



# PHTY8106

## Physiotherapy Practice B

Session 1, In person-scheduled-weekday, North Ryde 2025

*Department of Health Sciences*

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## General Information

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

**ULO2:** Competently perform core physiotherapy assessment and treatment skills for common disorders of the upper and lower limb. (Clinical Practitioner)

**ULO3:** Apply the biopsychosocial model to effectively and efficiently assess individuals with musculoskeletal disorders of the upper limb including a comprehensive history and physical examination and screening for predictors of persistent pain and disability. (Clinical Practitioner)

**ULO4:** Apply the biopsychosocial model to effectively and efficiently assess individuals with musculoskeletal disorders of the lower limb including a comprehensive history and physical examination and screening for predictors of persistent pain and disability. (Clinical Practitioner)

**ULO5:** Competently plan and implement a safe and effective physiotherapy assessment,

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

**ULO6:** Communicate effectively with people with disorders of the upper 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)

**ULO7:** Communicate effectively with people with disorders of the 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)

**ULO8:** 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

Grade descriptors and other information concerning grading are contained in the [Macquarie University Assessment Policy](#).

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 and a mark which must correspond to the grade descriptors specified in the [Assessment Procedure](#).

To pass this unit, you must demonstrate sufficient evidence of achievement of all the learning outcomes (including demonstrating competency of learning outcomes across both upper and lower limb regions), meet any ungraded requirements, and achieve a final mark of 50 or better.

Further details for each assessment task will be available on iLearn.

## Hurdle Assessment

The PHTY8106 Mastery Register is a hurdle assessment task. A hurdle assessment is defined as an assessment task mandating a minimum level of performance as 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. Should you fail to meet the requirements of the Mastery Register by the assessment due date, one supplementary opportunity will be provided to demonstrate that you meet the minimum requirements for this assessment. Should you still not meet a pass standard a Fail (Hurdle) grade will be awarded, as indicated by a FH grade upon your transcript.

## 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 <https://connect.mq.edu.au/s/>. 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.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 Submissions

Unless a Special Consideration request has been submitted and approved, a 5% penalty (OF THE TOTAL POSSIBLE MARK) will be applied each day an assessment is not submitted, up until the 7th day (including weekends). After the 7th day, a grade of '0' will be awarded even if the assessment is submitted. Submission time for all written assessments is set at 11.55pm. A 1-hour grace period is provided to students who experience a technical concern.

For example:

Number of days (hours) late	Total Possible Marks	Deduction	Raw mark	Final mark
1 day (1-24 hours)	100	5	75	70
2 days (24-48 hours)	100	10	75	65
3 days (48-72 hours)	100	15	75	60
7 days (144-168 hours)	100	35	75	40
>7 days (>168 hours)	100	-	75	0

For any late submissions of time-sensitive tasks, such as scheduled tests/exams, performance assessments/presentations, and/or scheduled practical assessments/labs, students need to submit an application for Special Consideration.

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#">Clinical Simulation Exam 1</a>	30%	No	Week 7
<a href="#">Mastery register</a>	0%	Yes	Week 13
<a href="#">Clinical Simulation Exam 2</a>	30%	No	Exam Period

Name	Weighting	Hurdle	Due
<u>Upper and Lower Limb Exam</u>	40%	No	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 an upper limb musculoskeletal condition using a case scenario.

On successful completion you will be able to:

- Describe common peripheral musculoskeletal conditions and the principles of, and efficacy for, management of these conditions, including surgical and conservative management. (Scientist and Scholar)
- Competently perform core physiotherapy assessment and treatment skills for common disorders of the upper and lower limb. (Clinical Practitioner)
- Apply the biopsychosocial model to effectively and efficiently assess individuals with musculoskeletal disorders of the upper limb including a comprehensive history and physical examination and screening for predictors of persistent pain and disability. (Clinical Practitioner)
- Competently plan and implement a safe and effective physiotherapy assessment, and 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 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 upper and lower limb assessment and management skills for 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. Minimum competence is considered to be achieving 60% completion of both the upper and lower limb mastery register items.

On successful completion you will be able to:

- Competently perform core physiotherapy assessment and treatment skills for common disorders of the upper and lower limb. (Clinical Practitioner)

## Clinical Simulation Exam 2

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

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

Due: **Exam Period**

Weighting: **30%**

You will simulate physiotherapy management of a lower limb musculoskeletal condition using a case scenario.

