MODULE SPECIFICATION PROFORMA

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

Module code:	CMP519R	**Is this a new module?** Yes	**Code of module being replaced**:	CMP504

Cost Centre:	GACM	**JACS3 code**:	B300

Trimester(s) in which to be offered:	2	**With effect from:**	October 18

School:	Social & Life Sciences	**Module Leader:**	Victoria O'Donnell

Scheduled learning and teaching hours	30 hrs
Guided independent study	170 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered	Core	Option
BSc (Hons) Rehabilitation and Injury Management	✓	☐

Pre-requisites
None

Office use only
Initial approval October 2018
APSC approval of modification Version 1
Have any derogations received SQC approval? Yes ✓ No ☐

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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	
1	Demonstrate appropriate injury assessment methods in preparation for treatment.	KS1	KS2
		KS3	KS6
		KS7	KS9
2	Identify underlying injuries or conditions which may contraindicate any treatment.	KS1	KS2
		KS3	KS6
		KS7	KS9
3	Demonstrate appropriate use of therapeutic interventions in a clinical setting for musculoskeletal conditions and injuries.	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
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 number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1-4	Practical assessment	100%	30 minutes	N/A

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:

Massage
Trigger point therapy
Muscle Energy Release Techniques
Treatment modalities of a variety of musculoskeletal injuries
Cryotherapy
Contrast Bathing
Taping
Electrotherapy
Manual Therapy

Bibliography:

Essential reading

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

Joyce, D. & Lewindon, D. (2014) *Sports Injury Prevention & Rehabilitation,* Human Kinetics

Brukner, P, Clarsen, B., Cook, J., Cools, A., Crossley, K., Hutchinson, M., McCrory, P., Bahr, R. and Kahn, K. (2016) *Brukner & Kahn's Clinical Sports Medicine Vol 1*, 5th Ed.McGraw-Hill Education (already requested to Trish for CMP610)

Petty, N. (2011) *Neuromusculoskeletal Examination and Assessment*, 4th Ed., Churchill Livington Elsevier

Watson, T. (2008) *Electrotherapy E-Book: evidence based practise,* 12th Ed., Churchill Livingstone Elsevier

Perrin, D., (2012) *Athletic Taping and Bracing*, 3rd Ed., Human Kinetics

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

Other indicative reading

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

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

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

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

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