

PM098 - Clinical Studies 2 - Neuromusculoskeletal (Current Academic Year)

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PM098 - Clinical Studies 2 - Neuromusculoskeletal

198 items

Week 8 (17 items)

In week 8 you will be introduced to foundational principles of NMSK examination, documenting patient records, clinical reasoning and outcome measures (goniometry and manual muscle testing). Please find your directed reading below. The reading below will provide you with a basis for what will be covered within your tutorial and practical sessions.

The readings marked **ESSENTIAL** - is required reading before your classes for that week to ensure participation and ability to follow the tutorial and practical classes.

Readings marked **RECOMMENDED** will enhance the knowledge and competence you have gained from the essential readings and will ensure you are developing a good depth of knowledge in the topic area.

Readings marked **BACKGROUND** are further information that will contribute further to your knowledge in this area and can be used as references for the future but are not necessarily essential to read in the current week. If you feel like reading more about certain topics then always feel free to explore the LRC's database.

NMSK examination (17 items)

Subjective and Objective Assessment (10 items)

Musculoskeletal examination and assessment: a handbook for therapists, Volume 1 - 2017

Book | **Essential** | Read chapter 2: Subjective Examination (from page 3-34).

This book is available as an electronic copy or a hard copy in the library.

This should be completed before your classes in Week 8.

Musculoskeletal examination and assessment: a handbook for therapists, Volume 1 - 2017

Book | **Essential** | From chapter 3: Physical Examination

Read from page 35-37 (stopping at physical examination step by step) for a brief overview of the physical examination.

Read from page 44 (Functional Ability/Physical Performance Tests) to page 48 (as far as combined movements)

Read from page 53 (muscle tests) to page 63.

Feel free to read more of this chapter however much of the content will be covered later on.

This should be read before your classes in Week 8.

The Flag System - Physiopedia

Webpage | **Recommended** | In the reading above you will notice that on p19 there is a table that looks at types of clinical flags. Have a look at this webpage to supplement your understanding on clinical flags.
This is a good webpage to refer back to if you need a quick reference.

Clinical Reasoning Reflection Form 1

Chapter | **Essential** | PM098: scanned extract

Assessment Techniques (6 items)

Musculoskeletal assessment: joint range of motion and manual muscle strength - Hazel M. Clarkson, 2000

Book | **Recommended** | You will be expected to demonstrate use of a goniometer in measuring range of motion of various regions of the body, in the module practical viva and on clinical placement. After the week 8 practical class you should practice this. There are many texts in QMU LRC which you may use to learn how to measure joint range of movement using a manual universal goniometer. Clarkson (2000) is just one of these texts. CLARKSON, H. M. 2000. Musculoskeletal assessment. joint range of motion and manual muscle strength. 2nd ed. London: Lippincott Williams & Wilkins. This can be found in the library as a hard copy

Active Range of Motion: Shoulder - 3/12/2015

Audio-visual document | **Recommended** | Use these videos to help you with practical techniques.

Shoulder Passive Range of Motion (PROM) - 18/4/2018

Audio-visual document | **Recommended** | Use these videos to help you with practical techniques.

The Goniometer - 27/3/2012

Audio-visual document | **Recommended** | Use these videos to help you with practical techniques.

Reliability of knee joint position sense measurement: a comparison between ... - 2016

Article | **Recommended** | Within this module we will be searching and using literature to support our knowledge and to underpin our learning. Articles will be used in tutorial classes as discussion aids. Start to have a look at literature related to the topics each week.

Reliability and concurrent validity of knee angle measurement: Smart phone app versus universal goniometer used by experienced and novice clinicians - Steven Milanese, Susan Gordon, Petra Buettner, Carol Flavell, Sally Ruston, Damien Coe, William O'Sullivan, Steven McCormack, 2014-12

Article | **Recommended** | Within this module we will be searching and using literature to support our knowledge and to underpin our learning. Articles will be used in tutorial classes as discussion aids. Start to have a look at literature related to the topics each week.

Outcome Measures (6 items)

Outcome Measures - Physiopedia

Webpage | **Essential** | Read this during week 8 to understand the importance and purpose of an outcome measure in clinical practice.

Patient-reported outcome measures in advanced musculoskeletal physiotherapy practice: a systematic review - Orna Fennelly, Catherine Blake, François Desmeules, Diarmuid Stokes, Caitriona Cunningham, 2018-03

Article | **Recommended** | Within this module we will be searching and using literature to support our knowledge and to underpin our learning. Articles will be used in tutorial classes as discussion aids. Start to have a look at literature related to the topics each week.

A comparison of electronic and manual dynamometry and goniometry in patients with fracture of the distal radius and healthy participants - Caroline E. Plant, Nicholas R. Parsons, Alison T. Edwards, Hayley Rice, Kate Denninson, Matthew L. Costa, 2016-01

Article | **Recommended** | Within this module we will be searching and using literature to support our knowledge and to underpin our learning. Articles will be used in tutorial classes as discussion aids. Start to have a look at literature related to the topics each week.

STarT Back Screening Tool - Physiopedia

Webpage | **Background** | Example outcome measure used in clinical practice. Familiarise yourself with different outcome measure that can be used in clinical practice. You may see these used in clinical practice. Also, when looking at case studies throughout the module you can consider when they could be utilised.

Lower Extremity Functional Scale (LEFS) - Physiopedia

Webpage | **Background** | Example outcome measure used in clinical practice. Familiarise yourself with different outcome measure that can be used in clinical practice. You may see these used in clinical practice. Also, when looking at case studies throughout the module you can consider when they could be utilised.

DASH - Disabilities of the arm, shoulder and hand

Document | **Background** | Example outcome measure used in clinical practice. Familiarise yourself with different outcome measure that can be used in clinical practice. You may see these used in clinical practice. Also, when looking at case studies throughout the module you can consider when they could be utilised.

Recording patient data (1 items)

Prior to your classes, view the powerpoint presentation on "Documenting patient assessments and compiling a patient problem list". You will find this in the week 8 folder on the module Hub.

Week 9 (6 items)

In week 9 you will be introduced to principles of increasing muscle strength, power and endurance.

Please find your directed reading below. The reading below will provide you with a basis for what will be covered within your tutorial and practical sessions.

The readings marked **ESSENTIAL** - is required reading before your classes for that week to ensure participation and ability to follow the tutorial and practical classes.

Readings marked **RECOMMENDED** will enhance the knowledge and competence you have gained from the essential readings and will ensure you are developing a good depth of knowledge in the topic area.

Readings marked **BACKGROUND** are further information that will contribute further to your knowledge in this area and can be used as references for the future but are not necessarily essential to read in the current week. There are numerous physiotherapy texts that will provide you with comprehensive information on the topics covered this week, so if you feel like reading more then feel free to explore the LRC's database.

Therapeutic exercise (6 items)

Principles of musculoskeletal treatment and management: a handbook for therapists - 2018

Book | **Essential** | Read chapter 4: Function and Dysfunction of Muscle
READ ONLY

pages 86 (muscle and proprioception) to p91 (classification of muscle function)
pages 95 (skeletal muscle dysfunction) to p104 (production of symptoms)

Principles of musculoskeletal treatment and management: a handbook for therapists - 2018

Book | **Essential** | Read chapter 5: Principles of muscle and tendon treatment.

