



CHIR8513

Functional Rehabilitation

Session 1, Weekday attendance, North Ryde 2021

Department of Chiropractic

Contents

General Information	2
Learning Outcomes	2
General Assessment Information	3
Assessment Tasks	4
Delivery and Resources	7
Unit Schedule	7
Policies and Procedures	8
Changes from Previous Offering	9

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Notice

As part of [Phase 3 of our return to campus plan](#), most units will now run tutorials, seminars and other small group activities on campus, and most will keep an online version available to those students unable to return or those who choose to continue their studies online.

To check the availability of face-to-face activities for your unit, please go to [timetable viewer](#). To check detailed information on unit assessments visit your unit's iLearn space or consult your unit convenor.

General Information

Unit convenor and teaching staff Christopher Agius christopher.agius@mq.edu.au
Credit points 10
Prerequisites
Corequisites CHIR8511
Co-badged status
Unit description This unit concerns itself with modern functional rehabilitation of musculoskeletal conditions as may be managed by registered chiropractors in practice. The students are exposed to paradigms related to active care, the biopsychosocial model, the use of outcome measures and clinical practice guidelines. Skills are developed in patient-centred communication, physical and functional capacity assessment, functional rehabilitation program design and implementation.

Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

Learning Outcomes

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

ULO1: Apply key principles relating to exercise science and physical activity in relation to body functions, health, well-being, physical performance, and the prevention and management of disability.

ULO2: Describe, perform, and interpret physical and functional capacity assessments for the musculoskeletal system, and relate impairments or findings to presenting musculoskeletal conditions.

ULO3: Identify risks and barriers to behaviour change with respect to exercise participation for the prevention and management of common musculoskeletal conditions.

ULO4: Develop person-centered, goal-oriented exercise programs to target a variety of

musculoskeletal conditions within an evidenced-based framework, with consideration of biopsychosocial and lifestyle factors, and incorporation of passive care where appropriate.

ULO5: Demonstrate patient-centred communication, education, and coaching during patient assessment, management, and to aid behaviour change.

General Assessment Information

Assessment Task 1	
Goal:	This assignment will allow your group to communicate research findings as well as your understanding of the topic in a short and concise format. You will be required to review and evaluate research information, integrate ideas and demonstrate (in a creative manner) your understanding of a topic or the research findings.
Activity:	Academic poster + oral presentation
Format:	In groups of 8 or less, students are expect to contribute equally to the design of an academic poster and present key findings . Additionally, you will be required to present your findings to your normal tutorial group
Learning outcomes:	2
Assessment Task 2	
Goal:	To develop both your skills and knowledge in designing and articulating a rehabilitation plan for your patient
Activity:	Written assignment
Format:	In groups of four or less, you will submit a rehabilitation plan of a musculoskeletal case presented to you in a video format, of a particular condition (lower limb, spine or upper limb). You will demonstrate your clinical reasoning skills in a number of steps with your recommendations, including rehabilitation exercises. The case will provided one week prior.
Learning outcomes:	4 & 5
Assessment Task 3 & 4	
Goal:	You will be required to demonstrate competency by explaining and/or delivering an exercise or similar therapeutic procedure
Activity:	Practical exam (OSCE)
Format:	You will complete a randomly selected procedure, on the spot from a series of procedures, where you will demonstrate and/or perform a procedure, ultimately guiding the patient through the exercise procedure
Learning outcomes:	2 & 4
Assessment Task 5	
Goal:	Demonstrate knowledge of musculoskeletal rehabilitation concepts

Activity:	Theory examination
Format:	Individual written examination (multiple choice, true or false and short answer questions).
Learning outcomes:	1, 2, 3, 4 & 5

Assessment Tasks

Name	Weighting	Hurdle	Due
<u>Rehabilitation - cervico-thoracic spine and upper limb objective structured clinical evaluation (OSCE)</u>	20%	No	Week 6
<u>Rehabilitation Assignment 1</u>	10%	No	Week 7
<u>Rehabilitation - lower limb objective structured clinical evaluation (OSCE)</u>	20%	No	Week 12
<u>Rehabilitation Assignment 2</u>	10%	No	Week 12
<u>Rehabilitation Final Theory Exam</u>	40%	No	Exam period

Rehabilitation - cervico-thoracic spine and upper limb objective structured clinical evaluation (OSCE)

Assessment Type ¹: Clinical performance evaluation

Indicative Time on Task ²: 10 hours

Due: **Week 6**

Weighting: **20%**

Rehabilitation - cervico-thoracic spine and upper limb objective structured clinical evaluation (OSCE)

On successful completion you will be able to:

- Describe, perform, and interpret physical and functional capacity assessments for the musculoskeletal system, and relate impairments or findings to presenting musculoskeletal conditions.
- Develop person-centered, goal-oriented exercise programs to target a variety of musculoskeletal conditions within an evidenced-based framework, with consideration of

biopsychosocial and lifestyle factors, and incorporation of passive care where appropriate.

Rehabilitation Assignment 1

Assessment Type ¹: Report

Indicative Time on Task ²: 10 hours

Due: **Week 7**

Weighting: **10%**

Academic poster clinical guidelines / systematic reviews

On successful completion you will be able to:

- Describe, perform, and interpret physical and functional capacity assessments for the musculoskeletal system, and relate impairments or findings to presenting musculoskeletal conditions.

