

## P3126 - Neuromusculoskeletal practice 2 (Current Academic Year)

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P3126 - Neuromusculoskeletal practice 2

105 items

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### Week 8: Peripheral nerve lesion and brachial plexus lesion/Neuromusculoskeletal facilitatory techniques/Hydrotherapy (4 items)

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#### Peripheral nerve lesion (1 items)

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**Extract** - in Apley and Solomon's concise system of orthopaedics and trauma, by Louis Solomon, David Warwick, Selvadurai Nayagam, 2014

**Chapter** | **Essential** | Module: P3126 (Scanned Extract)

Read the extract from Solomon L, Warwick D, Nayagams, 2014, Apley's Concise System of Orthopaedics and Trauma, Part I, Chapter 11, Peripheral nerve injuries : page 144 from "Axillary Nerve" to end of page 149.

#### Brachial plexus injury (1 items)

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**Extract** - in Apley and Solomon's concise system of orthopaedics and trauma, by Louis Solomon, David Warwick, Selvadurai Nayagam, 2014

**Chapter** | **Essential** | Module: P3126 (Scanned Extract)

Read the extract from Solomon L, Warwick D, Nayagams, 2014, Apley's Concise System of Orthopaedics and Trauma, Part 1, Chapter 11, Peripheral Nerve injuries : page 141 from "Brachial Plexus Injuries" to page 143 (ending just before section on obstetrical brachial plexus injuries).

#### Neuromusculoskeletal facilitation techniques (1 items)

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Read the handout on facilitation techniques. You will find this under "directed learning resources" in the Hub module site. You will have the opportunity to apply some of the techniques in the practical class.

#### Hydrotherapy (1 items)

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**Physiotherapy in orthopaedics: a problem-solving approach**, by Karen Atkinson; Fiona Coutts; Anne-Marie Hassenkamp, 2005

**Book** | **Essential** | Read the section from the text : Chapter 11 : Hydrotherapy in Orthopaedics, Churchill Livingstone, Pages 312 to 328. You are not required to undertake the SAQ's or the problem-solving exercises.

## Week 9: Frailty (5 items)

Please complete the following tasks AHEAD of week 9 sessions

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Before the Tutorial and practical classes view the two narrated powerpoint presentations that are in the week 9 folder of the module Hub

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**Fit for frailty | British Geriatrics Society**, by British Geriatrics Society, 2014

**Webpage** | **Essential** | Consider the screening and assessment tools mentioned and how these might be utilised in a physiotherapy setting.

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## Sarcopenia (2 items)

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**Sarcopenia: revised European consensus on definition and diagnosis** - in Age and Ageing, by Alfonso J Cruz-Jentoft; Gülistan Bahat; Jürgen Bauer; Yves Boirie; Olivier Bruyère; Tommy Cederholm; Cyrus Cooper; Francesco Landi; Yves Rolland; Avan Aihie Sayer; Stéphane M Schneider; Cornel C Sieber; Eva Topinkova; Maurits Vandewoude; Marjolein Visser; Mauro Zamboni; Ivan Bautmans; Jean-Pierre Baeyens; Matteo Cesari; Antonio Cherubini; John Kanis; Marcello Maggio; Finbarr Martin; Jean-Pierre Michel; Kaisu Pitkala; Jean-Yves Reginster; René Rizzoli; Dolores Sánchez-Rodríguez; Jos Schols, 2018-10-12

**Article** | **Essential** | Read this consensus which has just been published

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**Sarcopenia**, by Alfonso J. Cruz-Jentoft; John E. Morley, 2012

**Book** | **Essential** | Read Chapter 11. You may also consider reading other relevant chapters.

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## British Geriatrics Society Falls guideline and the AGILE falls guideline (1 items)

Access the British Geriatrics Society Falls guideline and the AGILE falls guideline (may need to be logged into CSP website).

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**Guidelines for the Physiotherapy management of older people at risk of falling | Chartered Physiotherapists working with Older People**

**Webpage**

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## Week 10: Rheumatoid arthritis/Ankylosing spondylitis/Juvenile chronic arthritis/Joint arthroplasty/Group exercise (12 items)

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### Rheumatoid arthritis (4 items)

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### Read the following before the tutorial (3 items)

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Read the handout on Rheumatoid Arthritis in the Hub.

