

PHTH 662 ADVANCED MANUAL THERAPY

Credits: 3

Prerequisites: Successful completion of all M1 courses including Clinical Affiliation requirements

Instructors: Isabel Audette, Pht, FCAMPT, MSc
(Faculty Lecturer & Coordinator)
Frangiska Xenopoulos Pht, MCISc FCAMPT
(Faculty lecturer)
Chantal Ball Pht, MCISc FCAMPT (Sessional)

Access to the Instructor:

Isabel Audette:
email: isabel.audette@mcgill.ca

Course Description: This professional complementary course will provide M1 students with the opportunity to gain higher level of manual therapy knowledge and skills in patient assessment, re-assessment, and treatment. It will focus on a case-based, client-centered approach following the SOAPIE format.

Course Structure: The course consists of a combination of short lectures, group discussions and directed labs, for six (6) hours a week over 7 weeks.

Learning Outcomes

General Learning outcomes: Building on previously learned orthopaedic knowledge, the student will be able to assess, re-assess, and treat clients of different ages with complex conditions affecting the musculoskeletal system using manual therapy techniques.

Specific learning outcomes:

Reference to key physiotherapy competencies¹: Expert (E), Communicator (Com), Collaborator (Col), Manager (M), Advocate (A), Scholarly Practitioner (S), Professionalism (P)

On completion of this course the student will be able to:

- 1. Demonstrate evidence of theoretical knowledge and practical skills in the following areas relevant to musculoskeletal rehabilitation:**
 - a. Pain with complex aetiology - central pain (E)

¹ Essential Competency Profile for Physiotherapists in Canada, October 2009

- b. Complex objective components of a physical therapy assessment including more advance manual therapy techniques (E)
 - i. Cranio-vertebral region using passive physiological intervertebral movements (PPIVM) & passive accessory intervertebral movements (PAIVM)
 - ii. Thoracic spine using PPIVM & stability tests
 - iii. Lumbar spine using PPIVM with locking & stability tests
 - iv. Myofascial mobilisation introduction & simple applications
 - v. Manipulations introduction & simple applications
- 2. Integrate the theoretical knowledge and practical skills described above in order to perform a physiotherapy assessment and re-assessment of clients with complex musculoskeletal conditions affecting the extremities and spine.**
- a. Demonstrate effective, professional verbal and written communication skills in order to:
 - i. Interact with clients, care-givers and other health care professionals in a manner which promotes: (Com, Col, A)
 - 1. The clients' and/or care-givers' dignity and autonomy
 - 2. Respectful, ethical and professional relationships
 - 3. Professionalism and leadership in the musculoskeletal area of practice.
 - ii. Conduct an appropriate, thorough and focused client interview (E, Com, A)
 - iii. Document a client assessment including the findings of standardized outcome measure using the SOAPIE format P, Com)
 - iv. Document the findings of standardized outcome measures (P, Com)
 - b. Select relevant subjective and objective findings (E, Com)
 - c. Select and apply more advance manual therapy techniques appropriate to a patient's condition (E)
 - d. Ensure a safe environment for client and therapist at all times.(E, M)
 - i. Select contraindications to manual therapy
 - ii. Report "red flags" which indicate the presence of serious pathology (and need for physician referral).
- 1. Apply clinical reasoning skills in order to establish a physiotherapy diagnosis**
- a. Analyse and synthesize the subjective and objective findings in order to: (E, P)
 - i. Select the structures that could be at fault
 - ii. Predict the severity, irritability and nature of the condition
 - iii. Justify significant clues related to the patient's condition

- iv. Interpret manual therapy techniques and special tests
- v. Analyse complex working hypotheses
- vi. Generate an evidence-informed physiotherapy diagnosis
- vii. Formulate a realistic prognosis & anticipate frequency of visits and discharge planning.
- viii. Select appropriate outcome measures
- ix. Elaborate a progress note