Rehabilitation - lower limb objective structured clinical evaluation (OSCE)

Assessment Type ¹: Clinical performance evaluation

Indicative Time on Task ²: 10 hours

Due: **Week 12**

Weighting: **20%**

Rehabilitation - lower limb objective structured clinical evaluation (OSCE)

On successful completion you will be able to:

- Describe, perform, and interpret physical and functional capacity assessments for the musculoskeletal system, and relate impairments or findings to presenting musculoskeletal conditions.
- Develop person-centered, goal-oriented exercise programs to target a variety of musculoskeletal conditions within an evidenced-based framework, with consideration of biopsychosocial and lifestyle factors, and incorporation of passive care where appropriate.

Rehabilitation Assignment 2

Assessment Type ¹: Report

Indicative Time on Task ²: 10 hours

Due: **Week 12**

Weighting: **10%**

Exercise prescription based on a case study

On successful completion you will be able to:

- Develop person-centered, goal-oriented exercise programs to target a variety of musculoskeletal conditions within an evidenced-based framework, with consideration of biopsychosocial and lifestyle factors, and incorporation of passive care where appropriate.
- Demonstrate patient-centred communication, education, and coaching during patient assessment, management, and to aid behaviour change.

Rehabilitation Final Theory Exam

Assessment Type ¹: Examination

Indicative Time on Task ²: 20 hours

Due: **Exam period**

Weighting: **40%**

Rehabilitation Final Theory Exam

On successful completion you will be able to:

- Apply key principles relating to exercise science and physical activity in relation to body functions, health, well-being, physical performance, and the prevention and management of disability.
- Describe, perform, and interpret physical and functional capacity assessments for the musculoskeletal system, and relate impairments or findings to presenting musculoskeletal conditions.
- Identify risks and barriers to behaviour change with respect to exercise participation for the prevention and management of common musculoskeletal conditions.
- Develop person-centered, goal-oriented exercise programs to target a variety of

musculoskeletal conditions within an evidenced-based framework, with consideration of biopsychosocial and lifestyle factors, and incorporation of passive care where appropriate.

- Demonstrate patient-centred communication, education, and coaching during patient assessment, management, and to aid behaviour change.

¹ If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- the [Writing Centre](#) for academic skills support.

² Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation

Delivery and Resources

Learning and teaching will be comprised of a combination of online lectures, self-directed learning, and hands-on tutorials:

1. 2 x two hour lecture per week (all lecture materials will be posted on iLearn, and there is also a link to ECHO360 for audio recordings of the lectures).
2. 2 x two hour tutorials/practical's per week (Monday 9:00am-1pm, 11 Wallys Walk - 320 Chiro. North Lab, week 2-13 & Friday 11:00am-3:00pm, 11 Wallys Walk - 330 Chiro. South Lab, week 2-13).
3. 2-3 hours per week self-instructional learning.

Recommended resources

Required texts:

Liebenson. Rehabilitation of the Spine: A patient Centered Approach 3rd ed. LWW

Liebenson. Rehabilitation of the Spine: a practitioner's manual 2nd ed. Raven Press

Brunkner P, Khan, K. Clinical Sports Medicine.4th Ed.

Unit Schedule

Within the functional rehabilitation unit, students will gain theoretical knowledge and practical skills to enhance patient activity and participation. Clinical reasoning will be facilitated through the integration and interpretation of a patient interview and assessment findings. Clinical reasoning skills are also enhanced in this unit through case study presentations. The students are exposed to paradigms related to active care plan, the biopsychosocial model, and the use of outcome measures. Patient education, communication, goal setting and coaching as well as patient behaviours, barriers, and beliefs with respect to exercise prescription will also be

explored. Skills in manual therapy are also gained within this unit. These will be integrated within the functional rehabilitation framework.

Unit schedule to follow.

Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](https://policies.mq.edu.au) (<https://policies.mq.edu.au>). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Grade Appeal Policy](#)
- [Complaint Management Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#)

Students seeking more policy resources can visit [Student Policies](https://students.mq.edu.au/support/study/policies) (<https://students.mq.edu.au/support/study/policies>). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

To find other policies relating to Teaching and Learning, visit [Policy Central](https://policies.mq.edu.au) (<https://policies.mq.edu.au>) and use the [search tool](#).

Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/admin/other-resources/student-conduct>

Results

Results published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit ask.mq.edu.au or if you are a Global MBA student contact globalmba.support@mq.edu.au

Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

Learning Skills

Learning Skills (mq.edu.au/learningskills) provides academic writing resources and study strategies to help you improve your marks and take control of your study.

- [Getting help with your assignment](#)
- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module](#)

The Library provides online and face to face support to help you find and use relevant information resources.

- [Subject and Research Guides](#)
- [Ask a Librarian](#)

Student Services and Support

Students with a disability are encouraged to contact the [Disability Service](#) who can provide appropriate help with any issues that arise during their studies.

Student Enquiries

For all student enquiries, visit Student Connect at [ask.mq.edu.au](#)

If you are a Global MBA student contact globalmba.support@mq.edu.au

IT Help

For help with University computer systems and technology, visit http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/.

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources Policy](#). The policy applies to all who connect to the MQ network including students.

Changes from Previous Offering

This is a new stand-alone unit, which has been updated and condensed into one semester.