



# PSIO13007 Musculoskeletal Physiotherapy 3

## Term 1 - 2024

Profile information current as at 19/05/2024 09:03 am

All details in this unit profile for PSIO13007 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

## General Information

### Overview

In this unit you will advance your knowledge and skills in the assessment and management of complex musculoskeletal conditions, with a focus on developing and refining your clinical reasoning and manual therapy skills. The unit will foster an evidence-based and client-centred approach to physiotherapy management of acute sporting injuries, orthopaedic surgery, complex spinal and peripheral conditions, chronic disease and persisting pain, across the lifespan. Complex clinical presentations will be explored in the context of biological, social and psychological factors that influence client recovery and participation.

### Details

Career Level: *Undergraduate*

Unit Level: *Level 3*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

### Pre-requisites or Co-requisites

To enrol in this unit you must be enrolled in the CB85 Course and meet the following pre-requisites: PSIO12001 Musculoskeletal Physiotherapy 1 PSIO12005 Musculoskeletal Physiotherapy 2 ALLH12008 Functional Anatomy and Biomechanics

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

### Offerings For Term 1 - 2024

- Bundaberg
- Rockhampton

### Attendance Requirements

All on-campus students are expected to attend scheduled classes - in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

### Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

## Class and Assessment Overview

### Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

### Class Timetable

#### [Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

#### [Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

### Assessment Overview

#### 1. **In-class Test(s)**

Weighting: 20%

#### 2. **In-class Test(s)**

Weighting: 30%

#### 3. **Objective Structured Clinical Examinations (OSCEs)**

Weighting: 50%

#### 4. **On-campus Activity**

Weighting: Pass/Fail

### Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

## CQUniversity Policies

**All University policies are available on the [CQUniversity Policy site](#).**

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

## Previous Student Feedback

### Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

#### Feedback from Personal communication

**Feedback**

Students found the external lecturers very informative and beneficial to their learning.

**Recommendation**

It is recommended that the unit continues to use sessional staff to support student learning in areas of speciality clinical practice.

#### Feedback from Student Unit Evaluation of Teaching (SUTE)

**Feedback**

Students would like to have access to previous in-class test assessments

**Recommendation**

It is recommended that additional mock exam questions be provided to students, which may include the use of mock online quizzes to support student preparation for the Mid-Term and End-Term In-Class Test.

## Unit Learning Outcomes

**On successful completion of this unit, you will be able to:**

1. Demonstrate theoretical and applied knowledge of pathophysiology, symptomatology, clinical course and prognosis for complex musculoskeletal conditions
2. Develop, implement and evaluate evidence-based assessment and treatment for clients with complex musculoskeletal conditions
3. Explain how biological, social, and psychological factors inform a physiotherapy intervention plan for clients with complex musculoskeletal conditions
4. Describe the role of the physiotherapist within an interprofessional team in the management of clients with complex musculoskeletal conditions
5. Demonstrate acceptable professional and ethical behaviours consistent with a physiotherapy practitioner.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes				
	1	2	3	4	5
1 - In-class Test(s) - 20%	•				
2 - In-class Test(s) - 30%	•		•	•	
3 - Objective Structured Clinical Examinations (OSCEs) - 50%		•	•	•	•
4 - On-campus Activity - 0%					•

## Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes				
	1	2	3	4	5
1 - Communication	•	•	•	•	
2 - Problem Solving	•	•	•	•	
3 - Critical Thinking	•	•	•	•	
4 - Information Literacy	•	•	•		
5 - Team Work				•	•
6 - Information Technology Competence					
7 - Cross Cultural Competence		•	•	•	
8 - Ethical practice		•	•	•	•
9 - Social Innovation					
10 - Aboriginal and Torres Strait Islander Cultures					

## Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - In-class Test(s) - 20%	•	•	•	•						
2 - In-class Test(s) - 30%	•	•	•	•			•			
3 - Objective Structured Clinical Examinations (OSCEs) - 50%	•	•	•	•			•	•		
4 - On-campus Activity - 0%								•		

## Textbooks and Resources

### Textbooks

PSIO13007

#### Prescribed

##### **Principles of Musculoskeletal Treatment and Management: A textbook for therapists**

Edition: 3rd (2018)

Authors: Nicola J Petty, Kieran Barnard

Elsevier

Sydney , NSW , Australia

ISBN: 978-0-7020-6719-8

Binding: Paperback

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#### Supplementary

##### **Brukner & Khan's Clinical Sports Medicine - Volume 1 Injuries**

Edition: 5th (2017)

Authors: rukner, Peter ; Clarsen, Ben ; Cook, Jill ; Cools, Ann ; Crossley, Kay ; Hutchinson, Mark ; McCrory, Paul ; Bahr, Roald ; Khan, Karim

McGraw-Hill Education

New York , NY , United States of America

ISBN: 9781760421663

Binding: Hardcover

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

#### You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

## Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 7th Edition \(APA 7th edition\)](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Steven Obst** Unit Coordinator

[s.obst@cqu.edu.au](mailto:s.obst@cqu.edu.au)

## Schedule

### Week 1 - 04 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Musculoskeletal Physiotherapy 3 Revisiting the patient interview and assessment planning for spinal pain	Chapter 9 - Petty and Barnard (2018) Principles of musculoskeletal treatment and management (3rd Edition).	

