

## Module specification

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Module code	PHY509
Module title	Developing Musculoskeletal Physiotherapy Practice
Level	Level 5
Credit value	20
Faculty	Social and Life Sciences
HECoS Code	100252
Cost Code	GAPT

### Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (Hons) Physiotherapy	Core

### Pre-requisites

Building Physiotherapy Practice One (Level 4)

### Breakdown of module hours

Learning and teaching hours	45 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>45 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	155 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>For office use only</b>	
Initial approval date	3/8/22
With effect from date	Sept 23
Date and details of revision	AM2 approved by APSC Mtg 7, replacing PHY502

<b>For office use only</b>	
Version number	1

## Module aims

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To enable students to apply anatomy, physiology, pathology and normal movement to develop clinical reasoning and communication skills in the physiotherapy assessment, management and rehabilitation of people who have MSK conditions.

## Module Learning Outcomes - at the end of this module, students will be able to:

1	Relate the anatomy, physiology and movement of the MSK system to the physiotherapy assessment, treatment and rehabilitation for people who have conditions affecting the MSK system.
2	Demonstrate an understanding of the signs and symptoms of MSK dysfunction in acute and long term conditions.
3	Select and apply appropriate and safe individual or group physiotherapy management and outcome measures for assessment findings within the context of the service user's needs.
4	Discuss adaptations of management, respecting service user psychological, emotional, social, cultural and environmental diversity.

## Assessment

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Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1-4	Oral Assessment	100% 30 mins

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

## Derogations

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Students are permitted a maximum of two attempts in any module assessment.

All learning outcomes must be passed at a satisfactory descriptor level, therefore a minimum mark of 40% must be achieved.

## **Learning and Teaching Strategies**

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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.

Case studies will be used as formative assessment and for the deliver of content around specific conditions.

'Anatmage' will be used to facilitate self-directed study of anatomy, along with Level 5 students creating 'anatomy bingo' for Level 4 students. Self-directed study opportunities are scheduled throughout the module for practical skill consolidation in practical spaces. Cross-level revision is encouraged.

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

## **Indicative Syllabus Outline**

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The module will consider adult and paediatric MSK conditions and a variety of acute and chronic spinal conditions, OA, RA, acute trauma, muscle and tendon injuries, fracture/dislocations, other bone and nerve injuries.

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

Practical elements of the module will include:

Exercise principles and prescription

Application of exercise in rehabilitation

Mobilisation – joints (active, passive and accessory) and nervous system

Manual therapy

Introduction to taping, heat and cold and electrotherapy

Motivational interviewing, cognitive approaches and explaining pain

Development of assessment skills

## **Indicative Bibliography:**

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Please note the essential reads and other indicative reading are subject to annual review and update.

## Essential Reads

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

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

## Other indicative reading

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

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

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.

Rollnick, S, Miller, W.R. and Butler, C. (2008), *Motivational Interviewing in Health Care: Helping Patients Change Behaviour*, The Guilford Press.

Butler, D. S., & Moseley, G. L. (2003), *Explain pain*, Adelaide, Noigroup Publications.

Hargrove, T. (2019) *Playing with movement*, Better Movement.

## Employability skills – the Glyndŵr Graduate

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Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

### Core Attributes

Engaged  
Enterprising  
Creative  
Ethical

### Key Attitudes

Commitment  
Curiosity  
Resilience  
Confidence  
Adaptability

### Practical Skillsets

Digital Fluency

Organisation

Leadership and Team working

Critical Thinking

Emotional Intelligence

Communication