

**How Bond University Doctor of Physiotherapy Students have been prepared for their Musculoskeletal Outpatients Clinical Placement**

Coursework subject	What were the main knowledge areas covered?	What were the major practical skills covered?
Principles of Physiotherapy  Musculoskeletal Physiotherapy I	<ul style="list-style-type: none"> <li>• The major physiological and pathological processes occurring in the human musculoskeletal (MS) system</li> <li>• The mechanisms of healing and repair in different human tissues and organs related to the MS system</li> <li>• The mechanisms of action of pharmacological agents commonly used for MS conditions</li> <li>• The role of physiotherapy in the management of selected peripheral joint MS conditions and spinal surgery</li> <li>• Knowledge of the contribution of abnormalities in motor control to symptoms</li> <li>• Conducting an inpatient and outpatient client interview and planning a suitable examination</li> <li>• Conducting an examination of common peripheral inpatient (orthopaedic) and outpatient conditions, as well as for elective spinal surgeries</li> <li>• Differential diagnoses of peripheral joint injuries in terms of pathology and across the lifespan</li> <li>• The basic treatment interventions for common peripheral joint conditions and pre and post-operative orthopaedic surgery including selection and progression of appropriate mobility aides</li> <li>• The selection of appropriate outcome measures</li> <li>• Evaluation of treatment intervention effectiveness and progression or modification of the intervention (based on clinical reasoning and evidence based practice)</li> <li>• A basic knowledge of modern medical imaging techniques and having an understanding of the rationale for their selection</li> <li>• An understanding of common MS / orthopaedic surgical techniques</li> <li>• Fundamentals of a home exercise program</li> <li>• Lower limb and upper limb exercise techniques, including training principles and exercise selection</li> </ul>	<ul style="list-style-type: none"> <li>• Manual handling and lifting</li> <li>• Basic massage and other soft tissue techniques</li> <li>• Use of mobility aids</li> <li>• Strapping and bandaging</li> <li>• Use of electro-physical modalities</li> <li>• Assessment and management of common peripheral joint orthopaedic inpatient and outpatient conditions including:               <ul style="list-style-type: none"> <li>○ Peripheral joint fractures</li> <li>○ Pre- and post-operative (elective and non-elective orthopaedic peripheral and spinal surgery)</li> </ul> </li> <li>• Assessment and management of biomechanical contribution to peripheral joint injuries</li> <li>• History taking and physical examination for musculoskeletal soft tissue disorders in the peripheral joints, including differential diagnosis, in both inpatient and outpatient settings (including posture, goniometry, manual muscle tests, muscle strength tests)</li> <li>• Use of the clinical reasoning process throughout the interview and history taking and physical examination to develop a provisional diagnosis from which an appropriate physical assessment and treatment plan can be developed</li> <li>• Treatment and prevention strategies, including use of manual therapy, exercise prescription, selection of appropriate mobility aides, and client education.</li> <li>• Health promotion and injury prevention</li> <li>• Role of exercise (prescription, delivery and compliance) for the peripheral joints</li> <li>• Evaluation of the effects of the treatment plan with the ability to progress / modify at an optimal level for the patient's goals.</li> </ul>

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Musculoskeletal Physiotherapy II	<ul style="list-style-type: none"> <li>• Anatomy and biomechanics of the cervical, thoracic, lumbar spine and the SIJ</li> <li>• How to perform history taking and physical examination for a client with a vertebral column or SIJ disorder</li> <li>• Differential diagnosis of common cervical, thoracic, lumbar and SIJ disorders</li> <li>• Imaging in vertebral column disorders</li> <li>• 'Red Flags' and 'Yellow Flags' in vertebral column disorders</li> <li>• Reliability, validity, sensitivity and specificity of commonly used objective outcomes/measures</li> <li>• Approaches to treatment for vertebral column disorders, including manual therapy techniques and exercise prescription</li> <li>• Indications/contraindications to treatment and evidence base for treatment selection</li> <li>• Introduction to persistent low back pain: Assessment and management guidelines</li> </ul>	<ul style="list-style-type: none"> <li>• History taking for a client with a possible MS vertebral column disorder to enable hypothesis generation and a provisional diagnosis that will allow a physical examination to be planned</li> <li>• Conducting a physical examination based upon the patient's history and clinical reasoning</li> <li>• Use of the clinical reasoning process throughout the interview and history taking and physical examination to develop a provisional diagnosis from which an appropriate treatment plan can be developed</li> <li>• Treatment and management strategies, including use of manual therapy, exercise prescription and client education</li> <li>• Health promotion and injury prevention</li> <li>• Evaluation of the effects of the treatment plan with the ability to progress / modify at an optimal level for the patient's goals.</li> </ul>