



# PHTY8106

## Physiotherapy Practice B

Session 1, In person-scheduled-weekday, North Ryde 2022

*Department of Health Sciences*

### Contents

---

<a href="#"><u>General Information</u></a>	2
<a href="#"><u>Learning Outcomes</u></a>	2
<a href="#"><u>General Assessment Information</u></a>	3
<a href="#"><u>Assessment Tasks</u></a>	4
<a href="#"><u>Delivery and Resources</u></a>	8
<a href="#"><u>Unit Schedule</u></a>	10
<a href="#"><u>Policies and Procedures</u></a>	10
<a href="#"><u>Changes from Previous Offering</u></a>	12
<a href="#"><u>Changes since First Published</u></a>	12

---

#### **Disclaimer**

Macquarie University has taken all reasonable measures to ensure the information in this publication is accurate and up-to-date. However, the information may change or become out-dated as a result of change in University policies, procedures or rules. The University reserves the right to make changes to any information in this publication without notice. Users of this publication are advised to check the website version of this publication [or the relevant faculty or department] before acting on any information in this publication.

## General Information

Unit convenor and teaching staff

Unit Convenor

Joel Fuller

[joel.fuller@mq.edu.au](mailto:joel.fuller@mq.edu.au)

Contact via Email

75T, Ground Floor

Email for appointment

Credit points

10

Prerequisites

(PHTY800 or PHTY8100) and (PHTY801 or PHTY8101) and (PHTY802 or PHTY8102) and (MEDI915 or MEDI8105 or PHTY803 or PHTY8103)

Corequisites

Co-badged status

Unit description

Within this unit you will develop the knowledge and skills required by physiotherapists to assess and treat clients of all ages with common musculoskeletal conditions of the upper and lower limbs. Through the application of clinical reasoning, and the principles of evidence-based and person-centred care you will implement safe and effective physiotherapy management strategies specific to an individual presenting with musculoskeletal disorders of the upper and lower limbs.

## 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:** Describe common musculoskeletal conditions of the upper limb and lower limb and the principles of, and efficacy for, management of these conditions, including surgical and conservative management. (Scientist and Scholar)

**ULO2:** Apply the biopsychosocial model to effectively and efficiently assess individuals with musculoskeletal disorders of the upper and lower limbs including a comprehensive

history and physical examination and screening for predictors of persistent pain and disability. (Clinical Practitioner)

**ULO3:** Analyse assessment findings to form a diagnosis and a prioritised list of impairments, activity limitations and participation restrictions. (Clinical Practitioner)

**ULO4:** Communicate effectively with people with disorders of the upper limb and lower limb to provide appropriate information about their diagnosis and prognosis, and to select a treatment which considers the individual's preferences, expectations, and social and cultural factors. (Clinical Practitioner)

**ULO5:** Competently develop and implement a safe and effective person-centred physiotherapy plan that addresses the individual's goals and preferences, utilises evidence-based practice, considers cultural and social factors, and is evaluated using appropriate outcome measures. (Clinical Practitioner)

## General Assessment Information

All final grades are determined by a grading committee, in accordance with the Macquarie University [Assessment Policy](#), and are not the sole responsibility of the Unit Convenor. Students will be awarded a final grade, which corresponds to the grade descriptors specified in the [Assessment Procedure](#) (clause 128). The final grade awarded is not necessarily a summation of the individual assessment components.

To pass this unit, students must demonstrate sufficient evidence of achievement of the learning outcomes, meet any ungraded requirements including professionalism, and achieve a final mark of 50 or better.

### Grading of Assessments

Details about the grading of each assessment task will be available on iLearn, including marking rubrics.

### Hurdle Assessment

The PHTY8106 Mastery Register is a hurdle assessment task. A hurdle requirement is an activity for which a minimum level of performance or participation is a condition of passing the unit in which it occurs. **Students are required to achieve 60% completion of the Mastery Register for both the 5 upper and 5 lower limb items (i.e. 3/5 items completed for upper and lower limb content) by the due date to successfully complete the unit.** A student who has obtained a SNG over 50, yet failed the hurdle assessment, fails the unit. Please see Macquarie University's [assessment policy](#) for more information about hurdle assessment tasks.

