MODULE DESCRIPTOR

<table>
<thead>
<tr>
<th>TITLE</th>
<th>Manual Therapy for the Lower Quadrant</th>
</tr>
</thead>
<tbody>
<tr>
<td>SI MODULE CODE</td>
<td>23-7148-00S</td>
</tr>
<tr>
<td>CREDITS</td>
<td>30</td>
</tr>
<tr>
<td>LEVEL</td>
<td>7</td>
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<tr>
<td>JACS CODE</td>
<td>B160</td>
</tr>
<tr>
<td>SUBJECT GROUP</td>
<td>Physiotherapy</td>
</tr>
<tr>
<td>DEPARTMENT</td>
<td>Allied Health Department</td>
</tr>
<tr>
<td>MODULE LEADER</td>
<td>Katharine Yorke</td>
</tr>
</tbody>
</table>

**MODULE STUDY HOURS (based on 10 hours per credit)**

<table>
<thead>
<tr>
<th>Scheduled Learning and Teaching Activities</th>
<th>Placement (if applicable)</th>
<th>Independent Guided Study</th>
<th>Total Number of Study Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>46</td>
<td></td>
<td>254</td>
<td>300</td>
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*to be used for Key Information Sets - see Module Descriptor guidance notes

**MODULE AIM**

The aim of the module is to enhance your expertise and innovative management of neuro-musculoskeletal dysfunctions of the lower quadrant, informed by critical evaluation of the relevant literature and reflection on the effectiveness of your clinical reasoning skills.

These aims are in line with the requirements for membership of the Musculoskeletal Association of Chartered Physiotherapists

**MODULE LEARNING OUTCOMES**

By engaging successfully with this module you will be able to:

1. Critically evaluate and reflect on comprehensive management of lower quadrant neuro-musculoskeletal dysfunctions and its impact upon therapeutic services.
2. Critically evaluate and reflect on the theory and evidence that underpins and challenges contemporary concepts of neuro-musculoskeletal management, and clinical practice.
3. Demonstrate your ability to use advanced clinical skills for the lower quadrant and critically justify and reflect on their application within clinical practice.

**INDICATIVE CONTENT**

**Pharmacology**

- The mechanisms, pharmacokinetics, side effects and benefits of
  - Anti-inflammatory drugs
  - Pain relieving drugs

**Evidence based practice**

- Understanding and critiquing qualitative research
- Understanding and critiquing guidelines and pathways
- Integration of different forms of evidence into clinical reasoning

**Applying a bio-psychosocial model of practice**
- Using and critiquing screening tools specific to fear avoidance and risk of developing chronic pain
- Individualised/goal orientated measures
- Ergonomic and holistic assessment

**Complex and dynamic movement**
- Control of dynamic whole body movement
- Understanding balance and proprioception
- Movement screening tools
- Muscular dysfunction – assessment and management

**Musculoskeletal problems in the lower quadrant**
- Assessment of lower quadrant musculoskeletal dysfunction
  - Posture and movement assessment,
  - Anatomy, physiology and biomechanics relevant to specific conditions,
  - Predisposing factors for musculoskeletal problems and preventative strategies
  - Differential diagnosis including neurological, visceral and cardiovascular problems,
- Management of lower quadrant musculoskeletal dysfunction
  - Manual therapy approaches – mobilisation, manipulation and handling for patient education,
  - Use of exercise and self-management strategies,
  - Use of adjuncts such as supports,
  - Patient education and advice,
  - Indications for surgical interventions and injection therapy for musculoskeletal problems
- Influence of neurological, vascular and lymphatic systems on musculoskeletal dysfunctions
- Influence of psychosocial factors on the management of specific musculoskeletal dysfunctions (e.g. factors which hinder/facilitate recovery and rehabilitation)

**Musculoskeletal problems in the lower quadrant**
The content described above will be covered for dysfunctions relating to the lumbar spine, hip, knee and the foot and ankle complex. Other musculoskeletal problems will be covered through self-directed learning and formative assessment and summative assessment only.

**LEARNING, TEACHING AND ASSESSMENT - STRATEGY AND METHODS**

Students will be supported in their learning, to achieve the above outcomes, in the following ways.

The module will encourage you to share ideas, broaden your understanding, reflect on your own clinical practice and also learn from one another. The online learning and the face-to-face sessions will encourage critical enquiry and innovative problem solving by facilitating participation and interaction.

The module will be delivered using face to face group sessions, which will involve practical sessions and discussion activities. In addition, there will be notational student time for direct engagement with online learning materials, discussion of and documentation of learning and preparation for face-to-face sessions. 150 hours of student time will be self-directed learning and engagement with assessment tasks. Self-directed learning is expected to include practice of practical skills and reflection on clinical application.