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**Physiotherapy in orthopaedics: a problem-solving approach**, by Karen Atkinson; Fiona Coutts; Anne-Marie Hassenkamp, 2005

**Book** | **Essential** | Read Chapter 7, Rheumatic Conditions, pp. 197-205.

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**Rheumatoid arthritis in adults: management | Guidance and guidelines | NICE**

**Article** | **Essential** | This is a 2018 NICE clinical guideline. Read the section on non-pharmacological interventions and multidisciplinary teams and the section on communication and education

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## Read any time this week (1 items)

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Looking after your joints information booklet

**Webpage**

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## Ankylosing spondylitis (2 items)

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### Read the following before the tutorial and the practical (2 items)

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Read the handout on Ankylosing Spondylitis in the Hub.

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**Physiotherapy in orthopaedics: a problem-solving approach**, by Karen Atkinson; Fiona Coutts; Anne-Marie Hassenkamp, 2005

**Book** | **Essential** | pp. 205-209 – this relates to the aetiology, pathology, clinical features pp. 211- 215 - this relates to the management

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## Juvenile chronic arthritis (1 items)

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**Physiotherapy in orthopaedics: a problem-solving approach**, by Karen Atkinson; Fiona Coutts; Anne-Marie Hassenkamp, 2005

**Book** | **Essential** | p. 220, the section titled “Juvenile Ideopathic Arthritis” and read through to page 225 ending at the part where SAQ 7.22 starts (you do not require to undertake SAQ 7.22).

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## Hip and knee arthroplasty (2 items)

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**Hip replacement - NHS**

**Website** | **Essential** | View a short animated video clip of how a hip implant is put in place (video is found towards the bottom of the web page). This is from the NHS Choices website.

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**Knee replacement - NHS**

**Website** | **Essential** | View a short animated video clip of how a knee implant is put in place. (video is found towards the bottom of the web page). This is from the NHS Choices website.

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## Group exercise (2 items)

Read the following BEFORE the practical class

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Group exercise - in Practical exercise therapy, by Sanford, B., 1999

[Chapter](#) | **Essential** | Module: P3126 (Scanned Extract)

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Read the handout "Student Notes for Practical Class" You will find this in the Practical Class Resources folder.

## Optional further reading on rheumatoid arthritis (1 items)

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Rheumatoid arthritis in adults: management | Guidance and guidelines | NICE

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

## Week 11: Womens and mens health, assessment of pelvic girdle pain, cancer, TENS (16 items)

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### Womens and mens health (7 items)

You will be introduced to womens health (continence and obstetrics) and mens health by way of directed reading. These are often specialist areas of clinical practice however you would be expected to be able to use your knowledge of functional anatomy and exercise to have an awareness of how to treat these populations. You will also be introduced to the practical assessment of pelvic girdle pain, which can present during and/or after pregnancy. Try to read the essential readings before class, but you can always come back to the other resources at a later date.

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### Read before the practical - Examination of the pelvic region. (2 items)

You would not normally assess this in isolation, but in combination with the lower back, which you will be introduced to in week 12.

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Personal training for your pelvic floor, by The Chartered Society of Physiotherapy

[Webpage](#) | **Essential** | Download and read Personal Training for your pelvic floor CSP

leaflet

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**Musculoskeletal examination and assessment: a handbook for therapists, Volume 1**, edited by Nicola J. Petty; Dionne Ryder, 2017

**Book** | **Essential** | Chapter 13 - examination of the pelvis from page 349

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**Incontinence | The Chartered Society of Physiotherapy**

**Webpage** | **Recommended** | Here you will find resources to explore the issue of continence for both men and women. Please explore these resources, in your own time, to find out more.

