



Module Specification

Essentials of Musculoskeletal Physiotherapy

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Part 1: Information

Module title: Essentials of Musculoskeletal Physiotherapy

Module code: UZYKH3-15-1

Level: Level 4

For implementation from: 2023-24

UWE credit rating: 15

ECTS credit rating: 7.5

Faculty: Faculty of Health & Applied Sciences

Department: HAS School of Health and Social Wellbeing

Partner institutions: None

Field: Allied Health Professions

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: This module will introduce you to pathophysiology of neuromusculoskeletal (NMSK) conditions with specific relation to the peripheral limbs. Histology and physiology of bone, ligament, tendon and muscle is covered.

Features: Not applicable

Educational aims: You will be introduced to physiotherapy assessment skills, including structure (Subjective, Objective, Analysis, Plan), handling and assessment

of peripheral joints, and learn basic application of the clinical reasoning process with the use of specific peripheral NMSK case studies.

Outline syllabus: You will cover muscular and ligamentous sprains and strains, tendinopathies, meniscal injuries, anterior knee pain/ subacromial pain syndrome, bone fractures, and degenerative osteoarthritis. Specific relation to tissue pathological processes including inflammation, degeneration, healing and repair, nociception and primary sensory hyperalgesia.

You will be introduced to physiotherapy assessment skills, including structure (Subjective, Objective, Analysis, Plan), handling and assessment of peripheral joints, and learn basic application of the clinical reasoning process with the use of specific peripheral NMSK case studies.

Physiotherapy management strategies explored typically include: appropriate and safe selection, application, evaluation and progression of manual therapies (joint mobilisations and soft tissue techniques), therapeutic exercise, electrotherapy (therapeutic ultrasound), hot and cold therapy, and education.

Application of knowledge and skills will be considered in different clinical environments with an inter-professional understanding.

Part 3: Teaching and learning methods

Teaching and learning methods: The teaching and learning will be guided by the learning outcomes as set out in the module specification. Lead lectures will provide an introduction and summary to the topic areas being discussed that week.

Seminars, using NMSK case studies, will be linked to the lectures and practical sessions allowing for the development of clinical problem solving, discussions and reasoning. Practical sessions will specifically develop the objective assessment, handling skills, treatment skills with regards to peripheral NMSK injuries. This will be enhanced further using simulation. A workbook will be provided to facilitate self-directed learning throughout the module.

Scheduled learning includes lectures, seminars/practicals, revision and formative assessment sessions. Independent learning includes hours engaged with essential reading, workbook questions, case study preparation and SOPE preparation.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Demonstrate knowledge and understanding of peripheral neuro-musculoskeletal pathophysiology and conditions

MO2 Select and apply safe and appropriate assessment skills in relation to peripheral neuro-musculoskeletal conditions (excluding hand and foot)

MO3 Demonstrate knowledge and understanding of the clinical reasoning process involved within a peripheral neuro-musculoskeletal context

MO4 Select and apply safe and appropriate management strategies in relation to peripheral neuro-musculoskeletal conditions.

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 94 hours

Face-to-face learning = 56 hours

Total = 150

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/search.html?q=UZYKH3-15-1+&qbutton=) via the following link

<https://uwe.rl.talis.com/search.html?q=UZYKH3-15-1+&qbutton=>

Part 4: Assessment

Assessment strategy: The assessment for this module is a Structured Oral Practical Exam (SOPE) that will assess theoretical knowledge and practical skills. This mode of assessment will test the student's ability to demonstrate competent clinically related skills such as handling, palpation, joint movement, objective testing,

treatment strategies and application. Students' underpinning knowledge will be explored through related questioning. Aspects of safety, patient care, communication and professionalism will also be assessed, all of which are important skills for a physiotherapist.

Rationale: This method of assessment prepares students for clinical practice and will comprise of a case study, followed by assessment and treatment practical stations.

Total duration of assessment will last up to 30 minutes. Formative assessment will occur throughout the module with the use of online quizzes allowing students to self-test their knowledge and understanding. Formative assessment opportunities will also be available, offering further feedback to students.

Assessment tasks:

Practical Skills Assessment (First Sit)

Description: SOPE – maximum 30 minutes

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Practical Skills Assessment (Resit)

Description: SOPE – maximum 30 minutes

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Physiotherapy [Glenside] BSc (Hons) 2023-24