Therapeutic Exercise - Carolyn Kisner, Lynn Allen Colby, John Borstad, 2017

Book | **Essential** | This reading gives you information about precautions and contraindications when applying resistance to muscles. Read the box 6.12 on page 203 (general precautions) and the section on contraindications on page 206/207

INTEGRATION OF STRENGTH AND CONDITIONING PRINCIPLES INTO A REHABILITATION PROGRAM - 2011

Article | **Recommended** | Within this module we will be searching and using literature to support our knowledge and to underpin our learning. Articles will be used in tutorial classes as discussion aids. Start to have a look at literature related to the topics each week.

Considerations of the Principles of Resistance Training in Exercise Studies for the Management of Knee Osteoarthritis: A Systematic Review - Claire Minshull, Nigel Gleeson, 2017-09

Article | **Recommended** | Within this module we will be searching and using literature to support our knowledge and to underpin our learning. Articles will be used in tutorial classes as discussion aids. Start to have a look at literature related to the topics each week.

Therapeutic Exercise Foundations and Techniques : Foundations and Techniques - Carolyn Kisner , and Lynn Allen Colby, 2012

Book | **Background** | Read chapter 6 (from page 157): Resistance Exercise for Impaired Muscle Performance.

This is a really good and informative chapter on resistance exercise. It is also a very long chapter. Use this for further reading or reference if more information is required.

Week 10 (28 items)

This week you will be introduced to the physiology of pain and examination of the upper limb. Please find your directed reading below. This will provide you with a basis for what will be covered within your tutorial and practical sessions. The reading marked **ESSENTIAL** is required reading before your classes for that week to ensure participation and ability to follow the tutorial and practical classes. Readings marked **RECOMMENDED** will enhance the knowledge and competence you have gained from the essential readings and will ensure you are developing a good depth of knowledge in the topic area. Reading marked **BACKGROUND** are further information that will contribute further to your knowledge in this area and can be used as references for the future but are not necessarily essential to read in the current week. There are numerous physiotherapy texts that will provide you with comprehensive information on the topics covered this week, so if you feel like reading more then feel free to explore the LRC's database.

Pain (8 items)

Principles of neuromusculoskeletal treatment and management: a guide for therapists -

Nicola J. Petty, Nicola J. Petty, 2011

Book | **Essential** | Read chapter 8: principals of pain management

Pain Mechanisms - Physiopedia

Webpage | **Essential** | For a brief overview on the subjective qualities of different pain mechanisms and pain types to help with your clinical reasoning, read this physiopedia page.

You don't need to read the clinical vignettes.

PAIN! Physiology - The Ascending Pathway, Descending Pain Pathway and the Substantia Gelatinosa - YouTube

Audio-visual document | **Recommended** | Pain physiology

Retrain Pain Foundation

Website | **Recommended** | This is useful resource for patients, but I would also encourage you to complete the course, as it will give you some simple explanations you can use with your patients.

TEDxAdelaide - Lorimer Moseley - Why Things Hurt - 2011-11-21

Audio-visual document | **Recommended**

Understanding Pain in less than 5 minutes, and what to do about it! - 15/1/2013

Audio-visual document | **Recommended** | This simply explains chronic pain, and is a very useful resource to provide to patients

Pain Reframed | Physical Therapy | Pain Management: 29: Caring Deeply and Dropping Your Ego with Dr. Peter O'Sullivan

Webpage | **Recommended** | Podcast with Professor Peter O'Sullivan (38 minutes long)

There are lots of pain podcasts, so feel free to listen to whatever you like. This podcast, released in October 2017, is highly recommended.

Explain pain supercharged: the clinician's manual - G. Lorimer Moseley, David S. Butler, 2017

Book | **Background** | This is an excellent resource for understanding pain. You are not expected to read the whole book this week, but you are encouraged to read this at your own pace. There are numerous resources available for enhancing patient and clinical understanding of pain, that you will be directed to later in the module.

Shoulder (11 items)

There is a wealth of information and literature available on shoulder pain. This is a list of directed essential, recommended and background reading, though the list is not exhaustive. You are encouraged to research the literature frequently to remain up to date with current evidence, and ultimately use your clinical decision making skills to help you decide what is best evidence based practice.

Bess :: Patient care pathways and guidelines

Webpage | **Essential** | Here you will find the British Elbow and Shoulder Society published guidelines on shoulder pain. Click on specific conditions for more information about pathology, diagnosis and management.

Shoulder pain - NICE CKS

Webpage | **Essential** | These are the NICE guidelines for the management of people with shoulder pain. You will find links and references to some interesting research articles within.

NHS Lothian shoulder pathway

Webpage | **Recommended** | This is the shoulder pathway used by NHS Lothian physiotherapists.

Rotator cuff related shoulder pain: Assessment, management and uncertainties - Jeremy Lewis, 2016-06

Article | **Recommended** | This paper describes a shoulder symptom modification procedure for assessing and managing shoulder pain. It is not essential to memorise but it is important to note that there are several classification and management systems available. A recent study has suggested that this system is not reliable, and therefore it is up to you to decide whether or not it will be clinically valuable to your practice.

Psychological factors are associated with the outcome of physiotherapy for people with

shoulder pain: a multicentre longitudinal cohort study - Rachel Chester, Christina Jerosch-Herold, Jeremy Lewis, Lee Shepstone, 2018-02

[Article](#) | **Recommended** | Read the abstract and discussion of this paper to get a feel for the psychosocial factors that can impact on shoulder pain.

Combining orthopedic special tests to improve diagnosis of shoulder pathology - Eric J. Hegedus, Chad Cook, Jeremy Lewis, Alexis Wright, Jin-Young Park, 2015-05

[Article](#) | **Recommended** | You will begin to understand that shoulder "special" orthopaedic tests are only helpful under some circumstances. There are hundreds of special tests available, and you are not expected to learn all of them!

Evidence-based clinical guidelines for the diagnosis, assessment and physiotherapy management of contracted (frozen) shoulder: quick reference summary - Nigel C.A.

Hanchard, Lorna Goodchild, Jackie Thompson, Tracey O'Brien, Dot Davison, Chris Richardson, 2012-6

[Article](#) | **Recommended** | As evidence based practitioners, you are expected to critically analyse the literature in order to inform your clinical practice. There is an abundance of research available, so it is up to you to use your research and clinical skills to decide what literature will inform your practice.

PE #021 Shoulder pain, rotator cuff tendinopathy and frozen shoulder with Dr Jeremy Lewis - physioedge

[Webpage](#) | **Background** | Podcast with Jeremy Lewis (>1 hour). This is a very interesting discussion about shoulder pain - feel free to listen in your own time.

Classification of Shoulder Pain - Physiopedia

[Webpage](#) | **Background** | This describes some of the proposed classification systems for shoulder pain.

Frozen shoulder contracture syndrome - Aetiology, diagnosis and management - Jeremy Lewis, 2015-02

[Article](#) | **Background** | Within this module we will be searching and using literature to support our knowledge and to underpin our learning. Articles will be used in tutorial classes as discussion aids. Start to have a look at literature related to the topics each week

ShoulderDoc by Prof. Lennard Funk - Shoulder Symptoms, Treatment, Research & Education

[Website](#) | **Background** | This is a useful website that describes some common (and not so common) shoulder conditions and surgical options.

Elbow (6 items)

Elbow pain: a guide to assessment and management in primary care - Mustafa Javed, Saadia Mustafa, Simon Boyle, Fiona Scott, 2015-11

[Article](#) | **Essential** | This is an overview of common elbow complaints seen in primary care. It is up to you to use your independent learning time to read up on the aetiology of specific conditions and physiotherapy management options.

