



SUBJECT OUTLINE

Subject Name:

Introduction to Musculoskeletal Therapies

Subject Code:

MSTP211

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Complementary Medicine

Total Course Credit Points:

48

Level:

2nd Year

Duration:

1 Semester

Subject is:

Core

Subject Credit Points:

2

Student Workload:

No. timetabled hours per week:
3

No. personal study hours per week:
2

Total hours per week:
5

Delivery Mode*:

☐ On campus

☒ Online / Digital

☐ Blended

☐ Intensive

Weekly Session^ Format/s - 1 session per week:

☒ eLearning modules:

Lectures: Interactive adaptive online learning modules

Tutorials: can include asynchronous tutor moderated discussion forum and activities, learning journal activities or other web-based resources

*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

Study Pattern:

☒ Full Time

☒ Part Time

Pre-requisites:

BIOH111

Co-requisites:

Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject provides an introduction to manual therapies and gives the student a comprehensive foundation for interdisciplinary understanding within the field of complementary medicine. There are numerous disciplines within manual therapies, including massage, myotherapy / musculoskeletal therapy, physiotherapy, chiropractic, osteopathy, tui na and kinesiology, etc. In the context of each discipline, students examine the different approaches in the treatment of conditions affecting the neuromusculoskeletal system. In addition, students will learn how to undertake self-treatment for common musculoskeletal ailments.



Learning Outcomes

1. Identify and discuss the aims and diversity of approaches within manual and physical therapies.
2. Compare and contrast the core concepts within myotherapy, chiropractic, osteopathy and physiotherapy.
3. Identify and respond effectively to ethical issues in manual and physical therapies practice.
4. Describe the application of the range of manual and physical therapies therapeutic methods and their uses.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
6 Discussion Forums & 7 Activities weekly posts (minimum 150 words, each)	1-4	1-13	Forum only: Sessions 1, 5, 7, 8, 12 & 13 + Activity plus forum: Sessions 2, 3, 4, 6, 9, 10, 11	12% (6x2%) + 28% (7x4%)
Written Reflection ethics case study (750 words)	3	1-11	Week 13	20%
Final Written Exam short answer (1 hour)	1-2, 4	1-13	Final Examination Period	40%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS.

Pass Requirements

To achieve a passing grade in this subject, students must:

- have a cumulative mark of at least 50%, and
- have submitted all assessment items with a value greater than 15%.

Prescribed Readings:

Nil

Recommended Readings:

Casanelia, L., & Stelfox, D. (2010). *Foundations of massage* (3rd ed). Churchill Livingstone; Elsevier. [ebook available].



Smith, J. (2005). *Structural bodywork: An introduction for students and practitioners*. Churchill Livingstone; Elsevier. [ebook available]

Zetler, J., & Bonello, R. (2012). *Essentials of law, ethics and professional issues for CAM*. Churchill Livingstone; Elsevier.

Subject Content		
Week	Lectures	Tutorials / Practicals
1.	Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources) History of Manual Therapies Touch: what makes it healing? Massage around the world Types and benefits of touch therapies	Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback <ul style="list-style-type: none"> ➤ Forum Discussion ➤ Introductory Webinar ➤ Overview and expectations of the subject <ul style="list-style-type: none"> ○ Questions and discussion about assessments ○ Information management
2.	Soft Tissue Therapies in Australia <ul style="list-style-type: none"> ➤ Recent history ➤ Swedish massage ➤ Spa/relaxation massage ➤ Sports massage ➤ Foot and hand reflexology 	<ul style="list-style-type: none"> ➤ Forum Discussion ➤ Activity <ul style="list-style-type: none"> ○ Massage techniques: Effleurage, petrissage
3.	Remedial Techniques <ul style="list-style-type: none"> ➤ Remedial massage ➤ Tui na ➤ Trigger point therapy ➤ Muscle energy techniques 	<ul style="list-style-type: none"> ➤ Forum Discussion ➤ Activity <ul style="list-style-type: none"> ○ Draw your referral pattern from a trigger point
4.	Proprietary Techniques <ul style="list-style-type: none"> ➤ Structural integration/Rolfing™ ➤ Myofascial release ➤ Bowen Therapy™ Lymphatic drainage Visceral manipulation	<ul style="list-style-type: none"> ➤ Forum Discussion ➤ Activity <ul style="list-style-type: none"> ○ Ethical issues: Scope of practice; informed consent
5.	Physiotherapy <ul style="list-style-type: none"> ➤ History ➤ Evidence base ➤ Scope of practice ➤ Governance 	<ul style="list-style-type: none"> ➤ Forum Discussion