### Week 2 - 11 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
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Principles of treatment - Joint mobilisations for spinal pain

Chapter 3 - Petty and Barnard (2018) Principles of musculoskeletal treatment and management (3rd Edition).  
Chapter 17 - Brukner and Khan (2017) Clinical sports medicine (5th Edition).

### Week 3 - 18 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Principles of treatment - Neural mobilisations for neuropathic pain	Chapter 5 and 7 - Petty and Barnard (2018) Principles of musculoskeletal treatment and management (3rd Edition).	

### Week 4 - 25 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Principles of treatment - High velocity thrust manipulations	Chapter 3 - Petty and Barnard (2018) Principles of musculoskeletal treatment and management (3rd Edition).	

### Week 5 - 01 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
Principles of treatment - Motor control training for spinal pain	Chapter 10 - Petty and Barnard (2018) Principles of musculoskeletal treatment and management (3rd Edition).	<b>MID-TERM TEST (On Campus)</b> Due: Week 5 Tuesday (2 Apr 2024) 8:30 am AEST

### Vacation Week - 08 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
N/A	N/A	

### Week 6 - 15 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
Complex Musculoskeletal: Peripheral musculoskeletal conditions (Tendinopathy and shoulder pain)	Chapter 24 - Brukner and Khan (2017) Clinical sports medicine (5th Edition)	

### Week 7 - 22 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
Complex Musculoskeletal: Chronic lower back pain and persisting pain	Chapter 8 - Petty and Barnard (2018) Principles of musculoskeletal treatment and management (3rd Edition). Chapter 5 - Brukner and Khan (2017) Clinical sports medicine (5th Edition).	

### Week 8 - 29 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
Complex Musculoskeletal: Sports physiotherapy	Chapter 20 - Brukner and Khan (2017) Clinical sports medicine (5th Edition).	

### Week 9 - 06 May 2024

Module/Topic	Chapter	Events and Submissions/Topic
Complex Musculoskeletal: Post-operative rehabilitation	Chapter 35 - Brukner and Khan (2017) Clinical sports medicine (5th Edition).	

### Week 10 - 13 May 2024

Module/Topic	Chapter	Events and Submissions/Topic

Complex Musculoskeletal:  
Occupational and paediatric  
physiotherapy

Chapter 44 - Brukner and Khan (2017)  
Clinical sports medicine (5th Edition).

### Week 11 - 20 May 2024

Module/Topic	Chapter	Events and Submissions/Topic
Guest lectures series - Working as a musculoskeletal physiotherapist (TBC) Revision	N/A	

### Week 12 - 27 May 2024

Module/Topic	Chapter	Events and Submissions/Topic
Revision and assessment	N/A	<b>END-TERM TEST (On Campus)</b> Due: Week 12 Monday (27 May 2024) 8:30 am AEST

### Review/Exam Week - 03 Jun 2024

Module/Topic	Chapter	Events and Submissions/Topic
N/A	N/A	

### Exam Week - 10 Jun 2024

Module/Topic	Chapter	Events and Submissions/Topic
N/A	N/A	

## Assessment Tasks

### 1 MID-TERM TEST (On Campus)

#### Assessment Type

In-class Test(s)

#### Task Description

The Mid-Term Test is a 1.5 hour (i.e. 90 min) closed book, paper-based, in-class written test that will be held on-campus (Bundaberg and Rockhampton campuses only). Access to books, notes and electronic devices are prohibited during the test. The Mid-Term Test will examine all content covered from weeks 1 to 4, inclusive, including all lectures, practicals and required readings. The test will include some, or all, of the following question types: multiple choice, True/False, short answer/essay, and/or case studies.

#### Assessment Due Date

Week 5 Tuesday (2 Apr 2024) 8:30 am AEST

#### Return Date to Students

Results will be accessible on Moodle within two weeks of the submission date.

#### Weighting

20%

#### Assessment Criteria

All questions will be marked numerically and an overall percentage mark will be awarded.