Tennis elbow - NICE CKS

[Webpage](#) | **Essential** | This are NICE guidelines for the management of tennis elbow, or

lateral epicondylalgia. You will often find references to original articles and research papers within guidelines. Tennis elbow will link to your learning of tendonopathies. Can you apply this knowledge to what you know about golfers elbow?

Are Passive Physical Modalities Effective for the Management of Common Soft Tissue Injuries of the Elbow? - Sarah Dion, Jessica J. Wong, Pierre Côté, Hainan Yu, 2017-01

Article | **Recommended** | This paper evaluates the effectiveness of passive treatments for soft tissue elbow pain. As evidence based practitioners, you will be expected to consult research to help inform your clinical practice.

Early mobilisation for elbow fractures in adults - Paula Harding, Tshepo Rasekaba, Lorena Smirneos, Anne E Holland, 2011-06-15

Article | **Recommended** | This article is from the Cochrane research group. This will link with what you will know and learn about fractures.

► **Lateral Elbow Pain with Dr Leanne Bisset by MACP**

Audio document | **Background** | This is a podcast with Dr Leanne Bisset about lateral elbow pain (30 mins). While you listen, it would be an idea to jot down any terms or concepts that are unfamiliar to you and use your independent study time to research these. This will help you to link your learning about tendonopathies later in the course.

Cubital Tunnel Syndrome - Physiopedia

Webpage | **Background** | This is a referenced web page describing cubital tunnel syndrome at the elbow. You are not expected to learn every test and treatment. Rather, you should build on your knowledge of anatomy, physiology, assessment and other learning to start forming patterns of recognition. This will link with your learning about nerve pathologies.

Wrist and hand (3 items)

Distal Radial Fractures - Physiopedia

Webpage | **Essential** | This referenced web page gives a good overview of distal radius fractures, which you will probably encounter on clinical placement in Orthopaedic and Outpatient practice.

Hand Disorders | The British Society for Surgery of the Hand

Webpage | **Recommended** | Hand physiotherapy is often a specialised area of therapy. However you may come across some conditions, such as distal radius fractures, carpal tunnel syndrome, and deQuervains syndrome, working in primary or secondary care. Have a look at the hand disorders and hand injuries sections of this website for an overview of patient information for a range of hand conditions.

Investigation of the effect of conservative interventions in thumb carpometacarpal osteoarthritis: systematic review and meta-analysis - Lucia Bertozzi, Kristin Valdes, Carla Vanti, Stefano Negrini, Paolo Pillastrini, Jorge Hugo Villafaña, 2015-10-23

Article | **Recommended** | This is a systematic review and meta analysis of conservative management of thumb arthritis. Try to evaluate the quality of this article. You can often find references to useful papers from systematic reviews.

Week 11 (9 items)

This week you will be introduced to accessory movements and joint mobilisations for peripheral joints. Please find your directed reading below. This will provide you with a basis for what will be covered within your tutorial and practical sessions. The reading marked **ESSENTIAL** is required reading before your classes for that week to ensure participation and ability to follow the tutorial and practical classes. Readings marked **RECOMMENDED** will enhance the knowledge and competence you have gained from the essential readings and will ensure you are developing a good depth of knowledge in the topic area. Reading marked **BACKGROUND** are further information that will contribute further to your knowledge in this area and can be used as references for the future but are not necessarily essential to read in the current week. There are numerous physiotherapy texts that will provide you with comprehensive information on the topics covered this week, so if you feel like reading more then feel free to explore the LRC's database.

Peripheral joint mobilisations (5 items)

Musculoskeletal examination and assessment: a handbook for therapists, Volume 1 - 2017

Book | **Essential** | Read Chapter 3 pages 100-106 (stopping at movement diagrams) this describes accessory assessment of joints.

Principles of musculoskeletal treatment and management: a handbook for therapists - 2018

Book | **Essential** | Read Chapter 3 pages 51-67. Principles of Joint Treatment.

Integrating osteopathic approaches based on biopsychosocial therapeutic mechanisms.

Part 1: The mechanisms - Gary Fryer, 2017-5

Article | **Recommended** | Although presented as 'osteopathic' approaches, this is an interesting exploration of many of the techniques physiotherapists may use.

Integrating osteopathic approaches based on biopsychosocial therapeutic mechanisms.

Part 2: Clinical approach - Gary Fryer, 2017-5

Article | **Recommended** | Although presented as 'osteopathic' approaches, this is an interesting exploration of many of the techniques physiotherapists may use.

Reconceptualising manual therapy skills in contemporary practice - Martin Rabey, Toby Hall, Clair Hebron, Thorvaldur Skuli Palsson, Steffan Wittrup Christensen, Niamh Moloney, 2017-06

Article | **Background** | A critical exploration of manual therapy in contemporary practice.

Tissue Healing and Therapy (4 items)

Physical agents in rehabilitation: an evidence-based approach to practice - 2018

Book | **Essential** | Read chapter 3 "Inflammation and tissue repair" from page 25.

Classification, definitions, and descriptions of the basic massage strokes and relaxed passive movements - G. De Domenico

Chapter | **Essential** | Module: PM098 (Scanned Extract)

Massage Therapy: Does it Work?**Webpage** | **Recommended** | A critical exploration of massage therapy**PRICE needs updating, should we call the POLICE?** - C M Bleakley, P Glasgow, D C MacAuley, 2012-03**Article** | **Recommended****Week 19** (5 items)

This week is a self directed learning week, aimed at consolidating and enhancing your knowledge on chronic pain. There is a lot of information available on pain and pain management - you will need to make sure the information you use in your clinical practice is soundly based in best available evidence. Here you will find a wide range of resources, however there are many other resources that you can use to supplement and increase your knowledge of the subject. Try to complete this before Week 20 to keep you on track. If you are unable to complete it all keep returning to it over the course of the semester.

Chronic pain (5 items)**Management of chronic pain in adults****Webpage** | **Essential** | Read the following within this document:

- a. Page (ix) - What is Chronic Pain?
- b. Page (x) - The Scope of the Problem - read the Key Points box - it is important that you note the part that stresses that different people respond to the same condition/injury in very different ways and that not all people with chronic or persistent pain are chronically disabled. Can you think of someone you know who has chronic pain but who is very active in all aspects of life?
- c. Page (xi) - Key Principles - can you see how the key principles and factors to consider in patient assessment can be mapped to different aspects of the biopsychosocial model of pain?
- d. Page (xii) - What are the Most Common Causes of Chronic Pain? The key point from this page is: if someone has no formal diagnosis (or clearly defined organic or pathological or physical cause), it does not mean that their pain is, 'all in their head' or 'psychosomatic' or does not exist.
- e. Page (xiii) - 'Flags' - you will have seen this before - just a reminder.
- f. Page (xiv) - Types of Pain - the important point here is that pain can persist after the nociceptive process has ended.
- g. Page (xv) - just read the Key Points
- h. Page 8 - Section 5: the Multidisciplinary Approach to Pain Management in Primary Care
- i. Page 10 - Section 5(ii) - the Role of Physiotherapy
- j. Page 16 - Self-management and Support Groups
- k. Page 20 - Pain Management Programmes
- l. Page 33 - Specialist Services - the Pain Management Clinic
- m. Optional - you may be interested in browsing some of the Appendices, which show a range of assessment tools for pain measurement/assessment and the Glossary on page 52 may be useful

