



## **Module Specification**

### **Musculo-Skeletal Rehabilitation**

Version: 2023-24, v2.0, 21 Jul 2023

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## Part 1: Information

**Module title:** Musculo-Skeletal Rehabilitation

**Module code:** UZYSQE-30-M

**Level:** Level 7

**For implementation from:** 2023-24

**UWE credit rating:** 30

**ECTS credit rating:** 15

**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:** Yes

**Professional, statutory or regulatory body requirements:** None

## Part 2: Description

**Overview:** Not applicable

**Features:** Not applicable

**Educational aims:** See Learning Outcomes.

**Outline syllabus:** The syllabus includes:

Assessment and management of musculo-skeletal dysfunction.

Clinical reasoning skills in complex and long term musculo-skeletal conditions.

Shared decision making in musculo-skeletal problems.

The role of the musculo-skeletal first contact practitioner in primary care settings.

Advances and alternatives in current musculo-skeletal practice to include when to request investigations, prescribe and use injections.

The development of a pro-active and preventative approach to care, support of patient self-management, facilitation of behavioural change and optimisation of individuals' physical activity, mobility, functional ability and independence.

Facilitation of return to, or management of occupations including work and leisure.

Musculoskeletal focused intervention strategies (for example, exercise), and evidence for these.

Manual therapy in a complex and long term musculo-skeletal caseload.

Symptom management and pacing of activities.

Adjuncts in musculo-skeletal management, for example, tens, biofeedback, current electrotherapy modalities, where appropriate.

Chronic pain management, case study discussion, for example, Chronic Regional Pain Syndrome, chronic non-specific lower back pain, Fibromyalgia to include review of cognitive behavioural therapy.

Understanding of the multi-disciplinary team and other relevant services beyond the primary care team, for example, social services, private providers, equipment services.

### Part 3: Teaching and learning methods

**Teaching and learning methods:** Lectures/ pod casts will provide an introduction and summary of the topic area. Seminars/ group work will include discussion and the use of information provided to support learning.

Additionally independent learning underpins the teaching and learning strategy of this module, supported by the module team which will involve case discussion and on line forums to discuss the opportunities and challenges of musculo-skeletal assessment and management.

Scheduled learning includes lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops.

Independent learning includes hours engaged with online activities, essential reading, case study preparation, assignment preparation and completion.

These sessions constitute an average time per level. Scheduled sessions may vary slightly depending on the module choices you make.

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

**MO1** Explore the opportunities and challenges of high level decision making in assessment and management of complex and long term musculo-skeletal dysfunction

**MO2** Critically review the role of the musculo-skeletal practitioner in the primary care setting

**MO3** Create a range of valid and alternative responses to situations and analyse and evaluate the responses in a critical way

**MO4** Critically evaluate the evidence to support clinical reasoning and decision making in complex musculo-skeletal conditions

**MO5** Review the evidence base for the use of outcome measures in long term and complex musculo-skeletal dysfunction

**MO6** Recognise the importance of reflective practice to promote innovative and flexible management of musculo-skeletal problems

**Hours to be allocated:** 300

**Contact hours:**

Independent study/self-guided study = 263 hours

Face-to-face learning = 37 hours

Total = 300

**Reading list:** The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uzysqe-30-m.html) via the following link <https://uwe.rl.talis.com/modules/uzysqe-30-m.html>

## **Part 4: Assessment**

**Assessment strategy:** Written and verbal communication skills will be assessed to promote skills required for dissemination of knowledge. Intellectual skills of critical evaluation, analysis and synthesis of the students practice within the musculo-skeletal specialism will be the focus for this assessment.

Assessment task A:

Assessment task A takes the form of a 15 minute case presentation with 5-10 mins of questions (20 minutes total). The presentation may be carried out in person or via virtual means.

Assessment task B:

Assessment task B takes the form of a written assignment which critically reviews the evidence for an aspect of management relating to the case study (3,000 words).

Opportunities for formative assessment will be provided during the contact study days.

**Assessment tasks:**

**Presentation (First Sit)**

Description: 20 minute defended case presentation

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO5, MO6

**Written Assignment (First Sit)**

Description: Written assignment (3000 words)

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO3, MO4, MO5

**Presentation (Resit)**

Description: 20 minute defended case presentation

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO5, MO6

**Written Assignment (Resit)**

Description: Written assignment (3000 words)

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO3, MO4, MO5

## **Part 5: Contributes towards**

This module contributes towards the following programmes of study:

Rehabilitation [DL][Glenside] MSc 2023-24

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