Kinetics.

This book should be available from the library in Edward Llwyd Building, main campus.

Other indicative reading

Chaitow, L. (2013), *Muscle Energy Techniques*. 4th ed. Edinburgh: Churchill/Elsevier Health Sciences.

This book should be available from the library in Edward Llwyd Building, main campus.

Myers, T. (2014), *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*. 3rd ed. Edinburgh: Churchill/Elsevier Health.

This book should be available from the library in Edward Llwyd Building, main campus

Riggs, A. (2007), *Deep Tissue Massage: A Visual Guide to Techniques*. Berkeley, CA: North Atlantic Books.

This book should be available from the library in Edward Llwyd Building, main campus.

Sanderson, M. (2012), *Soft Tissue Release: A Practical Handbook for Physical Therapists*. 3rd ed. Lotus

This book should be available from the library in Edward Llwyd Building, main campus.

Werner, R. (2013), *Massage Therapist's Guide to Pathology*. 5th ed. London: Lippincott Williams and Wilkins.

This book should be available from the library in Edward Llwyd Building, main campus