► Professor Lorimer Moseley on the brain and mind in chronic pain by BMJ talk medicine[Webpage](#) | **Essential** | Professor Lorimer Moseley is a leading pain expert.**A Systems Perspective on Chronic Pain — BETTER MOVEMENT**[Webpage](#) | **Recommended****Know Pain | Pain management**[Website](#) | **Recommended** | Have a look on this website for excellent pain information, including a very useful education booklet for chronic pain in the resources section.**Greg Lehman**[Website](#) | **Recommended** | This is another excellent pain workbook that is useful for AHPs as well as patients**Week 20** (11 items)

In week 20 you will begin to look at assessment and treatment of the lumbar spine, including rehabilitation options. Please find your directed reading below. The reading below will provide you with a basis for what will be covered within your tutorial and practical sessions. The readings marked **ESSENTIAL** - is required reading before your classes for that week to ensure participation and ability to follow the tutorial and practical classes. Readings marked **RECOMMENDED** will enhance the knowledge and competence you have gained from the essential readings and will ensure you are developing a good depth of knowledge in the topic area. Readings marked **BACKGROUND** are further information that will contribute further to your knowledge in this area and can be used as references for the future but are not necessarily essential to read in the current week. If you feel like reading more about certain topics then always feel free to explore the LRC's database

Lumbar spine diagnosis/presentations (4 items)

Below are a few resources on lumbar spine presentations/conditions that you may come across. You are expected to continue to explore presentations that you may come across within a musculoskeletal setting. Please feel free to use other resources to enhance your knowledge.

TASK: Whilst doing your directed reading this week and beginning to familiarise yourself with lower back assessment and management, consider the following aspects. Research common musculoskeletal lower back diagnosis/presentations and become familiar with their signs and symptoms. What possible interventions can be used to treat lower back conditions.

Try to complete this before attending the Seminar class in Week 20. You may want to take some personal notes for revision purposes.

Back Pain: Lumbar Disc Injury - 22/9/2011[Audio-visual document](#) | **Recommended** | This is a short video on lumbar disc herniation.**Biomechanics of the spine: basic concepts, spinal disorders and treatments - 2018**

Book | **Recommended** | Read Chapter 19: Scoliosis p345-361 for information on the condition

Atlas of common pain syndromes - Steven D. Waldman, Steven D. Waldman, 2019

Book | **Recommended** | Read Chapter 82: Radiculopathy p317-320 and Chapter 84: Spinal Stenosis p324-327 for information on these conditions.

Low back pain (6 items)

Musculoskeletal examination and assessment: a handbook for therapists, Volume 1 - 2017

Book | **Essential** | Read chapter 12: examination of the lumbar region, from page 327. You are not expected to learn combined movements or the McKenzie classification system, but feel free to read and absorb as much as you want. There will not be time to cover everything in your practical classes – remember that a lot of your learning will come from your practical placements.

Please ensure you read this before any classes in Week 20.

Low back pain and sciatica in over 16s: assessment and management | Guidance and guidelines | NICE

Website | **Essential** | Since 1999, NICE have provided the NHS, and those who rely on it for their care, with an increasing range of advice on effective, good value healthcare, and have gained a reputation for rigour, independence and objectivity. This is always a good place to start when looking to provide evidence for your assessment and management. Other similar guidelines exist worldwide. It is good to become familiar with these.

Unraveling the Complexity of Low Back Pain - Peter O'Sullivan, Joao Paulo Caneiro, Mary O'Keefe, Kieran O'Sullivan, 2016-11

Article | **Essential**

Rehabilitation management of low back pain – it's time to pull it all together! - Yannick Tousignant-Laflamme, Marc Olivier Martel, Anand Joshi, Chad Cook, 2017-10

Article | **Recommended**

Medical Screening for Red Flags in the Diagnosis and Management of Musculoskeletal Spine Pain - Phillip S. Sizer, Jean-Michel Brismée, Chad Cook, 2007-03

Article | **Recommended** | Red flags

Red flags to screen for malignancy and fracture in patients with low back pain: systematic review - A. Downie, C. M. Williams, N. Henschke, M. J. Hancock, R. W. J. G. Ostelo, H. C. W. de Vet, P. Macaskill, L. Irwig, M. W. van Tulder, B. W. Koes, C. G. Maher, 2013-12-11

Article | **Recommended** | Red flags

Before Week 21 Tutorial: After your classes in Week 20, try writing a problem list for the LBP case study and formulate 2 short term and 2 long term goals.

Week 21 (16 items)

In week 21 you will continue to look at assessment and treatment of the lumbar spine

and thoracic spine, including rehabilitation options. Please find your directed reading below. The reading below will provide you with a basis for what will be covered within your tutorial and practical sessions. The readings marked **ESSENTIAL** - is required reading before your classes for that week to ensure participation and ability to follow the tutorial and practical classes. Readings marked **RECOMMENDED** will enhance the knowledge and competence you have gained from the essential readings and will ensure you are developing a good depth of knowledge in the topic area. Readings marked **BACKGROUND** are further information that will contribute further to your knowledge in this area and can be used as references for the future but are not necessarily essential to read in the current week. If you feel like reading more about certain topics then always feel free to explore the LRC's database

Musculoskeletal examination and assessment: a handbook for therapists, Volume 1 - 2017

Book | **Essential** | Read chapter 8: examination of the thoracic region, from page 231-248. You are not expected to learn passive physiological intervertebral movement, but feel free to read and absorb as much as you want. There will not be time to cover everything in the practical classes - remember a lot of your learning will come from your practical placements.

NHS Lothian Low Back Pain Pathway

Webpage | **Essential** | Please read the pain pathway from NHS Lothian

Early Identification and Management of Psychological Risk Factors ("Yellow Flags") in Patients With Low Back Pain: A Reappraisal - Michael K. Nicholas, Steven J. Linton, Paul J. Watson, Chris J. Main, 2011-05-01

Article | **Essential**

Goal setting practice in chronic low back pain. What is current practice and is it affected by beliefs and attitudes? - Tania Gardner, Kathryn Refshauge, James McAuley, Markus Hübscher, Stephen Goodall, Lorraine Smith, 2018-10-03

Article | **Essential**

Patient led goal setting in chronic low back pain—What goals are important to the patient and are they aligned to what we measure? - Tania Gardner, Kathryn Refshauge, James McAuley, Stephen Goodall, Markus Hübscher, Lorraine Smith, 2015-08

Article | **Essential**

Neurodynamic Assessment - Physiopedia

Webpage | **Recommended** | Focus on lower limb tests - SLUMP, PKB and SLR
Although we encourage you not to use websites such as Physiopedia for a reference. This page has very useful videos showing you how to perform all the neurodynamic tests. Please use this to review what we did in class.

Diagnostic triage for low back pain: a practical approach for primary care - Bardin, L.D., King, P., Maher, C.G., 2017

Article | **Recommended**

Physio First | Finding spinal 'dysfunctions': frailties of testing, the tester or the test? Is it time to reframe our descriptions?

Webpage | **Recommended** | Click on the pdf link titled "Neil final"

Reconceptualising manual therapy skills in contemporary practice - Martin Rabey, Toby Hall, Clair Hebron, Thorvaldur Skuli Palsson, Steffan Wittrup Christensen, Niamh Moloney, 2017-06

[Article](#) | **Recommended**

Critical Appraisal of Literature (4 items)

In this section there are some resources about how to critically appraise literature. We will be doing this with the literature you have found on treatment and management options for LBP within the Seminar session. Have a look at the CSP site to introduce yourself to this concept and the CASP checklists are useful for guiding you through. There are some other links to improve your understanding.

Critical appraisal | The Chartered Society of Physiotherapy

[Webpage](#) | **Essential** | Introduction to the concept of critical appraisal and why we need to do it.