Late Arrivals: You should aim to arrive at least 15-minutes prior to the official assessment commencement time. In the extraordinary circumstance that you are late you will be permitted late entry to your assessment of up to 10 minutes after the official assessment commencement time. The period of lateness will be deducted from your overall assessment time. If you are denied access to the assessment due to lateness (i.e. arriving beyond the permitted late entry period), you should make an online application for deferred assessment (which may or may not be granted in line with CQU policy). If your application for deferred assessment is denied, you will receive a score of zero percent (0%) for your assessment item.

#### Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

#### Submission

Offline

### **Submission Instructions**

The Mid-Term Test will held on campus. Please see Moodle Assessment tile or more details.

### **Learning Outcomes Assessed**

- Demonstrate theoretical and applied knowledge of pathophysiology, symptomatology, clinical course and prognosis for complex musculoskeletal conditions

### **Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy

## **2 END-TERM TEST (On Campus)**

### **Assessment Type**

In-class Test(s)

### **Task Description**

The End-Term Test is a 2 hour (i.e. 120 min) closed book, paper-based, in-class written test that will be held on-campus (Bundaberg and Rockhampton campuses only). Access to books, notes and electronic devices are prohibited during the test. The End-Term Test will examine all content covered from weeks 1 to 10, inclusive, including all lectures, practicals and required readings. The test will include some, or all, of the following question types: Multiple choice, True/False, Short answer/essay and/or Case studies

### **Assessment Due Date**

Week 12 Monday (27 May 2024) 8:30 am AEST

### **Return Date to Students**

Results will be accessible on Moodle within two weeks of the submission date.

### **Weighting**

30%

### **Minimum mark or grade**

50%

### **Assessment Criteria**

All questions will be marked numerically and an overall percentage mark will be awarded.

Late Arrivals: You should aim to arrive at least 15-minutes prior to the official assessment commencement time. In the extraordinary circumstance that you are late you will be permitted late entry to your assessment of up to 10 minutes after the official assessment commencement time. The period of lateness will be deducted from your overall assessment time. If you are denied access to the assessment due to lateness (i.e. arriving beyond the permitted late entry period), you should make an online application for deferred assessment (which may or may not be granted in line with CQU policy). If your application for deferred assessment is denied, you will receive a score of zero percent (0%) for your assessment item.

### **Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

### **Submission**

Offline

### **Submission Instructions**

The End-Term Test will held on campus. Please see Moodle Assessment tile for more details.

### **Learning Outcomes Assessed**

- Demonstrate theoretical and applied knowledge of pathophysiology, symptomatology, clinical course and prognosis for complex musculoskeletal conditions
- Explain how biological, social, and psychological factors inform a physiotherapy intervention plan for clients with complex musculoskeletal conditions
- Describe the role of the physiotherapist within an interprofessional team in the management of clients with complex musculoskeletal conditions

### **Graduate Attributes**

- Communication



- Problem Solving
- Critical Thinking
- Information Literacy
- Cross Cultural Competence

### 3 OBJECTIVE STRUCTURED CLINICAL EXAMINATION (On Campus)

#### Assessment Type

Objective Structured Clinical Examinations (OSCEs)

#### Task Description

The Objective Structured Clinical Exam (OSCE) is intended to assess your theoretical and practical application of physiotherapy assessment, treatment, and clinical reasoning. The OSCE will include two (2) brief written clinical scenarios. You will have 40 minutes to read and complete all questions/tasks. There will be NO PREPARATION time for this assessment. For each scenario you will be required to plan, discuss and perform relevant aspects of physiotherapy assessment, treatment and overall management.

You may be requested to:

- Demonstrate knowledge of the presenting condition, including relevant pathophysiology, pathoanatomy, and symptomatology.
- Identify and act upon any precautions and/or contraindications to assessment and/or treatment.
- Demonstrate knowledge and clinical reasoning in the selection of assessment, treatment and/or overall management.
- Demonstrate clear, effective and thorough communication.
- Demonstrate safe and effective application of clinical assessment, treatment and/or overall management.
- Explain and interpret the findings of a clinical assessment and/or treatment, including progression and regression of selected treatment techniques.
- Demonstrate accurate and appropriate documentation of your clinical assessment and/or treatment findings.

All material relevant to musculoskeletal physiotherapy assessment and treatment covered in the following pre-requisite units is also examinable in the OSCE: Foundations of Physiotherapy Practice 1 (PSIO11004), Foundations of Physiotherapy Practice 2 (PSIO11003), Functional Anatomy and Biomechanics (ALLH12008), Musculoskeletal Physiotherapy 1 (PSIO12001) and Musculoskeletal Physiotherapy 2 (PSIO12005).

You need to be appropriately attired in your full clinical uniform for the examination. If you are required to be a 'simulated patient' for another student's examination please bring additional clothes suitable for a clinical assessment.