### Extensions for Assessment Tasks

Applications for assessment task extensions may be considered for short-term, unexpected, serious, and unavoidable circumstances affecting assessment. Applications must be submitted via [www.ask.mq.edu.au](http://www.ask.mq.edu.au). For further details please refer to the [Special Considerations Policy](#). You can also find out more on the MQ Student Portal at the following link: <https://students.mq.edu>

[u.au/study/assessment-exams/special-consideration](https://unitguides.mq.edu.au/study/assessment-exams/special-consideration)

Should you encounter any personal issues or concerns in regard to health and wellbeing during your studies you can also gain personal support and advice on campus. Please see the following link for further information: <https://students.mq.edu.au/support/personal>

### Late Submission of Work

All assignments which are officially received after the due date, and where no extension has been granted by the Unit Convenor, will incur a deduction of 5% of the overall assessment weighting for the first day, and 5% for each subsequent day, including the actual day on which the work is received. Assessments received 5 days or more beyond the due date, without an approved extension, will be awarded a maximum of 50% of the overall assessment marks. Weekends and public holidays are included. For example:

Due Date	Received	Days Late	Deduction	Raw Mark	Final Mark
Friday, 14th	Monday 17th	3	15%	75	60

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#">Clinical Simulation Exam 1</a>	30%	No	Week 7
<a href="#">Clinical Simulation Exam 2</a>	30%	No	End of Session Exam Period
<a href="#">Mastery register</a>	0%	Yes	Week 13
<a href="#">Upper Limb Quiz</a>	20%	No	End of Session Exam Period
<a href="#">Lower Limb Quiz</a>	20%	No	End of Session Exam Period

### Clinical Simulation Exam 1

Assessment Type <sup>1</sup>: Clinical performance evaluation

Indicative Time on Task <sup>2</sup>: 20 hours

Due: **Week 7**

Weighting: **30%**

You will simulate physiotherapy management of a peripheral musculoskeletal condition covered in the first half of the session using a case scenario.

On successful completion you will be able to:

- Describe common musculoskeletal conditions of the upper limb and lower limb and the

principles of, and efficacy for, management of these conditions, including surgical and conservative management. (Scientist and Scholar)

- Apply the biopsychosocial model to effectively and efficiently assess individuals with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability. (Clinical Practitioner)
- Analyse assessment findings to form a diagnosis and a prioritised list of impairments, activity limitations and participation restrictions. (Clinical Practitioner)
- Communicate effectively with people with disorders of the upper limb and lower limb to provide appropriate information about their diagnosis and prognosis, and to select a treatment which considers the individual's preferences, expectations, and social and cultural factors. (Clinical Practitioner)
- Competently develop and implement a safe and effective person-centred physiotherapy plan that addresses the individual's goals and preferences, utilises evidence-based practice, considers cultural and social factors, and is evaluated using appropriate outcome measures. (Clinical Practitioner)

## Clinical Simulation Exam 2

Assessment Type <sup>1</sup>: Clinical performance evaluation

Indicative Time on Task <sup>2</sup>: 20 hours

Due: **End of Session Exam Period**

Weighting: **30%**

You will simulate physiotherapy management of a peripheral musculoskeletal condition covered in the second half of the session using a case scenario.

On successful completion you will be able to:

- Describe common musculoskeletal conditions of the upper limb and lower limb and the principles of, and efficacy for, management of these conditions, including surgical and conservative management. (Scientist and Scholar)
- Apply the biopsychosocial model to effectively and efficiently assess individuals with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability. (Clinical Practitioner)
- Analyse assessment findings to form a diagnosis and a prioritised list of impairments,

activity limitations and participation restrictions. (Clinical Practitioner)

- Communicate effectively with people with disorders of the upper limb and lower limb to provide appropriate information about their diagnosis and prognosis, and to select a treatment which considers the individual's preferences, expectations, and social and cultural factors. (Clinical Practitioner)
- Competently develop and implement a safe and effective person-centred physiotherapy plan that addresses the individual's goals and preferences, utilises evidence-based practice, considers cultural and social factors, and is evaluated using appropriate outcome measures. (Clinical Practitioner)

## Mastery register

Assessment Type <sup>1</sup>: Clinical performance evaluation

Indicative Time on Task <sup>2</sup>: 11 hours

Due: **Week 13**

Weighting: **0%**

**This is a hurdle assessment task (see [assessment policy](#) for more information on hurdle assessment tasks)**

The mastery register for PHTY8106 is a list of key skills in which competence is considered to be a requirement for the assurance of quality physiotherapy practice for registration. You must demonstrate a minimum level of competence in these skills as a condition of passing this unit by achieving 60% completion of the mastery register in order to successfully complete the unit.