CASP Checklists - CASP - Critical Appraisal Skills Programme

[Webpage](#) | **Essential** | these can be used to help critically appraise literature. These are useful throughout your physiotherapy career not just as a student. You may want to bring some blank checklists to the seminar session with you.

Step-by-Step Guide to Critiquing Research - Michael Coughlan, Patricia Cronin, Frances Ryan, 2007

[Article](#) | **Recommended** | Some other resources to help with critical appraisal

The Research Critique Process

[Website](#) | **Recommended** | Some other resources to help with critical appraisal

Outcome Measures (3 items)

Here are some more outcome measure used within back pain management. It is good to become familiar with what they measure.

Roland-Morris Disability Questionnaire - Physiopedia

[Webpage](#) | **Recommended** | Take a look at the Roland-Morris questionnaire on the physiopedia website. Click on the link to open the questionnaire itself and reflect on the items that patients are asked to consider.

Oswestry Disability Index - Physiopedia

[Webpage](#) | **Recommended** | Take a look at the Oswestry questionnaire on the physiopedia website. Click on the link to open the questionnaire itself and reflect on the items that patients are asked to consider.

STarT Back Approach - Physiopedia

[Webpage](#) | **Recommended** | You will probably have seen this one before.

Resources for Spinal Conditions (20 items)

There are a lot of resources available on spinal conditions and I have added some here for extra reading.

What low back pain is and why we need to pay attention - Jan Hartvigsen, Mark J Hancock, Alice Kongsted, Quinette Louw, 2018-06

[Article](#)

Margaret: a tragic case of spinal Red Flags and Red Herrings - Sue Greenhalgh, James Selfe, 2004-6

[Article](#) | Another case study presenting red flags in clinical practice

Clinical update: cauda equina syndrome | The Chartered Society of Physiotherapy

[Webpage](#)

Psychosocial factors in low back pain: letting go of our misconceptions can help management - Mary O'Keeffe, Steven Z George, Peter B O'Sullivan, Kieran O'Sullivan, 2018-08-28

[Article](#)

Non-specific low back pain - Chris Maher, Martin Underwood, Rachelle Buchbinder, 2017-02

[Article](#) | This provides a good summary of the evidence base for treatment of non-specific low back pain

Healthcare professionals — Pain-Ed

[Webpage](#) | This is a helpful site for keeping up to date with low back pain management. Click into 'healthcare professionals' for further research and resources.

Low Back Pain - 24/1/2014

[Audio-visual document](#) | Please note that not all nerve irritation in the leg is due to disc problems - chemical irritation around the nerve root (e.g. from a strain or inflammation) can also cause neurogenic leg pain.

Psychosocial factors in low back pain: letting go of our misconceptions can help management - Mary O'Keeffe, Steven Z George, Peter B O'Sullivan, Kieran O'Sullivan, 2018-08-28

[Article](#) | This is a short editorial on the need for skilled management of psychosocial barriers to recovery

Malignant Myeloma of the Spine - S Greenhalgh, J Selfe, 2003-8

[Article](#) | This is a case study presenting red flags in clinical practice

Pain Self Management | Pete Moore | Pain Toolkit

[Website](#)

Low back pain: a call for action - Rachelle Buchbinder, Maurits van Tulder, Birgitta Öberg, 2018-06

[Article](#)

Cognitive Functional Therapy: An Integrated Behavioral Approach for the Targeted Management of Disabling Low Back Pain - Peter B O'Sullivan, J P Caneiro, Mary O'Keeffe, Anne Smith, Wim Dankaerts, Kjartan Fersum, Kieran O'Sullivan, 2018-05-01

[Article](#)

Musculoskeletal pain and exercise—challenging existing paradigms and introducing new - Benjamin E Smith, Paul Hendrick, Marcus Bateman, Sinead Holden, Chris Littlewood, Toby O Smith, Pip Logan, 2018-06-20

[Article](#)

Potential Mechanisms Underlying Centralized Pain and Emerging Therapeutic Interventions - Olivia C. Eller-Smith, Andrea L. Nicol, Julie A. Christianson, 2018-2-13

[Article](#)

BASS

[Webpage](#) | This is a webpage from the British Association of Spine Surgeons explaining nerve root pain and treatment options.

The pain revolution - Lorimer Moseley

[Audio-visual document](#) | This is approx. 20 minutes long in total. It is an excellent refresher on pain mechanisms. Please pay close attention to the last half where Lorimer Moseley discusses ways to retrain the pain system.

Prevention and treatment of low back pain: evidence, challenges, and promising directions - Nadine E Foster, Johannes R Anema, Dan Cherkin, 2018-06

[Article](#)

(62) Prof Peter O'Sullivan and Core Stability - April 2012 - YouTube

[Audio-visual document](#)

(65) Jack with Peter O'Sullivan - YouTube

[Audio-visual document](#)

Pacing | Pain Self-Management | Pain Toolkit

[Webpage](#) | **Recommended** | This is an excellent resource for pain management. This link will bring you to a page on pacing. Please explore the relevant pacing resources including the pain cycle.

Week 22 (12 items)

In week 22 you will continue to look at assessment and treatment of the spinal conditions, including rehabilitation options. The focus will be on the cervical spine. Please find your directed reading below. The reading below will provide you with a basis for what will be covered within your tutorial and practical sessions. The readings marked **ESSENTIAL** - is required reading before your classes for that week to ensure participation and ability to follow the tutorial and practical classes. Readings marked **RECOMMENDED** will enhance the knowledge and competence you have gained from the essential readings and will ensure you are developing a good depth of knowledge in the topic area. Readings marked **BACKGROUND** are further information that will contribute further to your knowledge in this area and can be used as references for the future but are not necessarily essential to read in the current week. If you feel like reading more about certain topics then always feel free to explore the LRC's database.

Musculoskeletal examination and assessment: a handbook for therapists, Volume 1 - 2017

[Book](#) | **Essential** | Read chapter 6 Examination of the upper cervical region - p168-188 and p192-196.

Neurodynamic Assessment - Physiopedia[Webpage](#) | **Essential** | Focus on upper limb neural provocation tests**Reappraising entrapment neuropathies – Mechanisms, diagnosis and management -**

Annina B. Schmid, Robert J. Nee, Michel W. Coppieters, 2013-12

[Article](#) | **Essential****Management of peripheral neuropathic pain: Integrating neurobiology, neurodynamics, and clinical evidence -**

Robert J. Nee, David Butler, 2006-2

[Article](#) | **Essential****Physiotherapy management of whiplash-associated disorders (WAD) -**

Michele Sterling, 2014-03

[Article](#) | **Essential****Factors predicting outcome in whiplash injury: a systematic meta-review of prognostic factors -**

Pooria Sarrami, Elizabeth Armstrong, Justine M. Naylor, Ian A. Harris, 2017-3

[Article](#) | **Essential****Neck pain - non-specific - NICE CKS**[Webpage](#) | **Essential** | If you click on the link and select: Diagnosis, and 'View full scenario' you will be able to view all relevant information. Do the same for: management, view full scenario Note: you do not need to read the detail of medicines for prescription nor do you need to read about management of Acute Torticollis (many patients with this condition find that it resolves within a few days and they do not present to physiotherapy for treatment.**The efficacy of manual therapy and exercise for treating non-specific neck pain: A systematic review -**

Benjamin Hidalgo, Toby Hall, Jean Bossert, Axel Dugeny, Barbara Cagnie, Laurent Pitance, 2017-11-06

[Article](#) | **Essential****Whiplash Associated Disorders - Physiopedia**[Webpage](#) | **Recommended** | Please have a look at the Quebec task Force Classification of whiplash associated disorders on this page.**Trauma | Guidance and guidelines | NICE**[Document](#) | **Recommended** | Have a look at the Canadian C-spine rule on this page**Exercises for mechanical neck disorders: A Cochrane review update -**

A.R. Gross, J.P. Paquin, G. Dupont, S. Blanchette, P. Lalonde, T. Cristie, N. Graham, T.M. Kay, S.J. Burnie, G. Gelley, C.H. Goldsmith, M. Forget, P.L. Santaguida, A.J. Yee, G.G. Radisic, J.L. Hoving, G. Bronfort, 2016-08

[Article](#) | **Recommended****An Evidence-Based Approach to Differentiating the Cause of Shoulder and Cervical Spine Pain -**

Steven L. Bokshan, J. Mason DePasse, Adam E.M. Eltorai, E. Scott Paxton, Andrew Green, Alan H. Daniels, 2016-09

[Article](#) | **Recommended** | This is a concise article describing the differentiation of neck and shoulder pain.