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**2019 Canadian Guideline for Physical Activity Throughout Pregnancy: Methodology** - in Journal of Obstetrics and Gynaecology Canada, by Margie H. Davenport; Stephanie-May Ruchat; Michelle F. Mottola; Gregory A. Davies; Veronica J. Poitras; Casey E. Gray; Alejandra Jaramillo Garcia; Nick Barrowman; Kristi B. Adamo; Mary Duggan; Ruben Barakat; Phil Chilibeck; Karen Fleming; Milena Forte; Jillian Korolnek; Taniya Nagpal; Linda G. Slater; Deanna Stirling; Lori Zehr, 2018-10

**Article** | **Recommended** | Guidance for exercise throughout pregnancy

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**Pelvic Floor Exercises Pelvic Floor Workshop - with Stuart Baptist, 3/3/2012**

**Audio-visual document** | **Recommended** | Pelvic floor workshop for mens health (approx. 20')

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► **MACP Men's Health Physiotherapy Podcast by MACP**

**Webpage** | **Recommended** | MACP mens health podcast 45 mins

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**Pudendal Neuralgia - Physiopedia**

**Webpage** | **Recommended** | Pudendal nerve dysfunction can be a cause of pelvic girdle pain / pelvic floor dysfunction. This can occur in both males and females.

## Physiotherapy and people with cancer (7 items)

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**SIGN 106 Control of pain in adults with cancer**

**Webpage** | **Essential** | These are the SIGN guidelines for the control of pain in adults with cancer. You can read from section 2 (Patient issues) - Section 5. You do not need to learn the pharmacological/medical management of pain. Read from section 8.1 - 8.1.7 (non-pharmacological treatment) and section 9 for more information/resources.

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**So your patient has cancer - a guide for physiotherapists not specialising in cancer | The Chartered Society of Physiotherapy**

**Webpage** | **Essential** | Download and read the PDF guide

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**Exercise as part of routine cancer care** - in The Lancet Oncology, by Daniel Santa Mina; David Langelier; Scott C Adams; Shabbir M H Alibhai; Martin Chasen; Kristin L Campbell; Paul Oh; Jennifer M Jones; Eugene Chang, 2018-09

**Article** | **Essential** | Please have a look at this safety reference guide to support exercise services in people with cancer

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**Physical activity - Health and social care professionals - Macmillan Cancer Support**

[Webpage](#) | **Recommended** | Macmillan cancer support is an excellence resource for health professionals and people with cancer. Of particular interest on this page might be "Physical activity for people with metastatic bone disease: Guidance for healthcare professionals".

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**Effects of exercise on cancer patients suffering chemotherapy-induced peripheral neuropathy undergoing treatment: A systematic review**

- in Critical Reviews in Oncology/Hematology, by Federica Duregon; Barbara Vendramin; Valentina Bullo; Stefano Gobbo; Lucia Cugusi; Andrea Di Blasio; Daniel Neunhaeuserer; Marco Zaccaria; Marco Bergamin; Andrea Ermolao, 2018-01

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

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**Palliative care | NHS inform**

[Webpage](#) | **Background** | This is a good resource for palliative care

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**Better cancer outcomes in Lothian – a strategy for cancer 2015 – 2020**

[Webpage](#) | **Background** | Click on "Better Outcomes in Lothian" to read about the strategy plan for improved cancer care outcomes for NHS Lothian

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**TENS (2 items)**

TENS may be used as an adjunct in the management of pain. You will be introduced to TENS by way of directed reading. You can read this ANYTIME.

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**Physical agents in rehabilitation: an evidence-based approach to practice**, edited by Michelle H. Cameron, 2018

[Book](#) | **Essential** | Read chapter 13, from page 258

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**Transcutaneous Electrical Nerve Stimulation (TENS)**

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

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**Week 12: Low back pain (14 items)**

An introduction to low back pain (LBP) including classification, red flags and physical assessment. There is a lot of information available on LBP - please read the essential items before class and you can come back to the other resources at a later date.

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**Pre-class worksheet (1 items)**

After you have read the essential reading for this week, please complete the case study worksheet, which is available on the Hub, **before** class.

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## An introduction to low back pain (4 items)

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

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

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**Diagnostic triage for low back pain: a practical approach for primary care** - in The Medical Journal of Australia, by Bardin, L.D.; King, P.; Maher, C.G., 2017

[Article](#) | **Essential** | Module: P3126 (Scanned Extract)

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

[Document](#) | **Recommended** | You are not expected to learn the pharmacological and invasive interventions for LBP however it is useful to have an idea of the options available.

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**Low Back Pain, 24/1/2014**

[Audio-visual document](#) | **Recommended** | 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.

