

Soft Tissue and Exercise Principles (MPhysiotherapy)

Module Code:	PAR4007-D
Academic Year:	2018-19
Credit Rating:	40
School:	School of Allied Health Professions and Midwifery
Subject Area:	Physiotherapy and Rehabilitation
FHEQ Level:	FHEQ Level 4

Pre-requisites:

Co-requisites:

Contact Hours

Type	Hours
Lectures	22
Practical classes and	67
Clinical Placement	36
Tutorials	22
Directed Study	253

Availability Periods

Occurrence	Location/Period
BDA	University of Bradford / Academic Year (Sept - May)

Module Aims

To develop appropriate massage and soft tissue skills and understand how to appropriately and effectively implement and document these skills. To develop movement analysis techniques leading identifying 'normal' and 'abnormal' movement including possible precursors for injury and basic movement re-education principals. Identify what is meant by professional ethics and recognise dignity, respect, equity and diversity and health and safety issues.

Outline Syllabus

Manage indications, cautions and contraindications of selected soft tissue techniques. Management of client consultations and record keeping including medical history and case notes. Use a clinical notation system to record and review a series of treatments. Demonstrate the application of sports massage and other soft tissue techniques including; Pre- and post-event sports massage, Muscle Energy Techniques, Soft Tissue Release, Deep, Tissue Massage, Reciprocal Inhibition, Trigger Points, Taping techniques, Facilitated lengthening. Use clinical reasoning and critical analysis to select and evaluate the effectiveness of appropriate soft tissue techniques. Reflective practice and its role in professional development and goal and action planning. Postural and movement analysis skills relevant to a sport rehabilitator. How to appropriately and effectively carry these out and interpret findings. Gain an appreciation of posture and movement re-education. How these can be used in conjunction with the interpretation of the findings of posture/movement analysis to improve efficiency and reduce injury risk. HCPC Standards of Conduct Performance and Ethics. Moral, cultural & ethical issues affecting physiotherapy practice including issues of culture & diversity, dignity and respect and consent. Client Safety Models of reflection, Presentation skills

Module Learning Outcomes

On successful completion of this module, students will be able to...

1. Demonstrate knowledge of Soft Tissue Techniques relevant to a Physiotherapist
2. Demonstrate a clear understanding of dignity, respect, diversity and consent issues specifically relating to the practice of a Physiotherapist
3. Demonstrate knowledge of exercise and movement analysis and how to interpret findings
4. Demonstrate knowledge of posture and movement re-education and how this relates to the interpretation of the findings of posture/movement analysis
5. Demonstrate an understanding of exercise principles and techniques and how these can be applied by a Physiotherapist
6. Demonstrate a variety of Soft tissue techniques relevant to the role of a Physiotherapist and how to appropriately and effectively apply these whilst justifying treatment choices using clinical reasoning
7. Demonstrate movement analysis and re-education skills relevant to the role of a sports rehabilitator
8. Discuss evidence-based Physiotherapy practice
9. Identify the skills, values and behaviours of a professional practitioner.
10. Demonstrate an ability to communicate clearly, succinctly and professionally across a range of formats.
11. Develop problem-solving skills.
12. Competently use information literacy and It skills
13. Develop study skills.
14. Develop interpersonal skills
15. Develop Reflective Practice
16. Develop an appreciation of equality and diversity.
17. Evaluate the importance of psychosocial issues
18. Identify moral, ethical & professional issues

Learning, Teaching and Assessment Strategy

A blended learning approach will be used including a range of delivery methods learning be developed through the use of research informed lectures, case based scenarios & technology enhanced learning(LO 1-5). LO 6, 7, 10 - 14 will be addressed through the use of

research informed seminars, tutorials, practicals & technology enhanced learning. Directed study based on a case scenario & self-directed study will include reading key texts & web resources to achieve all module outcomes. In addition students will undertake practice hours that will contribute to a soft tissue techniques portfolio addressing the learning outcomes (LO 1, 2, 4, 10, 11, 14-18).

Formative assessment and feedback will be available at individual/group tutorial sessions and electronic communication to facilitate reflection, preparation for summative assessment and self-assessment. Assessment mode 1 assesses learning outcomes LO 1, 2, 6, 8, 10 - 18. Assessment mode 2 assesses learning outcomes 1, 2, 6. Assessment mode 3 assesses Learning outcomes (LO 2-5, 7, 8, 10,11, 13, 14)

Mode of Assessment

Type	Method	Description	Length	Weighting	Final Assess'
Summative	Presentation	Movement analysis & intervention with justification		50%	No
Summative	Coursework	Portfolio Record of Practice Experience		50%	No
Summative	Clinical Assessment	Completion of soft tissue practice hours (pass/fail)		%	Yes

Legacy Code (if applicable)

Reading List

To view Reading List, please go to [rebus:list](#).