Week 23 (12 items)

There are no face-to-face classes during this consolidation week. Therefore the time you would spend in practical classes should be spent on directed and self-directed learning.

Heat & Cold (2 items)

Electrophysical agents Heat & Cold - 2013-10-23

Audio-visual document | **Essential** | Listen to the narrated lecture: Heat / cold (21 mins)

Electrotherapy: evidence-based practice - Tim Watson, 2008

Book | **Essential** | Follow up reading: Read Chapter 9: "Heat and cold application" starting on page 125

Shortwave (4 items)

Electrophysical agents Shortwave Diathermy - 2013-10-23

Audio-visual document | **Essential** | Listen to the narrated lecture: Shortwave Therapy (14 mins)

Pulsed Short Wave Therapy - application using the circuplode - 25/7/2015

Audio-visual document

Short Wave Therapy - application using Plate Electrodes, contraplanar method - 27/7/2015

Audio-visual document | **Essential**

Electrotherapy: evidence-based practice - Tim Watson, 2008

Book | **Essential** | Follow up reading: Read Chapter 10 "Pulsed and continuous shortwave therapy" starting on page 137

Ultrasound (2 items)

Therapeutic ultrasound - 3/11/2015

Audio-visual document | **Essential** | Listen to the narrated lecture: Therapeutic Ultrasound (18 mins)

Electrotherapy: evidence-based practice - Tim Watson, 2008

Book | **Essential** | Read chapter 12: "Therapeutic Ultrasound" starting on page 179.

TENS (1 items)

Electrotherapy: evidence-based practice - Tim Watson, 2008

Book | **Essential** | Read chapter 16: "Transcutaneous Electrical Stimulation" Page 253-289

Key Concepts in Electrotherapy

Webpage | **Background** | The Tim Watson website is an excellent resource for electrotherapy literature. Please read this article, but also feel free to have a look at more resources available on his website www.electrotherapy.org

Electrotherapy: evidence-based practice - Tim Watson, 2008

Book | **Recommended** | Please read any other sections you feel may be useful to you in:

Watson (2008) *Electrotherapy: evidence-based practice*. Edinburgh: Churchill Livingstone.

This could include:

Chapter 11- Low-intensity laser therapy

Chapter 15- Neuromuscular and muscular electrical stimulation

Chapter 17- Interferential

Electrotherapy for neck pain - Peter Kroeling, Anita Gross, Nadine Graham, Stephen J Burnie, Grace Szeto, Charles H Goldsmith, Ted Haines, Mario Forget, 2013-08-26

Article | **Background** | You don't have to read this in detail, get a feel for the evidence

Week 24 (11 items)

During this week we will study fractures, and in particular - fracture of the lower limb. Following this study, you will be able to apply the principles of fracture management to fractures in other areas of the body. Other associated topics that we will cover are falls assessment and management and the bone condition: osteoporosis.

In the practical class you will learn about how to instruct patients on the safe use of walking aids and how to supervise patients who are using a walking aid.

Fractures (4 items)

Therapeutic Exercise Foundations and Techniques

Book | **Essential** | Read pages 350 to 354 on fractures and posttraumatic immobilisation. Read this before your tutorial class

Hip fracture rehabilitation in physiotherapy practice | The Chartered Society of Physiotherapy

Webpage | **Essential** | This document will be discussed and explained in the tutorial class. Read this before your tutorial class.

Delirium | Alzheimer's Society

Webpage | **Essential** | Delirium is a condition that can be seen in elderly patients who have a hip fracture. This website gives an overview of delirium. Read this information before your tutorial class.

Therapeutic Exercise Foundations and Techniques

Book | **Essential** | Read pages 740 to 748 on hip fractures and post-operative surgical management. Read this after your tutorial class.

Falls assessment and falls prevention (3 items)

Falls in older people: assessing risk and prevention | Guidance and guidelines | NICE

Article | **Essential** | Read this NICE clinical guideline. This can be read at any time during this week.

Get up and go - a guide to staying steady | The Chartered Society of Physiotherapy

Webpage | **Background** | This is a useful patient guide on preventing falls in the older person.

Falls prevention animation with subtitles - Older People's Day 2017 on Vimeo -

Wednesday, September 20, 2017 at 11:20 AM EST

Audio-visual document | **Background** | This is a useful patient resource (animation) on preventing falls in the older person

Osteoporosis (1 items)

Osteoporosis - Illnesses & conditions | NHS inform

Webpage | **Essential** | Read the introductory page on osteoporosis with associated links on this NHS Inform web-site

Hip conditions (2 items)

Read the notes on hip and groin pain that are in this week's folder on the module Hub. This can be read at any time during this week.

Therapeutic exercise: foundations and techniques - Carolyn Kisner, Lynn Allen Colby, John Borstad, 2018

Book | **Essential** | Read pages 748 to 763 on painful hip syndromes: non-operative management. Read this at any time during this week. This reading includes a useful section on exercise in the management of hip conditions.

Walking Aids (1 items)

Before your practical class, view the two powerpoints that are in this week's folder on the module Hub. These are "Introduction to the use of Walking Aids" and "Supervising a patient who is using a walking aid".

Week 25 (14 items)

In Week 25 you will be introduced to the knee, build upon principles of rehabilitation and practice of neuromuscular co-ordination, power training and plyometrics, and principals and practice of late stage rehabilitation and functional exercises. Please find your directed reading below. The reading below will provide you with a basis for what will be covered within your tutorial and practical sessions. The readings marked ESSENTIAL - is required

reading before your classes for that week to ensure participation and ability to follow the tutorial and practical classes. Readings marked RECOMMENDED will enhance the knowledge and competence you have gained from the essential readings and will ensure you are developing a good depth of knowledge in the topic area. Readings marked BACKGROUND are further information that will contribute further to your knowledge in this area and can be used as references for the future but are not necessarily essential to read in the current week. If you feel like reading more about certain topics then always feel free to explore the LRC's database.

KNEE CASE STUDY - please read the subjective information that is on the Hub and think about differential diagnoses based on the information you have.

KNEE REHABILITATION - have a look at current evidence on knee rehabilitation. Bring some of your findings to class.