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## Management of LBP (4 items)

This begins to link the assessment process with the management of LBP

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**Non-specific low back pain** - in The Lancet, by Chris Maher; Martin Underwood; Rachelle Buchbinder, 2017-02

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

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**Unraveling the complexity of low back pain** - in Journal of Orthopaedic and Sports Physical Therapy, by Peter O'Sullivan, Joao Paulo Caneiro, Mary O'Keefe and Kieran O'Sullivan, 2016

[Article](#) | **Recommended** | Read at ANY TIME this week

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**Rehabilitation management of low back pain - it's time to pull it all together!** - in Journal of Pain Research, by Yannick Tousignant-Laflamme, 2017

[Article](#) | **Recommended** | Read at ANY TIME this week

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**Healthcare professionals — Pain-Ed**

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

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## Read before the practical (1 items)

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**Musculoskeletal examination and assessment: a handbook for therapists, Volume 1**, edited by Nicola J. Petty; Dionne Ryder, 2017

[Book](#) | **Essential** | Read chapter 12: Examination of the lumbar region, from page 327 -

339, stopping before "muscle tests".

## Red flags (4 items)

Here are some further resources on red flags

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**Red flags to screen for malignancy and fracture in patients with low back pain: systematic review** - in BMJ, by 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

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

[Webpage](#) | Recommended

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**Margaret: a tragic case of spinal Red Flags and Red Herrings** - in Physiotherapy, by Sue Greenhalgh; James Selfe, 2004-6

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

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**Malignant Myeloma of the Spine** - in Physiotherapy, by S Greenhalgh; J Selfe, 2003-8

[Article](#) | [Background](#) | This is a case study presenting serious spinal pathology

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## Week 13: Non specific low back pain (NSLBP), Barriers to recovery, spine examination continued (15 items)

There is a lot of information available on LBP - please read the essential items before class and you can come back to the other resources at a later date. When navigating the literature, it is advisable to use your critical analysis skills to ascertain the relevance and quality of available literature.

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## Barriers to recovery (5 items)

This week aims to build on your understanding of barriers to recovery and the physiotherapist's role in the assessment and management of modifiable risk factors related to LBP. Please complete the task below and at least read the ESSENTIAL reading before class. You can come back to the other resources at a later date.

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### The Flag System - Physiopedia

[Webpage](#) | [Essential](#) | This page simply describes the flag system and how you can assess these issues in clinical practice. Please click on the link to look at the Orebro



screening tool and consider the types and meaning of the questions asked.

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**Principles of musculoskeletal treatment and management: a handbook for therapists**, edited by Nicola J. Petty; Kieran Barnard, 2018

**Book** | **Essential** | Please read chapter 9 "Principals of communication and its application to clinical reasoning", paying particular attention to "Questioning styles" on page 215

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

**Article** | **Essential** | A short editorial on the need for skilled management of psychosocial barriers to recovery

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**Easy to Harm, Hard to Heal** - in Spine, by Ben Darlow; Sarah Dean; Meredith Perry; Fiona Mathieson; G. David Baxter; Anthony Dowell, 2015-06

**Article** | **Recommended** | An interesting qualitative study about patients perception of LBP - try to think about how we might deal with these issues in clinical practice

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

**Article** | **Recommended** | Please read the introduction and results/discussion section

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## Practical (2 items)

The practical class will continue lumbar spine assessment including neurological tests and palpation.

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**Musculoskeletal examination and assessment: a handbook for therapists, Volume 1**, edited by Nicola J. Petty; Dionne Ryder, 2017

**Book** | **Essential** | Please read from page 341 "neurological tests" to end of chapter

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## BASS

**Webpage** | **Recommended** | This is a webpage from the British Association of Spine Surgeons explaining nerve root pain and treatment options

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## Management (3 items)

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**Pain Science Workbooks — Greg Lehman**

**Webpage** | **Recommended** | This is a highly recommended resource for patients in pain - I encourage you to read it too, to have an understanding of pain mechanisms and some strategies you can use with patients to optimise management for LBP and other pain conditions.

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**Reconceptualising manual therapy skills in contemporary practice** - in Musculoskeletal Science and Practice, by Martin Rabey; Toby Hall; Clair Hebron; Thorvaldur Skuli Palsson; Steffan Wittrup Christensen; Niamh Moloney, 2017-06

**Article** | **Recommended** | There was some discussion about manual therapy from the class last week - you may find this article of interest.

