

Module Specification

Module Summary Information

1	Module Title	Manual Therapy of Peripheral Joints
2	Module Credits	20
3	Module Level	5
4	Module Code	SPT5002

5	Module Overview
<p>This module explores the use of manual therapy techniques for the restoration of normal joint biomechanics at the ankle, knee, hip, shoulder, elbow and wrist. Building on your knowledge from Musculoskeletal Assessment and Treatment 1 and 2, you will further assess joint biomechanics, particularly focusing on the relationships between accessory and physiological movements. This module will allow you to explore normal and altered joint function and apply these to sport and exercise-related injury scenarios.</p> <p>Alongside enhancing your practical application; you will develop your underpinning knowledge of the aims, effects, indications, benefits and precautions of manual therapy techniques. Throughout the module you will work on your clinical reasoning skills to ensure you are safe and effective in your assessment and implementation of the manual therapy techniques.</p> <p>Within this module, you will also explore the use of electrotherapeutic modalities and review the evidence base behind their clinical use. This module will be delivered in sports therapy clinical rooms enabling you to apply your knowledge directly, as well as provide you with directed reading to enhance your understanding. You will also be scheduled to work in the Sports Injury Clinic, examining and assessing injured patients, which will allow you to apply your knowledge and prepare you for employment as a Graduate Sports Therapist.</p>	

6	Indicative Content
<p>This module will provide you with the opportunity to:</p> <ul style="list-style-type: none"> • Develop your underpinning knowledge of joint movements • Assess accessory and physiological movements at the peripheral joints • Recognise and assess contraindications to mobilisation techniques • Explain the utilisation of mobilisations in a sports therapy setting • Demonstrate safe and effective use of mobilisations to the peripheral joints • Recognise and assess contraindications to electrotherapy modalities • Explain the aims and effects of electrotherapy modalities • Describe and demonstrate the safe and effective application of electrotherapy modalities 	

7	Module Learning Outcomes	
	On successful completion of the module, students will be able to:	
	1	Demonstrate understanding of the theoretical basis for the selection of appropriate manual therapy technique for the management of peripheral joint disorders.
	2	Demonstrate safe and effective application of peripheral joint mobilisation.
	3	Demonstrate competence in using electrotherapeutic modalities.

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1-3			X

9	Breakdown Learning and Teaching Activities	
Learning Activities	Hours	
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	57	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	55	
Private Study (PS) includes preparation for exams	88	
Total Study Hours:	200	