

Musculoskeletal Physiotherapy Level 1 Pre-requisite Modules

Module ILOs

Frameworks guiding musculoskeletal physiotherapy practice, Parts 1 & 2

By the end of this module (Parts 1 and 2) you will be able to:

- Articulate knowledge of the role, purpose and variety of frameworks which can guide the delivery of musculoskeletal physiotherapy, particularly presenting with spinal pain.
- Articulate knowledge of the Biopsychosocial Framework and the Musculoskeletal Clinical Translation Frameworks which can guide clinical reasoning in assessment
- Articulate knowledge on emerging frameworks
- Articulate knowledge of frameworks and policies guiding safe physiotherapy practice
 - Framework for cervical vascular disorders (Australian Physiotherapy Association and International Federation of Manual and Musculoskeletal Physiotherapy (IFOMPT))
 - International Framework for Red Flags for Potential Serious Spinal Pathologies
 - Policy statement on manipulation for infants and children

Hands on in musculoskeletal practice, Parts 1 & 2

By the end of this module (Parts 1 and 2) you will be able to:

- Articulate knowledge of the role of hands on in the patient/clinician alliance
- Analyse and articulate the role of hands on in the clinical examination
- Evaluate the evidence base for manual therapy as a component of multimodal management of musculoskeletal disorders
- Articulate knowledge of the neurophysiological, physiological and psychological effects of manual therapy

An overview of exercise prescription

By the end of this module you will be able to:

- Apply the principles and methods used to guide exercise training in the rehabilitation of musculoskeletal disorders
- Apply principles of motor control and motor learning; strength and conditioning, flexibility and sensorimotor training in the rehabilitation of musculoskeletal disorders
- Monitor, progress and regress exercises when indicated
- Evaluate the evidence base for exercise therapy as a component of multimodal management of musculoskeletal disorders

Pain basics: A biopsychosocial experience of pain

By the end of this module you will be able to:

- List the biopsychosocial factors that contribute to the human pain experience
- Recognise key features of different pain mechanisms
- Describe neurophysiological mechanisms of pain as they relate to signs and symptoms
- Explain how physiotherapy techniques may influence pain
- Outline the evidence for the effectiveness of a number of approaches for the management of pain

Imaging of the spine

By the end of this module you will be able to:

- List the indications, contraindications and precautions of X-ray, computed tomography (CT) and magnetic resonance imaging (MRI) across different age ranges and stages of disease processes (traumatic and non-traumatic)
- Choose the appropriate investigation for specific spinal conditions
- Identify basic anatomical structures on each imaging type
- Identify pathology of common spinal conditions
- Understand the current clinical guidelines for spinal imaging referral
- Introduce contemporary evidence on the correlation between spinal imaging and spinal pain

Outcome measures and screening tools in physiotherapy

By the end of this module you will be able to:

- List the various purposes and types of tests and measures used in physiotherapy practice
- Recognise the criteria for choice of test based on test utility and characteristics
- Interpret test results for evaluative, screening and prognostic tests based on test characteristics