On successful completion you will be able to:

- Apply the biopsychosocial model to effectively and efficiently assess individuals with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability. (Clinical Practitioner)
- Competently develop and implement a safe and effective person-centred physiotherapy plan that addresses the individual's goals and preferences, utilises evidence-based practice, considers cultural and social factors, and is evaluated using appropriate outcome measures. (Clinical Practitioner)

## Upper Limb Quiz

Assessment Type <sup>1</sup>: Quiz/Test

Indicative Time on Task <sup>2</sup>: 12 hours

Due: **End of Session Exam Period**

Weighting: **20%**

The Upper Limb Quiz includes short and long answer questions on all unit content related to assessment and management of common conditions of the upper limb.

On successful completion you will be able to:

- Describe common musculoskeletal conditions of the upper limb and lower limb and the principles of, and efficacy for, management of these conditions, including surgical and conservative management. (Scientist and Scholar)
- Apply the biopsychosocial model to effectively and efficiently assess individuals with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability. (Clinical Practitioner)
- Analyse assessment findings to form a diagnosis and a prioritised list of impairments, activity limitations and participation restrictions. (Clinical Practitioner)
- Communicate effectively with people with disorders of the upper limb and lower limb to provide appropriate information about their diagnosis and prognosis, and to select a treatment which considers the individual's preferences, expectations, and social and cultural factors. (Clinical Practitioner)
- Competently develop and implement a safe and effective person-centred physiotherapy plan that addresses the individual's goals and preferences, utilises evidence-based practice, considers cultural and social factors, and is evaluated using appropriate outcome measures. (Clinical Practitioner)

## Lower Limb Quiz

Assessment Type <sup>1</sup>: Quiz/Test

Indicative Time on Task <sup>2</sup>: 12 hours

Due: **End of Session Exam Period**

Weighting: **20%**

The Lower Limb Quiz includes short and long answer questions on all unit content related to assessment and management of common conditions of the lower limb.

On successful completion you will be able to:

- Describe common musculoskeletal conditions of the upper limb and lower limb and the principles of, and efficacy for, management of these conditions, including surgical and conservative management. (Scientist and Scholar)
  - Apply the biopsychosocial model to effectively and efficiently assess individuals with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability. (Clinical Practitioner)
  - Analyse assessment findings to form a diagnosis and a prioritised list of impairments, activity limitations and participation restrictions. (Clinical Practitioner)
  - Communicate effectively with people with disorders of the upper limb and lower limb to provide appropriate information about their diagnosis and prognosis, and to select a treatment which considers the individual's preferences, expectations, and social and cultural factors. (Clinical Practitioner)
  - Competently develop and implement a safe and effective person-centred physiotherapy plan that addresses the individual's goals and preferences, utilises evidence-based practice, considers cultural and social factors, and is evaluated using appropriate outcome measures. (Clinical Practitioner)
- 

<sup>1</sup> 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.

<sup>2</sup> 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

### Teaching and Learning Strategy

The blended learning and teaching approach in this unit aims to help students develop a deep understanding of principles and the ability to independently solve problems, with the expectation that students can then translate this knowledge to different clinical scenarios (e.g. patients with similar impairments but different diagnoses). Weekly online learning modules will provide content and interactive quiz and case-based learning activities that will help students develop foundational knowledge for this unit. These modules will be complimented by weekly on-campus practical sessions that will help students consolidate, extend and apply what they are learning each week. Practical sessions will focus on the development and application of technical skills as well as the exploration of case studies designed to promote high-level clinical reasoning. These sessions will take place on-campus in authentic learning environments to



optimally prepare students for their future clinical placements. Large, online group discussions facilitated by the unit convenor will be provided in the lead up to assessments to help students consolidate content and ask questions. Additional video and reading resources as well as consolidation activities will be made available to students online to further facilitate learning.

