

Module Code:	SIR505
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Module Title:	Injury Treatment Modalities
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Level:	5	Credit Value:	20
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Cost Centre(s):	GACM	<u>JACS3</u> code:	C630
		<u>HECoS</u> code:	100475

Faculty	Social & Life Sciences	Module Leader:	Dan Morris
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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 (not including exit awards)	Core	Option
BSc (Hons) Sports Injury Rehabilitation	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Pre-requisites
None

Office use only

Initial approval: 14/02/2019

Version no: 1

With effect from: 23/09/2019

Date and details of revision: 05/05/20 – updated derogation and Module Leader

Version no: 2

Module Aims

1. To provide students with a knowledge of the suitable clinical selection and differentiation between a wide variety of treatment modalities for musculoskeletal conditions and injuries.
2. To provide students with knowledge of the safe application of clinically relevant treatment modalities available to a Graduate Sport Rehabilitator including;
 - Core forms of stretching
 - Basic manual therapy techniques
 - Further forms of massage
 - Common Electrophysical modalities
 - Different forms of cryotherapy
 - Different forms of thermotherapy
 - Different forms of hydrotherapy
 - Common taping and bracing modalities

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	Describe and explain suitable clinical selection and differentiation between a wide variety of treatment modalities.	KS1	KS2
		KS3	KS6
		KS7	KS9
2	Identify underlying injuries or conditions which may contraindicate any treatment intervention.	KS1	KS2
		KS3	KS6
		KS7	KS9
3	Demonstrate appropriate and safe use of therapeutic interventions in a clinical setting for musculoskeletal conditions and injuries.	KS1	KS2
		KS3	KS6
		KS7	KS9
4	Appraise the evidence base for injury treatment modalities	KS1	KS2
		KS3	KS6
		KS7	KS9

Transferable skills and other attributes

Data interpretation

Communicate (oral & written) with health professionals and the public using appropriate language and terminology.

Research Skills

Demonstrate group & teamwork

Presentation skills

Co-ordination Skills

Derogations

All elements of assessment must be passed at 40% or above.

Clinical Practice Examinations are set to establish student safety in their clinical skills and safeguard the public. Therefore, all clinical practice examinations will be conducted with 'public safety' as the priority; students demonstrating unsafe practice or breaching confidentiality will be stopped immediately. The examiner will stop the student and inform them the clinical examination will not continue and the student will be marked as 'not pass' or referral, following the University Academic Regulations.

Assessment:

Indicative Assessment Tasks:

Assessment One:

The practical assessment is designed so that the student has the opportunity to demonstrate competency in treating musculoskeletal injuries with appropriate and safe selection from a wide variety of treatment modalities. The student will be questioned to justify their methods employed to assess their level of clinical reasoning.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration or Word count (or equivalent if appropriate)
1	1-4	Practical	100%	30mins

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 group discussion and reflective practice.

Syllabus outline:

Different basic forms of stretching, such as static and dynamic stretching and advanced forms of stretching, such as Neuromuscular Techniques, Muscle Energy Techniques and Proprioceptive Neuromuscular Facilitation.

Basic and advanced manual therapy techniques, including the application of joint manipulation.

Advanced forms of massage, including Deep Transverse Frictions and Trigger Point.

Electro-physical modalities.

Different forms of cryotherapy

Different forms of thermotherapy.

Different forms of hydrotherapy.

Common taping and bracing modalities

Indicative Bibliography:**Essential reading**

Brukner, P. et al. (2016), *Brukner & Kahn's Clinical Sports Medicine Vol 1 Injuries*. 5th ed. Australia: McGraw-Hill.

Other indicative reading

Findlay, S. (2010), *Sports Massage*. Champagne, Illinois: Human Kinetics.

Hengeveld, E. and Banks, K. (2013), *Maitland's Vertebral Manipulation: Management of Neuromusculoskeletal Disorders – Volume 1*. London: Elsevier.

Hengeveld, E. and Banks, K. (2013), *Maitland's Peripheral Manipulation: Management of Neuromusculoskeletal Disorders – Volume 2*. London: Elsevier.

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