On successful completion you will be able to:

- Describe common peripheral musculoskeletal conditions and the principles of, and efficacy for, management of these conditions, including surgical and conservative management. (Scientist and Scholar)
- Competently perform core physiotherapy assessment and treatment skills for common disorders of the upper and lower limb. (Clinical Practitioner)
- Apply the biopsychosocial model to effectively and efficiently assess individuals with



musculoskeletal disorders of the lower limb including a comprehensive history and physical examination and screening for predictors of persistent pain and disability. (Clinical Practitioner)

- Competently plan and implement a safe and effective physiotherapy assessment, and 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 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)

## Upper and Lower Limb Exam

Assessment Type <sup>1</sup>: Examination

Indicative Time on Task <sup>2</sup>: 24 hours

Due: **Exam Period**

Weighting: **40%**

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

On successful completion you will be able to:

- Describe common peripheral musculoskeletal conditions 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 limb including a comprehensive history and physical examination and screening for predictors of persistent pain and disability. (Clinical Practitioner)
- Apply the biopsychosocial model to effectively and efficiently assess individuals with musculoskeletal disorders of the lower limb including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.

(Clinical Practitioner)

- Communicate effectively with people with disorders of the upper 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)
- Communicate effectively with people with disorders of the 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)

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<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

As a student enrolled in this unit, you will engage in a range of online and face-to-face learning activities, including online modules, video and reading resources, interactive activities, practical classes, and online group discussions. Details can be found on the iLearn site for this unit.

## Recommended 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 Used

Active participation in the learning activities throughout the unit will require students to have access to a tablet, laptop or similar device. Students who do not own their own laptop computer may borrow one from the university library.

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

## Assumed knowledge

This unit assumes that you have comprehensive knowledge of anatomy and physiology.

## Unit Schedule

Detailed information pertaining to the unit schedule will be available on the unit iLearn site.

Key topics will be physiotherapy assessment and management of common conditions involving the shoulder, elbow, wrist, hand, hip, groin, knee, ankle and foot.

## 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 [connect.mq.edu.au](http://connect.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 Advocacy](#) provides independent advice on MQ policies, procedures, and processes

## Student Enquiries

Got a question? Ask us via the [Service Connect Portal](#), 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

Lower Limb Exam and Upper Limb Exam have been combined to a single exam.

## Inclusion and Diversity

Social inclusion at Macquarie University is about giving everyone who has the potential to benefit from higher education the opportunity to study at university, participate in campus life and flourish in their chosen field. The University has made significant moves to promote an equitable, diverse and exciting campus community for the benefit of staff and students. It is your responsibility to contribute towards the development of an inclusive culture and practice in the areas of learning and teaching, research, and service orientation and delivery. As a member of the Macquarie University community, you must not discriminate against or harass others based on their sex, gender, race, marital status, carers' responsibilities, disability, sexual orientation, age, political conviction or religious belief. All staff and students are expected to display appropriate behaviour that is conducive to a healthy learning environment for everyone.

## Professionalism

In the Faculty of Medicine, Health and Human Sciences, professionalism is a key capability embedded in all our courses.

As part of developing professionalism, students are expected to attend all small group interactive sessions including clinical, practical, laboratory, work-integrated learning (e.g., PACE placements), and team-based learning activities. Some learning activities are recorded, however you are encouraged to avoid relying upon such material as they do not recreate the whole learning experience and technical issues can and do occur. As an adult learner, we respect your decision to choose how you engage with your learning, but we would remind you that the learning opportunities we create for you have been done so to enable your success, and that by not engaging you may impact your ability to successfully complete this unit. We equally expect that you show respect for the academic staff who have worked hard to develop meaningful activities and prioritise your learning by communicating with them in advance if you are unable to attend a small group interactive session.

Another dimension of professionalism is having respect for your peers. It is the right of every student to learn in an environment that is free of disruption and distraction. Please arrive to all learning activities on time, and if you are unavoidably detained, please join activity as quietly as possible to minimise disruption. Phones and other electronic devices that produce noise and other distractions must be turned off prior to entering class. Where your own device (e.g., laptop) is being used for class-related activities, you are asked to close down all other applications to avoid distraction to you and others. Please treat your fellow students with the utmost respect. If you are uncomfortable participating in any specific activity, please let the relevant academic know.

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Unit information based on version 2025.02 of the [Handbook](#)