	<ul style="list-style-type: none"> ➤ Principles ➤ Use in Australia 	
6.	Chiropractic <ul style="list-style-type: none"> ➤ History Evidence base ➤ Scope of practice ➤ Governance ➤ Principles ➤ Use in Australia 	<ul style="list-style-type: none"> ➤ Forum Discussion ➤ Activity <ul style="list-style-type: none"> ○ Ethical issues: Pain and abuse
7.	Osteopathy <ul style="list-style-type: none"> ➤ History ➤ Evidence base ➤ Scope of practice ➤ Governance ➤ Principles ➤ Use in Australia 	<ul style="list-style-type: none"> ➤ Forum Discussion
NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Online students – The non-teaching week falls between Weeks 7 and 8		
8.	Myotherapy <ul style="list-style-type: none"> ➤ History ➤ Evidence base ➤ Scope of practice ➤ Governance ➤ Principles ➤ Use in Australia ➤ Use in global healthcare 	<ul style="list-style-type: none"> ➤ Forum Discussion
9.	Myotherapy (continued) <ul style="list-style-type: none"> ➤ Assessment methods ➤ Postural alignment ➤ Range of movement 	<ul style="list-style-type: none"> ➤ Forum Discussion ➤ Activity <ul style="list-style-type: none"> ○ Postural self-analysis
10.	Myotherapy (continued) <ul style="list-style-type: none"> ➤ Special testing and joint examination Treatment techniques <ul style="list-style-type: none"> ➤ Joint mobilisation ➤ Neurodynamic techniques ➤ Dry needling <ul style="list-style-type: none"> ○ Electrostimulation ➤ TENS 	<ul style="list-style-type: none"> ➤ Forum Discussion ➤ Activity <ul style="list-style-type: none"> ○ Scapulo-humeral motion test
11.	Energetics of Touch Therapies <ul style="list-style-type: none"> ➤ Connecting with a client through touch 	<ul style="list-style-type: none"> ➤ Forum Discussion ➤ Activity



	<ul style="list-style-type: none"> ➤ Energy in the hands ➤ Analog communication in the tissues ➤ Influencing tensegrity ➤ Energetic boundaries 	<ul style="list-style-type: none"> ○ Ethical issues: Misconduct
12.	Exercise Therapy <ul style="list-style-type: none"> ➤ Types and characteristics of stretching ➤ Precautions and contraindications ➤ Resistance exercise/strength ➤ Correcting posture 	<ul style="list-style-type: none"> ➤ Forum Discussion
13.	Review of Scope of Manual Therapies <ul style="list-style-type: none"> ➤ Aims and effectiveness of manual therapies ➤ Scope of practice ➤ Multimodality practices ➤ Referral ➤ Informed consent ➤ Duty of care ➤ Models for professional regulation 	<ul style="list-style-type: none"> ➤ Forum Discussion
14.	Non-Teaching Week/Practical Examination Week 1 Note that make-up classes may be scheduled in this week	
15.	Non-Teaching Week/Practical Examination Week 2 Note that make-up classes may be scheduled in this week	
16.	Final Examination Week 1 Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education . Refer to your local campus calendar for exam opening and closing times.	
17.	Final Examination Week 2 Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education . Refer to your local campus calendar for exam opening and closing times.	