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**Low back pain: a call for action** - in The Lancet, by Rachelle Buchbinder; Maurits van Tulder; Birgitta Öberg, 2018-06

[Article](#) | **Background** | This paper outlines the need for change in the management of LBP.

## Follow up resources (5 items)

Here are some helpful resources that will help you consolidate your learning from weeks 12 & 13. Once again, there is a lot of information available on LBP - please feel free to search the LRC for more information as you see fit.

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**Listening is therapy: Patient interviewing from a pain science perspective** - in Physiotherapy Theory and Practice, by Ina Diener; Mark Kargela; Adriaan Louw, 2016-07-03

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

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

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

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**Musculoskeletal pain and exercise—challenging existing paradigms and introducing new** - in British Journal of Sports Medicine, by Benjamin E Smith; Paul Hendrick; Marcus Bateman; Sinead Holden; Chris Littlewood; Toby O Smith; Pip Logan, 2018-06-20

[Article](#) | **Recommended** | This is an interesting read not only in relation to LBP but in relation to persistent MSK pain in general. It gives a nice explanation of persistent pain states including the role of the immune system and affective components of pain.

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**Potential Mechanisms Underlying Centralized Pain and Emerging Therapeutic Interventions** - in Frontiers in Cellular Neuroscience, by Olivia C. Eller-Smith; Andrea L. Nicol; Julie A. Christianson, 2018-2-13

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

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

[Book](#) | **Recommended** | Read chapter 7 (from page 180) "Principals of nerve treatment" for a comprehensive review of nerve treatment and effects.

## Week 14 and 15 : (4 items)

There are no contact classes during these weeks. There is directed reading to be undertaken during these weeks as detailed here. In addition, students can work on the module formative and summative assessments

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## Management of burns and plastic surgery (2 items)

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**General Trauma Care and Related Aspects: Trauma Surgery II**, edited by Hans-Jörg Oestern; Otmar Trentz; Selman Uranues, 2014

**Book** | **Essential** | Read the section titled "Burn Injury" from page 169 to 179 . This will give you an introduction to the topic of Burn Injury.

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**Total burn care**, edited by David N. Herndon, 2018

**Book** | **Essential** | Go to Chapter 47 of this text and read the section within that chapter that is titled " Therapeutic Exercise". (If you are scheduled to go on a PBL placement where you are managing Burn Injury patients, you will find it helpful to also read the sections in this chapter which discuss splinting and management of scar tissue)

## Placebo and placebo effects (1 items)

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**Consensus statement on placebo effects in sports and exercise: The need for conceptual clarity, methodological rigour, and the elucidation of neurobiological mechanisms** - in European Journal of Sport Science, by Christopher Beedie; Fabrizio Benedetti; Diletta Barbiani; Eleanora Camerone; Emma Cohen; Damian Coleman; Arran Davis; Charlotte Elsworth-Edelsten; Elliott Flowers; Abby Foad; Simon Harvey; Florentina Hettinga; Philip Hurst; Andrew Lane; Jacob Lindheimer; John Raglin; Bart Roelands; Lieke Schiphof-Godart; Attila Szabo, 2018-11-26

**Article** | **Essential** | This recent paper provides a good summary overview of the causes of the placebo effect. The paper also makes some recommendations for how the assessment of the placebo contribution can be facilitated in research studies. The paper should enhance your understanding of the placebo effect and how this might influence research findings

## Writing progression notes (1 items)

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At this stage in your studies, it can be helpful to review and revise how to formulate and document treatment progression notes. A case study and activities have been devised for you to do this. You will find this in the Hub folder for weeks 14 and 15. Follow up notes have also been provided for you to check your work.

## FORMATIVE Assessment that will be presented in week 19

Prior to the Summative group oral presentation, students find it helpful to undertake a short FORMATIVE group oral presentation. You will find the details of this in the week 14 and 15 module Hub folder. This is just a 5 minute (or 6 minute if there are 6 in the group) oral presentation on one question that your group presents to the class and Tutor during the Tutorial session of week 19. The Tutor will then give your group written feedback that can be used to feed forward to your summative group presentation.