## **Unit organisation**

This is a ten credit point unit. Overall, it is anticipated that you spend approximately 150 hours across the session on this unit. Within this session there will be 48 hours of campus-based practical classes with the remaining 102 hours involving online learning activities as well as assessment preparation and completion.

## **Attendance**

In the Faculty of Medicine, Health & Human Sciences professionalism is a key capability embedded in all our programs. As part of developing professionalism, Faculty of Medicine, Health & Human Sciences students are expected to attend all small group interactive sessions including workshops. You should be punctual and prepared for all sessions.

All workshops are scheduled in your individual timetable. The timetable for classes can be found on the University web site at: <https://students.mq.edu.au/study/course/timetable>. You may make a request to your unit convenor to attend a different workshop on a one-off basis for extenuating circumstances.

Failure to attend any learning and teaching activities, including workshops, may impact your final results. It is your responsibility to contact the unit convenors by email to inform tutors if you are going to be absent.

## **Unit materials and readings**

It is recommended that you obtain the following textbook for this unit. Electronic and physical copies of this textbook and older editions are available via the MQ library.

[Brokner P, Khan K, Clarsen B, Cook J, Cools A, Crossley K, Hutchinson M, McCrory P, Bahr R, eds. Brokner & Khan's clinical sports medicine. Volume 1: injuries. 5th ed. Sydney: McGraw-Hill; 2017.](#)

Additional resources enhancing the content of this unit will be referred to throughout the unit and will come from a range of sources, journal articles, and multimedia sources. The following texts will also be useful references for this unit are:

- [Magee DJ. Orthopedic Physical Assessment. 7th ed. London: Elsevier Health Sciences; 2021.](#)
- [Cook CE, Hegedus EJ. Orthopedic physical examination tests: an evidence-based approach. 2nd ed. Boston: Pearson; 2013.](#)

## **Technology and equipment**

### On-campus

Teaching rooms are equipped with state of art audio-visual and ICT equipment including iPads,

internet connection, high quality video cameras and multiple LCD screens.

### Off-campus

To study optimally when off campus you will need to have access to a reliable internet connection to retrieve unit information & at times to complete assessment tasks via iLearn.

### **Consultation with staff**

All staff will be available for individual consultation. See iLearn for contact details.

## **Unit Schedule**

Detailed information pertaining to the unit schedule can be found on iLearn.

## **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](#)
- [Assessment Procedure](#)
- [Complaints Resolution 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](https://ask.mq.edu.au) or if you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## Academic Integrity

At Macquarie, we believe [academic integrity](#) – honesty, respect, trust, responsibility, fairness and courage – is at the core of learning, teaching and research. We recognise that meeting the expectations required to complete your assessments can be challenging. So, we offer you a range of resources and services to help you reach your potential, including free [online writing and maths support](#), [academic skills development](#) and [wellbeing consultations](#).

## Student Support

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

### The Writing Centre

[The Writing Centre](#) provides resources to develop your English language proficiency, academic writing, and communication skills.

- [Workshops](#)
- [Chat with a WriteWISE peer writing leader](#)
- [Access StudyWISE](#)
- [Upload an assignment to Studiosity](#)
- [Complete the 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

Macquarie University offers a range of [Student Support Services](#) including:

- [IT Support](#)
- [Accessibility and disability support](#) with study
- Mental health [support](#)
- [Safety support](#) to respond to bullying, harassment, sexual harassment and sexual assault
- [Social support including information about finances, tenancy and legal issues](#)

## Student Enquiries

Got a question? Ask us via [AskMQ](#), or contact [Service Connect](#).

## IT Help

For help with University computer systems and technology, visit [http://www.mq.edu.au/about\\_us/offices\\_and\\_units/information\\_technology/help/](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

Increased practical class hours will replace online tutorials to provide students with greater opportunities to develop clinical skills in an authentic clinical learning environment.

## Changes since First Published

Date	Description
09/02/2022	Update to reflect current assessment policy.