#### Assessment Due Date

The Practical Assessment (OSCE) will be held in either the Review/Exam Week or Exam Week. Time and date will be confirmed during the term.

#### Return Date to Students

Results will be accessible on Moodle within two weeks following completion.

#### Weighting

50%

#### Minimum mark or grade

To PASS the OSCE you must: 1) Achieve a mark of 50% or higher; AND 2) Achieve a PASS result for the PASS/FAIL component of Safety and Risk Management.

#### Assessment Criteria

The assessment rubric for this assessment task is based on the Australian Standards for Physiotherapy, the Accreditation Standard set by the Australian Physiotherapy Council, and The Assessment of Physiotherapy Practice Instrument. These quality frameworks are mapped against the CQUniversity Graduate Attributes and are intended to give a holistic understanding of standards expected for the assessment task.

Detailed marking criteria sheet will be available on Moodle, and will be based on the following rubric categories:

- Communication (20%)
- Selection, application and interpretation of assessment (40%)
- Selection, application and interpretation of treatment/management (40%)
- Risk Management/Safety and Professional Behaviour (PASS/FAIL)

In order to PASS the OSCE you must:

1. Achieve a mark of 50% or higher; AND
2. Achieve a PASS result for the PASS/FAIL component of Safety and Risk Management.

If you do not meet the above criteria for each clinical scenario, you may be offered a Supplementary Assessment in line with CQUniversity Policy.

**Late Arrivals:** You should aim to arrive at least 15-minutes prior to the official assessment commencement time (i.e. when your preparation time starts). In the extraordinary circumstance that you are late you will be permitted late entry to your assessment of up to 10 minutes after the official assessment commencement time. The period of lateness will be deducted from your overall assessment time. If you are denied access to the assessment due to lateness (i.e. arriving beyond the permitted late entry period), you should make an online application for deferred assessment (which may or may not be granted in line with CQU policy). If your application for deferred assessment is denied, you will receive a score of zero percent (0%) for your assessment item and will not be eligible for a re-sit, but may be eligible for a supplementary assessment in line with CQU policy.

### **Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

### **Submission**

No submission method provided.

### **Learning Outcomes Assessed**

- Develop, implement and evaluate evidence-based assessment and treatment for clients with complex musculoskeletal conditions
- Explain how biological, social, and psychological factors inform a physiotherapy intervention plan for clients with complex musculoskeletal conditions
- Describe the role of the physiotherapist within an interprofessional team in the management of clients with complex musculoskeletal conditions
- Demonstrate acceptable professional and ethical behaviours consistent with a physiotherapy practitioner.

### **Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Cross Cultural Competence
- Ethical practice

## **4 ATTENDANCE HURDLE (On Campus)**

### **Assessment Type**

On-campus Activity

### **Task Description**

A minimum attendance rate of 85% for practical sessions is required in order to be eligible to PASS this unit. This minimum attendance requirement is recommended by the Australian Physiotherapy Council and thus has been integrated as a requirement into the CB85 Physiotherapy course. If there is a genuine reason for being absent, you must inform the unit coordinator as soon as possible and submit a medical certificate or other supporting documentation via email so that your absence does not count towards your attendance rate. The monitoring of attendance will take into consideration legitimate requests for absence such as those outlined in the Assessment Policy and Procedure (5.21 and 5.22) (e.g. medical or allied health, compassionate, misadventure and exceptional circumstances). You will be notified by the unit coordinator when you reach the 85% threshold. If you require a prolonged absence (>3 sessions) for a health-related condition, you will be required to have a face-to-face discussion with the unit coordinator and head of course to discuss your progression in the unit.

### **Assessment Due Date**

Attendance rate will be determined at the end of term (i.e. Week 12)

### **Return Date to Students**

Attendance rate will be determined at the end of term (i.e. Week 12)

**Weighting**

Pass/Fail

**Minimum mark or grade**

In order to PASS the Attendance Hurdle you must attend at least 85% of all scheduled practicals for this unit.

**Assessment Criteria**

Your attendance at each scheduled practical session will be recorded by the tutor using an attendance spreadsheet. The monitoring of attendance will take into consideration legitimate requests for absence, such as those outlined in the CQUniversity Assessment Policy and Procedure (Higher Education Coursework) document, and these will not be counted as absence for the purpose of this attendance requirement.

**Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

**Submission**

No submission method provided.

**Learning Outcomes Assessed**

- Demonstrate acceptable professional and ethical behaviours consistent with a physiotherapy practitioner.

**Graduate Attributes**

- Ethical practice

## Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

### What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

### Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

### Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

### What can you do to act with integrity?



#### Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



#### Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



#### Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem