Neuromusculoskeletal assessment & management 1: Lumbar Spine & Pelvis

This course offers musculoskeletal physiotherapists the opportunity to develop their assessment, treatment and clinical reasoning skills in the management of dysfunction of the lumbar spine and pelvis.


Credits: 30 credit points at level 7 (Masters Level)
Programme outline
The module will be delivered fully online via Blackboard Learn, the University’s online distance learning medium. This will involve screencast lectures, resources and activities supported by online discussion sessions. It is a 30 credit module that has 16 hrs lectures 14 hours workshops 13 hours practicals and 257 independent. You will therefore be required to study for at least two evenings, or a full day, each week. Each week a different topic is presented for you to work through remotely in your own time. The module will be delivered through two 3 day teaching blocks at Ulster University.

Introduction
This course aims to develop clinical reasoning skills in the assessment, management and interpretation of the patient with reference to dysfunction of the lumbar spine and pelvis. The course will encourage the integration of many different approaches/models reflected in practice today. It will address the management of the chronic LBP patient as well as the acute/sub-acute patient. The course will be interactive with practical sessions, case study analysis and lectures. Evidence based practice will also be embedded within this course.

Who should attend?
Health professionals who want to develop skills in developing research protocols to undertake clinical research.

Course content
- Clinical reasoning
- Assessment of lumbar spine
- Mobilisation and manipulation techniques (Maitland, Mulligan, soft tissue, muscle energy techniques where appropriate)
- Combined movements
- Adverse neural dynamics
- Exercise prescription
- Assessment and management of the pelvis
- Managing chronic LBP (Peter O’Sullivan)

Assessment
There are two pieces of assessment
1. Case study (3000 words) Hand in date 5 May
2. Practical exam - in the exam period in May. Date to be confirmed

Further information
Module co-ordinator: Dr Annette Harte, aa.harte@ulster.ac.uk, 028 90366650
Module code PTH819: CRN 4132

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