Please note that we are giving you only a short, limited period of preparation for this FORMATIVE work and so the work produced will be viewed in that context (for example, the amount of reading that can be undertaken in this shorter period and the amount of detail that can be presented in this shorter presentation). The group allocation and case study allocation is the same as for the Summative Group Presentation Assessment but the question to be addressed is different from that for the summative assessment (In the summative assessment you are required to address three questions - all details of the

Summative assessment are in the "Module Assessment" folder on the Hub Home page)

You should utilise time in weeks 14 and 15 to prepare this FORMATIVE assessment.

## Week 19: Management of low back pain (10 items)

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**Principles of musculoskeletal treatment and management: a handbook for therapists**, edited by Nicola J. Petty; Kieran Barnard, 2018

**Book** | **Essential** | Please read as much of chapter 8 "understanding and managing persistent pain" but please pay particular notice to "active pain rehabilitation" on page 205

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

**Article** | **Essential**

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**The pain revolution**, by Lorimer Moseley

**Audio-visual document** | **Essential** | This is a 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.

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**An update of stabilisation exercises for low back pain: a systematic review with meta-analysis** - in BMC Musculoskeletal Disorders, by Benjamin E Smith; Chris Littlewood; Stephen May, 2014-12

**Article** | **Essential** | Read and analyse this systematic review. If specific exercises are no more effective than other types of exercises for low back pain, when might you consider using specific stabilisation exercises with patients?

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**Pain Self Management | Pete Moore | Pain Toolkit**

**Website** | **Recommended** | Have a look on this site for health professional and patient information. Please pay particular notice to the "tools" section and have a look at pacing and prioritising.

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

**Article** | **Recommended** | This is the second in a 2 part series of LBP (the first one was made available in week 12)

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

**Audio-visual document** | **Recommended**

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**(65) Jack with Peter O'Sullivan - YouTube**

**Audio-visual document** | **Recommended**

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

**Website** | **Background** | LBP NICE guidelines - this is revision reading

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## Read before the practical (1 items)

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**Musculoskeletal examination and assessment: a handbook for therapists, Volume 1**, edited by Nicola J. Petty; Dionne Ryder, 2017

**Book** | **Essential** | Please read before the practical - Read from page 81 "prone knee bend" to page 83 before "saphenous nerve test"

## Week 20: Cervical spine assessment, whiplash (11 items)

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### Read before the tutorial class (5 items)

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**Musculoskeletal examination and assessment: a handbook for therapists, Volume 1**, edited by Nicola J. Petty; Dionne Ryder, 2017

**Book** | **Essential** | Please read chapter 6 from page 168 - 181 stopping before "physical examination"

**Physiotherapy management of whiplash-associated disorders (WAD)** - in Journal of Physiotherapy, by Michele Sterling, 2014-03

**Article** | **Essential**

**Factors predicting outcome in whiplash injury: a systematic meta-review of prognostic factors** - in Journal of Orthopaedics and Traumatology, by Pooria Sarraimi; Elizabeth Armstrong; Justine M. Naylor; Ian A. Harris, 2017-3

**Article** | **Recommended**

**Principles of musculoskeletal treatment and management: a handbook for therapists**, edited by Nicola J. Petty; Kieran Barnard, 2018

**Book** | **Essential** | Read chapter 3 - joint mobilisations. You will not be expected to produce movement diagrams.

Read the **Tutorial Case Study Info** doc (in the Hub module site) and attempt to address the questions. Print out a copy and this with you to the session.

### Read before the practical class (3 items)

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**Manipulation and mobilisation for neck pain contrasted against an inactive control or another active treatment** - in Cochrane Database of Systematic Reviews, by Anita Gross; Pierre Langevin; Stephen J Burnie; Marie-Sophie Bédard-Brochu; Brian Empey; Estelle Dugas; Michael Faber-Dobrescu; Cristy Andres; Nadine Graham; Charles H Goldsmith; Gert Brønfort; Jan L Hoving; Francis LeBlanc, 2015-09-23

**Article** | **Essential** | Please note you will not be taught or expected to carry out

manipulations as these are a post graduate technique.

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**Musculoskeletal examination and assessment: a handbook for therapists, Volume 1**, edited by Nicola J. Petty; Dionne Ryder, 2017

**Book** | **Essential** | Please read chapter 6 from page 181 "practical examination" to 185 stopping before "neurological testing". Read from page 192 "passive physiological movements" to "accessory movements".