These activities will encourage you to share ideas, broaden your understanding, reflect upon your own clinical practice and learn from one another.

Topics will be covered only as online learning where there is little need to integrate practical skills into the learning. Online learning will be structured and interactive. The face-to-face sessions will mostly cover specific musculoskeletal problems in the lower quadrant. Learners will be expected to engage with each topic in advance of the sessions through directed reading and/or online presentations so that the face to face
sessions can focus on formative assessment of that understanding, discussion of experience, case studies and practical skills.

**TUTOR-LED ACTIVITIES**

**Practical sessions will be used to**
- Integrate theoretical knowledge into practical skills application
- Reflect on independent guided study activities around case studies
- Facilitate professional discussion regarding clinical reasoning and decision making as well as application and evaluation of practical clinical skills
- Practical sessions to review and practice manual therapy clinical skills
- Facilitate discussion and reflection on students previous knowledge and clinical experience
- Assessment preparation sessions will engage you with analysing and using the marking criteria for peer and tutor formative assessment.

**Independent guided study and Student-directed Learning**

Independent study will be an essential aspect of your learning facilitating your reflection on issues and concepts and their application within your clinical practice. This will include:

- Critically reviewing and utilising relevant literature to further your understanding of contemporary pain and pain management through the application of movement and manual therapeutic interventions
- Critically reviewing and utilising evidence based underpinning of neuro-musculoskeletal management
- Essential Preparing for practical classroom sessions (you may be asked to prepare a presentation).
- Reflective and directed clinical practice with application of learning in the workplace
- Student practice sessions will provide an opportunity for ongoing clinical skills development and synthesis of theory and practice.

The summative assessment tasks will facilitate your confidence in your clinical knowledge and skills through sharing your ideas with tutors. Both assessment tasks involve considering the role of manual therapy approaches within holistic management, using case study examples.

**ASSESSMENT TASK INFORMATION**

<table>
<thead>
<tr>
<th>Task No.*</th>
<th>Short Description of Task</th>
<th>SI Code</th>
<th>Task Weighting %</th>
<th>Word Count Exam Duration**</th>
<th>In-module retrieval available</th>
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<tbody>
<tr>
<td>1</td>
<td>Critical Review of case study and relevant literature.</td>
<td>CW</td>
<td>40%</td>
<td>2500 words</td>
<td>N</td>
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<tr>
<td>2</td>
<td>Practical Viva Comprising Movement Analysis, Techniques application and Reasoning</td>
<td>PR</td>
<td>60%</td>
<td>40 minutes</td>
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*Assessment task limit of a max of two tasks per 20 credits, and a max of three tasks for a module larger than 20 credits

Each task will have to be passed at 50%

**Summative assessment - Task 1 Coursework (Learning Outcome 2).**

You will write a 2,500 word essay, based on a case study from your own practice. You will consider a patient whose management has necessitated a number of inter-related approaches such as movement re-education, advice and education, exercise, pharmacology and other adjuncts to manual therapy. You will evaluate the
principles underpinning your approach, focusing on the use of different, converging approaches for the same dysfunction. You will reflect upon your practice and relate this to the theoretical understanding of a range of relevant theories and concepts and contemporary evidence.

Summative assessment - Task 2 Practical viva and assessment (Learning Outcomes 1 and 3)

You will attend a 40 minute practical assessment and viva in which you will be presented with a previously unseen case study with a dysfunction in the lower quadrant. You will be required to discuss options for the management of the given case study, perform a movement analysis on a model focussed on a similar issue and demonstrate manual therapy interventions that would be appropriate for that patient. Further assessment of practical skills will take place, some of which will be related to the same case study and others may be unrelated. The practical exam will assess a range of techniques across different joints and you will be expected to demonstrate the ability to safely, effectively and sensitively apply a range of manual therapy procedures.

Formative assessment

You will submit an essay plan for Task 1 partway through the module. Feedback will be given by the module tutor in relation to use your case study to meet the summative marking criteria. This will give you the opportunity to plan your coursework and reflect upon the content of your essay.

Towards the end of the module, there will be a mock practical exam. Feedback on this activity should help you recognise strengths and weaknesses and plan your preparation for the summative practical exam. Formative feedback on handling skills will be a regular part of practical sessions and you will be actively encouraged to feedback to your peers.

