

MUSCULOSKELETAL OUT – PATIENTS PLACEMENT

Clinical Supervisors

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Student Working Hours

Monday – Thurs: 8.30am – 4.30pm
Friday: 8.30am – 4.15pm

Day 1



Full uniform is worn (polo shirt if preferred) and university ID Badge required to be displayed at all times.

Directions: Click [here](#) or visit www.chesterfieldroyal.nhs.uk for directions and map of the hospital. The site is accessible via public transport.

Parking: Parking is available on site, a fee is charged for all patients, visitors and members of staff using these facilities. On your first day please use the car parks indicated for patients/visitors and pay accordingly. A parking pass is available to be purchased for future uses. Click [here](#) for more information.

General Information

During this placement, the majority of out-patient clinics/ classes will be within the Physiotherapy Department. Occasionally, you may accompany your supervisor to a GP Practice clinic.

It will be possible to gain experience in the assessment and treatment of patients, of all ages, referred by GPs, Orthopaedic Consultants and other members of the multi – disciplinary team, with a wide range of acute and chronic musculoskeletal conditions, some of which are listed below.

Common Conditions

- Acute and chronic spinal dysfunction (cervical, thoracic, lumbar)
- [Spinal nerve root irritation/inflammation](#)
- Patho-neurodynamics
- Stable neuropathy of spinal origin
- [Shoulder impingement](#), capsular restriction or [functional instability](#)
- Elbow, wrist, hand dysfunction (in conjunction with Occupational Therapy, as appropriate)
- Post fracture rehabilitation
- Post orthopaedic surgery rehabilitation
- Hip pathology/dysfunction
- Tibio-femoral / patello-femoral dysfunction
- Ankle dysfunction
- [Tendonitis](#) / [Tendinopathy](#)
- Soft-tissue injury management

Classes

Experience may be gained in delivering the following classes:

- Proprioceptive lower limb class (twice weekly)
- Impact lower limb class (weekly)
- Chronic Low-back Pain Management class (weekly based over six sessions)



Knowledge and Skills Required

Students will be expected to:

- Have a knowledge of the anatomy of the loco motor system and relevant patho – physiology (e.g. Soft tissue/ fracture healing), and be able to link this to patient symptoms and presentations
- Execute a subjective and physical examination, demonstrating application of appropriate communication skills, to investigate the causes for functional impairment, using appropriate active/ passive/ manual assessment techniques. This process should include the interpretation of all available resources e.g. imaging, where appropriate.
- Demonstrate, following assessment, appropriate clinical reasoning to identify diagnosis/ problems, treatment goals and outcome measures to support the implementation of suitable treatment plans and progressions.

- Demonstrate the safe and effective application of appropriate treatment techniques, which may include:
 - exercise therapy – for individuals and groups
 - manual therapy skills
 - gait re-education
 - patient education
 - pain management
 - hydrotherapy
- Timely discharge patients, following liaison with other MDT members, as necessary.

Learning Outcomes

On completing this placement, you should be capable of:

- Justifying and carrying out an accurate and detailed subjective and physical examination for a range of simple and more complex MSK conditions, affecting peripheral and spinal areas. Thus demonstrating the application of assessment skills to investigate the causes for functional impairment using appropriate active/ passive/ manual assessment techniques. This process should include the interpretation of all available resources e.g. imaging, where appropriate.
- Demonstrating the ability to plan, carry out, modify/ progress and evaluate the therapeutic management of patients with an MSK dysfunction.
- Writing concise and accurate records.
- Managing your time and caseload effectively, showing appropriate prioritisation skills.
- Communicating effectively and appropriately, verbally and in writing, with patients, carers and other professionals
- Critically evaluating the role, benefits and limitations of physiotherapy with reference to current evidence.



Suggested Pre-Placement Reading

- Maitland Vertebral Manipulation (**Elsevier**): section on Neurological
- Maitland Peripheral Manipulation (**Elsevier**): section on Subjective Examination.
- Donatelli RA. Physical Therapy of the Shoulder 2004 4th. Ed. (**Churchill Livingstone**) .



- Greenhalgh S. Selfe J. 2006: Red Flags: A Guide to Identifying Serious Pathology of the Spine. (**Churchill Livingstone**)
- Norris CM. Sports Injuries. Diagnosis and Management Chapter 2: Healing (**Butterworth Heinman**)
- Dandy D. Edwards D. Essential Orthopaedics and Trauma. Section on Tissue
- Healing of Bone (**Churchill Livingstone**)
- Margaret Reid Campion. Hydrotherapy in Practice (**Butterworth Heinemann**)