2. Design a complex evidence-informed intervention plan related to the physiotherapy diagnosis

- a. Formulate a problem list based on the WHO International Classification of Functioning, Disability and Health Model (E, P)
- b. Elaborate a clinical impression for complex cases (E, S, P)
- c. Create short and long-term client-centered goals (E, S, P)
- d. Educate client regarding his/her condition and its overall management
 - i. Promote active self-management (E, A, Com)
- e. Plan & carry out interventions based on the client's response and progress (E)
- f. Re-evaluate the effectiveness of the interventions and modify treatment plan and goals depending on client's response and progress (E)
- g. Justify the need for referral to other services when appropriate (E, Col)
- h. Ensure inter-professional client care by referring to other services and health professionals, and carrying out follow-up communication (E, Col, Com)
- i. Judge when client discharge is appropriate, based on client goals and efficient use of resources (E)

Course Content: The course focuses mainly on the assessment and treatment of the spine using manual therapy skills. Other techniques such as fascial techniques will also be introduced.

Instructional Method: The course is giving mainly in a lab setting with a very practical hands on approach. Lectures are integrated into lab time.

Course Materials

Required Text:

- Whitmore, S., Gladney, K. & Driver, A. (2008). The upper Quadrant: A workbook of Manual Therapy Techniques, 2nd Edition. Whitmore Physiotherapy Consulting Inc. Canada.
- Whitmore, S., Gladney, K. & Driver, A. (2008). The lower Quadrant: A workbook of Manual Therapy Techniques, 2nd Edition. Whitmore Physiotherapy Consulting Inc. Canada.

Assignments and Evaluation

Participation **5%**

Spot checks

Assignment case Hx:

Presentation & case Hx **25%**

Date TBA

Final Exam:

Practical exam (OSCE) **40%**

Date TBA

Written exam **30%**

Date TBA

Special Requirements for Course Completion and Program Continuation:

In order to pass the course, a grade of at least B- (65%) must be obtained as a total course mark. This course falls under the regulations concerning theoretical and practical evaluation as well as individual and group evaluation. Please refer to the section on Marks on pages 12-13 of the Course Guide.

Plagiarism/Academic Integrity: McGill University values academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the [Code of Student Conduct and Disciplinary Procedures](#)

L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le [Code de conduite de l'étudiant et des procédures disciplinaires](#)

Right to submit in English or French written work that is to be graded:

In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French any written work that is to be graded.

Conformément à la Charte des droits de l'étudiant de l'Université McGill, chaque étudiant a le droit de soumettre en français ou en anglais tout travail écrit devant être noté (sauf dans le cas des cours dont l'un des objets est la maîtrise d'une langue).

Consequences of not completing assignments as requested: An individual who does not complete a required assignment and does not have a university recognized reason for deferral would receive a 0 in that portion of the evaluation.

Disability: "If you have a disability please contact the instructor to arrange a time to discuss your situation. It would be helpful if you contact the [Office for Students with Disabilities](#) at 514-398-6009 before you do this."

Copyright course materials: © Instructor generated course materials (e.g., handouts, notes, summaries, exam questions, etc.) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright can be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

Attendance: Students are expected to attend **all lectures** and are required to attend **all clinical reasoning workshops and labs**. **Students who have missed more than 15% of laboratory or small group sessions, without prior approval, will have a 10% deduction of their final grade.** This rule applies to labs and to all required workshops, seminars or professional activities.

Dress Code: Appropriate clothes (i.e. shorts and T-shirt) will be required for all labs.

Professional Conduct: Professionalism and accountability are expected throughout the course of the semester. This includes the on-going respectful nature of teacher-student as well as student-student interactions.

Technology in Class: Your respectful attentive presence is expected, therefore while you are permitted to use your laptop in class, it is understood that you will not be using your laptop or cell-phone for social purposes during class time (e.g. email, msn, sms). Your cell phone should be on silence during class time and phone calls should only take place during the break or after class.