FEEDBACK

Students will receive feedback on their performance in the following ways

- Formative feedback from lecturers throughout the face to face sessions
- Formative feedback via tutorials
- Summative written feedback following assessments that will include the students strengths and areas that they need to develop

LEARNING RESOURCES FOR THIS MODULE (INCLUDING READING LISTS)

On-line learning resources such as Library Gateway and Blackboard


SECTION 2  MODULE INFORMATION FOR STAFF ONLY

MODULE DELIVERY AND ASSESSMENT MANAGEMENT INFORMATION

MODULE STATUS - INDICATE IF ANY CHANGES BEING MADE

<table>
<thead>
<tr>
<th>NEW MODULE</th>
<th>EXISTING MODULE - NO CHANGE</th>
<th>Title Change</th>
<th>Level Change</th>
<th>Credit Change</th>
<th>Assessment Pattern Change</th>
<th>Change to Delivery Pattern</th>
<th>Date the changes (or new module) will be implemented</th>
</tr>
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<tbody>
<tr>
<td>N</td>
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<td>N</td>
<td>N</td>
<td>N</td>
<td>Y</td>
<td>Y</td>
<td>02/2015</td>
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MODULE DELIVERY PATTERN - Give details of the start and end dates for each module. If the course has more than one intake, for example, September and January, please give details of the module start and end dates for each intake.

<table>
<thead>
<tr>
<th>Course Intake 1</th>
<th>Module Begins</th>
<th>Module Ends</th>
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<tbody>
<tr>
<td></td>
<td>01/02/2015</td>
<td>01/06/2015</td>
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Is timetabled contact time required for this module?  

<table>
<thead>
<tr>
<th>Are any staff teaching on this module non-SHU employees?</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
</tr>
</tbody>
</table>

If yes, please give details of the employer institution(s) below

<table>
<thead>
<tr>
<th>What proportion of the module is taught by these non-SHU staff, expressed as a percentage?</th>
</tr>
</thead>
</table>

MODULE ASSESSMENT INFORMATION

Indicate how the module will be marked

- *Overall PERCENTAGE Mark of 50%*  
- *Overall PASS / FAIL Grade*

*Choose one only – module cannot include both percentage mark and pass/fail graded tasks

SUB-TASKS

<table>
<thead>
<tr>
<th>Will any sub-tasks (activities) be used as part of the assessment strategy for this module?</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
</tr>
</tbody>
</table>

If sub-tasks / activities are to be used this must be approved within the Faculty prior to approval. Sub-task / activity marks will be recorded locally and extenuating circumstances, extensions, referrals and deferrals will not apply to sub-tasks / activities.

FINAL TASK

According to the Assessment Information shown in the Module Descriptor, which task will be the LAST TASK to be taken or handed-in? (Give task number as shown in the Assessment Information Grid in Section 1 of the Descriptor)

<table>
<thead>
<tr>
<th>Task No.</th>
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<tbody>
<tr>
<td>2</td>
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</table>

NON-STANDARD ASSESSMENT PATTERNS

MARK 'X' IN BOX IF MODULE ASSESSMENT PATTERN IS NON STANDARD, eg MODEL B, ALL TASKS MUST BE PASSED AT 50%.

NB: Non-standard assessment patterns are subject to faculty agreement and approval by Registry Services - see guidance. notes.

<table>
<thead>
<tr>
<th>X</th>
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CHECKED

<table>
<thead>
<tr>
<th>Date</th>
<th>Reason</th>
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<tr>
<td>July 2014</td>
<td>Checked Against SI</td>
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6ES7148-4FA00-0AB0. Manufacturer: Siemens. Description: Siemens 6ES7148-4FA00-0AB0 SIMATIC ET200pro Fail-Safe Digital Input 8/16-P 24VDC. Full Description: Siemens 6ES7148-4FA00-0AB0 SIMATIC S5/S7 DP Electronic Module for ET 200pro Distributed I/O System, 8/16 F-DI PROFIsafe Digital Input Module, (16) 24V DC Single-Channel Inputs or (8) 24V DC Two-Channel Inputs, 90 mm Width, certified up to Category 4 (EN954-1)/. SIL3 (IEC61508). UPC / GTIN SI7148DP-T1-E3 â€“ N-Channel 75V 28A (Tc) 5.4W (Ta), 96W (Tc) Surface Mount PowerPAK® SO-8 from Vishay Siliconix. Pricing and Availability on millions of electronic components from Digi-Key Electronics. SI7148DP-T1-E3 N-Channel 75V 28A (Tc) 5.4W (Ta), 96W (Tc) Surface Mount PowerPAK® SO-8. Price & Procurement. Quantity. SI7148DP-T1-E3CT-ND SI7148DP-T1-E3 â€“ All prices are in USD.