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**Considerations to improve the safety of cervical spine manual therapy** - in Musculoskeletal Science and Practice, by Nathan Hutting; Roger Kerry; Michel W. Coppieters; Gwendolijne G.M. Scholten-Peeters, 2018-02

**Article** | **Recommended**

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## Non-essential reading (3 items)

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**Living with ongoing whiplash associated disorders: a qualitative study of individual perceptions and experiences** - in BMC Musculoskeletal Disorders, by Carrie Ritchie; Carolyn Ehrlich; Michele Sterling, 2017-12

**Article** | **Background**

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**PE #013 Cervical Spine Artery and VBI testing with Roger Kerry - physioedge**

**Audio-visual document** | **Recommended** | This is a podcast discussing cervical arterial dysfunction with Roger Kerry. You already have some reading on this by the author so you can listen to this in your own time.

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**The desire for "hands-on" therapy – a critical analysis of the phenomenon of touch** - in Manipulating practices: A critical physiotherapy reader, by Fiona Moffatt; Roger Kerry, edited by Barbara E. Gibson; David A. Nicholls; Jenny Setchell; Karen Synne, 2018

**Chapter** | **Recommended** | Read chapter 7 by Moffat and Kerry

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## Week 21: Cervical and Thoracic Pain, Upper limb neurological and neurodynamic tests, neck pain management (9 items)

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### Before the tutorial and practical (3 items)

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**Musculoskeletal examination and assessment: a handbook for therapists, Volume 1**, edited by Nicola J. Petty; Dionne Ryder, 2017

**Book** | **Essential** | Read Chapter 7 (Examination of the cervicothoracic region) and Chapter 8 (Examination of the thoracic region).

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**Management of peripheral neuropathic pain: Integrating neurobiology, neurodynamics, and clinical evidence** - in Physical Therapy in Sport, by Robert J. Nee; David Butler, 2006-2

**Article** | **Essential** | Read this paper that discusses the management of neuropathic pain

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Read the "Cochrane Reviews" summaries document that you will find in the week 21 folder. This gives an overview of a number of Cochrane Reviews on neck pain

## Before the tutorial (4 items)

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**Neck pain - non-specific**, by NICE CKS (Clinical Knowledge Summaries), 2018

**Webpage** | **Essential** | If you click on the link and select "Diagnosis" and "view full" scenario, you will be able to view all the relevant information. Do the same for management, view full scenario. Note : you do not need to read the detail of medicines 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 may not present to physiotherapy for treatment).

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**Reappraising entrapment neuropathies – Mechanisms, diagnosis and management** - in Manual Therapy, by Annina B. Schmid; Robert J. Nee; Michel W. Coppieters, 2013-12

**Article** | **Essential** | Read this paper.

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Undertake the two tutorial worksheets that you will find in the week 21 Hub folder. These will be studied in class.

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Read the support notes on thoracic pain . You will find these in the week 21 folder on Hub

## Recommended reading during week 21 (2 items)

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**Pacing | Pain Self-Management | Pain Toolkit**

**Webpage** | **Recommended** | This is an excellent resource for pain management. The link will bring you to a page on pacing where you can explore the relevant pacing resources, including the pain cycle.

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**Exercises for mechanical neck disorders: A Cochrane review update** - in Manual Therapy, by 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**

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## Week 22: Chronic pain management, soft tissue therapy (5 items)

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**Principles of musculoskeletal treatment and management: a handbook for therapists**, edited by Nicola J. Petty; Kieran Barnard, 2018

**Book** | **Essential** | Prior to your tutorial and practical class : Read chapter 8 "Understanding and managing persistent pain"

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Prior to your practical class, read the scanned extract from the text : "Beard's Massage "

You will find this in the week 22 Hub folder.

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### **Pain Association Scotland - Chronic Pain Management**

**Website** | **Recommended** | This is a useful site for resources on pain, for example you can view VIDEOS for information on understanding pain, chronic pain and relaxation.

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### **Pain Concern**

**Website** | **Recommended** | A useful web-site for resources on pain management

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### **Pain Self Management | Pete Moore | Pain Toolkit**

**Website** | **Recommended** | A useful web site for resources on pain management