Musculoskeletal examination and assessment: a handbook for therapists, Volume 1 - 2017
Book | **Essential** | Read chapter 15 "Examination of the knee region" from page 389

INTEGRATION OF STRENGTH AND CONDITIONING PRINCIPLES INTO A REHABILITATION PROGRAM - 2011
Article | **Essential** | This is revision reading but important

Proprioception in musculoskeletal rehabilitation. Part 1: Basic science and principles of assessment and clinical interventions - Ulrik Røjjezon, Nicholas C. Clark, Julia Treleaven, 2015-06
Article | **Essential**

Proprioception in musculoskeletal rehabilitation. Part 2: Clinical assessment and intervention - Nicholas C. Clark, Ulrik Røjjezon, Julia Treleaven, 2015-06
Article | **Essential**

The Knee Resource | Trustworthy Evidence Based Information
Website | **Essential** | This is a good online resource for the knee and has lots of really useful information. Spend a little bit of time looking around the site to familiarise yourself with different knee conditions.

Therapeutic Exercise Foundations and Techniques: Foundations and Techniques - Carolyn Kisner, Lynn Allen Colby, 2012
Book | **Recommended** | Briefly read this chapter for some conservative and surgical management options for common knee conditions. Please note that post surgical rehabilitation will depend on your local department policy and guidelines.

Diagnostic validity of physical examination tests for common knee disorders: An overview of systematic reviews and meta-analysis - Simon Décary, Philippe Ouellet, Pascal-André Vendittoli, Jean-Sébastien Roy, François Desmeules, 2017-01
Article | **Recommended**

(vii) The role of physiotherapy in rehabilitation of soft tissue injuries of the knee - Nicholas C. Clark, 2015-02
Article | **Background** | Knee

Surgical versus conservative interventions for treating anterior cruciate ligament injuries -
A Paul Monk, Loretta J Davies, Sally Hopewell, Kristina Harris, David J Beard, Andrew J Price
, 2016-04-03

[Article](#) | [Background](#)

Knee Injury and Osteoarthritis Outcome Score (KOOS): systematic review and meta-analysis of measurement properties - N.J. Collins, C.A.C. Prinsen, R. Christensen, E.M. Bartels, C.B. Terwee, E.M. Roos, 2016-08

[Article](#) | [Background](#) | There are other LL outcome measures too that you can familiarise yourself with.

Knee pain - assessment - NICE CKS

[Webpage](#) | [Background](#)

Knee Pain and Mobility Impairments: Meniscal and Articular Cartilage Lesions Revision 2018 - David S. Logerstedt, David A. Scalzitti, Kim L. Bennell, Rana S. Hinman, Holly Silvers-Granelli, Jay Ebert, Karen Hambly, James L. Carey, Lynn Snyder-Mackler, Michael J. Axe, Christine M. McDonough, 2018-02

[Article](#) | [Background](#) | Clinical Practice Guidelines.

Week 26 (18 items)

This week we will be looking at Tendinopathy and Foot and Ankle Assessment and Management. Please find your directed reading below. The reading below will provide you with a basis for what will be covered within your tutorial and practical sessions. The readings marked ESSENTIAL - is required reading before your classes for that week to ensure participation and ability to follow the tutorial and practical classes. Readings marked RECOMMENDED will enhance the knowledge and competence you have gained from the essential readings and will ensure you are developing a good depth of knowledge in the topic area. Readings marked BACKGROUND are further information that will contribute further to your knowledge in this area and can be used as references for the future but are not necessarily essential to read in the current week. If you feel like reading more about certain topics then always feel free to explore the LRC's database.

PRACTICAL TASK (3 items)

PRACTICAL TASK from Week 25

In your groups consider your treatment plan and exercise progression for

Group 1: Early stage

Group 2: Mid stage

Group 3: Late stage/return to sport

Consider:

Open and closed chain exercise

Type of contraction (Concentric, eccentric, static, dynamic)

Proprioception, plyometrics (where appropriate)

ROM, Mode of resistance, need equipment?

Body position (WB, NWB), Reps, Sets, Rest intervals, Frequency

Speed and plane of movement, Functional movement patterns

How you would progress? You may want to consider some current evidence to support your choices

This should be prepared for your Practical class in Week 26

HEP2go - Online Home Exercise Program - Rehab - Physical Therapy, Occupational Therapy, Physical therapist, Occupational Therapist, Therapeutic Exercises, HEP

Website | **Recommended** | You can use these websites to get ideas for exercises, this one allows you to sign up for free. There are many others that you may be able to get access to online.

MyPhysioRehab - Exercise prescription & rehabilitation

Website | **Recommended** | You can use these websites to get ideas for exercises, this one allows you to sign up for free and get 30 free patient plans. There are many others that you may be able to get access to online.

Ankle and Foot (3 items)

Musculoskeletal examination and assessment: a handbook for therapists, Volume 1 - 2017

Book | **Essential** | Read chapter 16: examination of the foot and ankle (from page 418)

Treatment and prevention of acute and recurrent ankle sprain: an overview of systematic reviews with meta-analysis - Cailbhe Doherty, Chris Bleakley, Eamonn Delahunty, Sinead Holden, 2017-01

Article | **Recommended**

Effect of unsupervised home based proprioceptive training on recurrences of ankle sprain: randomised controlled trial - M. D W Hupperets, E. A L M Verhagen, W. v. Mechelen, 2009-07-09

Article | **Recommended** | Ankle
Proprioception

Tendinopathy (12 items)

Revisiting the continuum model of tendon pathology: what is its merit in clinical practice

and research? - J L Cook, E Rio, C R Purdam, S I Docking, 2016-10

[Article](#) | [Essential](#)

Is tendon pathology a continuum? A pathology model to explain the clinical presentation of load-induced tendinopathy - J L Cook, C R Purdam, 2009-06-01

[Article](#) | [Essential](#) | This is the original Cook & Purdham tendon continuum paper

The Pain of Tendinopathy: Physiological or Pathophysiological? - Ebonie Rio, Lorimer Moseley, Craig Purdam, Tom Samiric, Dawson Kidgell, Alan J. Pearce, Shapour Jaberzadeh, Jill Cook, 2014-1

[Article](#) | [Essential](#)

Tendinopathy Continuum Explained - YouTube

[Audio-visual document](#) | [Recommended](#) | Video explaining tendinopathy continuum

Tendinopathy management (8 items)

Briefly read these articles to get an overview of the current evidence of physiotherapy management of local tendonopathies. Remember new evidence is emerging all the time so it is up to you to keep up to date with the research.

Understanding mechanisms to improve exercise interventions in tendinopathy - Peter Malliaras, 2017-09

[Article](#) | [Essential](#) | This is a good summary of the different exercise interventions in tendinopathy with further references to trials in the text, including those linked below

Patellar Tendinopathy: Clinical Diagnosis, Load Management, and Advice for Challenging Case Presentations - Peter Malliaras, Jill Cook, Craig Purdam, Ebonie Rio, 2015-11

[Article](#) | [Recommended](#)

Isometric exercise induces analgesia and reduces inhibition in patellar tendinopathy - Ebonie Rio, Dawson Kidgell, Craig Purdam, Jamie Gaida, G Lorimer Moseley, Alan J Pearce, Jill Cook, 2015-10

[Article](#) | [Recommended](#) | Briefly read to get a flavour of treatment options for local tendinopathy

Heavy Slow Resistance Versus Eccentric Training as Treatment for Achilles Tendinopathy - Rikke Beyer, Mads Kongsgaard, Birgitte Hougs Kjær, Tommy Øhlenschlæger, Michael Kjær, S. Peter Magnusson, 2015-07

[Article](#) | [Recommended](#) | Briefly read to get a flavour of treatment options for tendinopathies

Eccentric exercise: acute and chronic effects on healthy and diseased tendons - Michael Kjaer, Katja M. Heinemeier, 2014-06

[Article](#) | [Recommended](#) | "Eccentric exercise: acute and chronic effects on healthy and diseased tendons"

Gluteal Tendinopathy: A Review of Mechanisms, Assessment and Management - Alison Grimaldi, Rebecca Mellor, Paul Hodges, Kim Bennell, Henry Wajswelner, Bill Vicenzino, 2015-8

[Article](#) | Recommended

Plantar fasciitis - Physiopedia[Webpage](#) | Recommended | Referenced article on plantar fasciopathy

High-load strength training improves outcome in patients with plantar fasciitis: A randomized controlled trial with 12-month follow-up - M. S. Rathleff, C. M. Mølgaard, U. Fredberg, S. Kaalund, K. B. Andersen, T. T. Jensen, S. Aaskov, J. L. Olesen, 2015-06[Article](#) | Recommended | Briefly read to get a flavour of some treatment options for tendinopathy

Week 27 . (16 items)

During this week you will study the long-term conditions known as rheumatoid arthritis, ankylosing spondylitis and osteoarthritis. In the practical class you will also study "Group Exercise" ie exercise undertaken with a group of patients who have the same condition, as opposed to being undertaken on an individual patient basis. The readings marked ESSENTIAL - is required reading before your classes for that week to ensure participation and ability to follow the tutorial and practical classes. Readings marked RECOMMENDED will enhance the knowledge and competence you have gained from the essential readings and will ensure you are developing a good depth of knowledge in the topic area. Readings marked BACKGROUND are further information that will contribute further to your knowledge in this area and can be used as references for the future but are not necessarily essential to read in the current week. If you feel like reading more about certain topics then always feel free to explore the LRC's database.

Rheumatoid Arthritis (9 items)

Essential: Read the support notes on rheumatoid arthritis that you will find in the week 27 Hub folder. Read this before your seminar and practical classes.

Rheumatoid arthritis - Illnesses & conditions | NHS inform[Webpage](#) | Essential | Read the information on drug management in rheumatoid arthritis on this NHS Inform web-site. You are only required to have an overview knowledge, not a detailed knowledge. Read this at any time during this week.

Rheumatoid arthritis in adults: management | Guidance and guidelines | NICE[Document](#) | Essential | Read section 1.3 (communication and education), section 1.7 (the multidisciplinary team) and section 1.8 (non-pharmacological management). Read this at any time during this week.

Therapeutic exercise: foundations and techniques - Carolyn Kisner, Lynn Allen Colby, John Borstad, 2018[Book](#) | Essential | Read from page 339 (Principles of management) to page 341 (include the "focus on evidence" section on page 341). This reading gives you an overview of the

physiotherapy management of rheumatoid arthritis. Read this at any time during this week.

Introduction to self-management support | Person-Centred Care Resource Centre

Webpage | **Background** | Self-management is a key aspect of many long-term conditions such as rheumatoid arthritis. This powerpoint presentation gives a general introduction to self-management and is not specific to rheumatoid arthritis.

NICE: Rheumatoid arthritis in over 16s: Quality Statement 4 " Education and Self-Management"

Webpage | **Essential** | Read the Quality Statement 4 : Education and self-management. Read this at any time during this week.

Using Joint Protection Techniques

Webpage | **Essential** | Read the information on "Using Joint Protection Strategies". Read this at any time during this week.

Physical activity interventions for fatigue in rheumatoid arthritis: a systematic review -

Victoria E. Salmon, Sarah Hewlett, Nicola E. Walsh, John R. Kirwan, Fiona Cramp, 2017-03-04

Article | **Background** | This is a systematic review of physical activity interventions for fatigue in rheumatoid arthritis.

Physical Exercise and Physical Activity for Children and Adolescents With Juvenile Idiopathic Arthritis -

Hilena Catania, Viola Fortini, Rolando Cimaz, 2017-07

Article | **Essential** | Children and adolescents can have a condition known as Juvenile Idiopathic Arthritis. This systematic review gives an overview of the condition and a review of the evidence on physical activity and exercise for children and adolescents with this condition. Read this at any time during this week.

Ankylosing Spondylitis (3 items)

Read the support notes on ankylosing spondylitis that you will find in the Hub week 27 folder. Read this before your seminar and practical classes.

Spondyloarthritis in over 16s: diagnosis and management | Guidance and guidelines | NICE

Article | **Essential** | Read section 1.3 (Information and support) and section 1.5 (non-pharmacological management). Read this before your practical class.

Exercise | National Ankylosing Spondylitis Society

Webpage | **Essential** | Read the information in the section on exercise . Read this before your practical class.

Osteoarthritis (2 items)

Therapeutic Exercise Foundations and Techniques

Book | **Essential** | Read from Chapter 11, page 341 (Osteoarthritis: Degenerative Joint Disease) to page 344, ending with and including the section titled "Focus on evidence". Read this before your seminar class.

Overview | Osteoarthritis: care and management | Guidance | NICE

Article | **Essential** | Read the sections on Diagnosis, Education and self-management, non-pharmacological management. NICE states that the clinical guideline was checked in Aug 2017 and is planned to be updated. Read this at any time during this week.

Replacement of whole or a part of a joint with a joint implant (2 items)

This is a surgical procedure which can be undertaken for patients with conditions that damage the joints such as rheumatoid arthritis and osteoarthritis. It is undertaken only where non-surgical management offers no further benefit for the patient.

NHS Inform Web-site : Animated video on Hip Arthroplasty surgery

Audio-visual document | **Background** | In the seminar class we will be discussing the physiotherapy management of patients who have undergone total hip arthroplasty. This animated video shows how the surgery is undertaken. You may wish to view the video prior to the seminar class.

NHS Inform Web-site : Animated video on Knee Arthroplasty surgery

Audio-visual document | **Background** | In the seminar class we will be discussing the physiotherapy management of patients who have undergone knee arthroplasty. This animated video shows how the surgery is undertaken. You may wish to view the video prior to the seminar class

Week 28 (3 items)

During this week you will study ways of facilitating patients who have NMSK conditions, to return to work or to remain in work. We will also further explore the topic of functional exercise.

In the seminar class you will undertake study to help you prepare for your viva practical examination. The readings marked **ESSENTIAL** - is required reading before your classes for that week to ensure participation and ability to follow the tutorial and practical classes. Readings marked **RECOMMENDED** will enhance the knowledge and competence you have gained from the essential readings and will ensure you are developing a good depth of knowledge in the topic area. Readings marked **BACKGROUND** are further information that will contribute further to your knowledge in this area and can be used as references for the future but are not necessarily essential to read in the current week. If you feel like reading more about certain topics then always feel free to explore the LRC's database.

Factors affecting return to work after injury or illness: best evidence synthesis of systematic reviews - Carol Cancelliere, James Donovan, Mette Jensen Stochkendahl, Melissa Biscardi, Carlo Ammendolia, Corrie Myburgh, J. David Cassidy, 2016-12

Article | **Essential** | Read this at any time during this week.

“Whenever I can I push myself to go to work” : a qualitative study of experiences of sickness presenteeism among workers with rheumatoid arthritis - Paula Holland, Alison M.

Collins, 2018-02-13

Article | **Recommended** | This paper gives a good insight into the work experiences of people with rheumatoid arthritis. It is a useful resource to give physiotherapists a better understanding of how to facilitate return to work or remaining in work in this population.

Systematic Review of Prognostic Factors for Return to Work in Workers with ... - 2017

Article | **Recommended** | This systematic review discusses the evidence on factors that predict duration of sick leave in workers after 6 weeks low back pain-related sick leave