



# CHIR20004 *Extraspinal Articulations*

## Term 2 - 2022

Profile information current as at 29/04/2024 05:02 am

All details in this unit profile for CHIR20004 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

### General Information

#### Overview

In this unit you will be introduced to the theory of assessment, treatment and management of extraspinal articulations. This theory will underpin your clinical practice in the field of articular joint manipulation, adjustment and mobilisation.

#### Details

Career Level: *Postgraduate*

Unit Level: *Level 9*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

#### Pre-requisites or Co-requisites

Prerequisite: CHIR20002 Clinical Practice 1 Corequisite: CHIR20003 Clinical Practice 2

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

#### Offerings For Term 2 - 2022

- Brisbane
- Mackay

#### Attendance Requirements

All on-campus students are expected to attend scheduled classes - in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

#### Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

## Class and Assessment Overview

### Recommended Student Time Commitment

Each 6-credit Postgraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

### Class Timetable

#### [Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

#### [Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

### Assessment Overview

#### 1. **Written Assessment**

Weighting: 20%

#### 2. **Practical Assessment**

Weighting: 25%

#### 3. **Practical Assessment**

Weighting: 25%

#### 4. **In-class Test(s)**

Weighting: 30%

### Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

## CQUniversity Policies

**All University policies are available on the [CQUniversity Policy site](#).**

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

## Previous Student Feedback

### Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

#### Feedback from Have your say

##### **Feedback**

Some students felt that the research element of the group assessment took away from their preparation for clinic entrance assessments.

##### **Recommendation**

It is recommended that students are provided with additional guidance to ensure that the research component of the assessment task is not overly burdensome.

#### Feedback from Have your say

##### **Feedback**

Some students felt the tutorials were hard to engage with and would have preferred less breakout room utilisation.

##### **Recommendation**

It is recommended the unit coordinator uses a variety of teaching methods during tutorials to engage students.

#### Feedback from Have your say

##### **Feedback**

Some students reported a preference for a new shorter streamlined format for the lectures so that they could engage with them more easily.

##### **Recommendation**

It is recommended that the unit coordinator streamlines the lectures associated with extraspinal articulations, reflecting contemporary evidence, in line with current thinking in the field with respect to assessment, treatment and management.

#### Feedback from Have your say

##### **Feedback**

Students enjoyed the opportunity to work through clinical scenarios in class.

##### **Recommendation**

It is recommended that an emphasis on pragmatic case scenarios continue in this unit.

## Unit Learning Outcomes

### **On successful completion of this unit, you will be able to:**

1. Relate the clinical anatomy and potential functional changes relevant to extra-spinal articulations
2. Perform an appropriate physical examination of extraspinal joints, and determine appropriate differential diagnoses
3. Interpret changes in extra-spinal articulations and identify appropriate therapeutic interventions
4. Perform appropriate chiropractic techniques in the management of extraspinal abnormalities.

Links to CCEA Competency Elements:

Domains 6, 7, 8 and 9 as applicable to these regions.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes

 N/A Level	 Introductory Level	 Intermediate Level	 Graduate Level	 Professional Level	 Advanced Level
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## Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Written Assessment - 20%	•		•	
2 - Practical Assessment - 25%		•		•
3 - Practical Assessment - 25%		•		•
4 - In-class Test(s) - 30%	•		•	

## Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
1 - Knowledge	○	○	○	○
2 - Communication	○	○	○	○
3 - Cognitive, technical and creative skills				
4 - Research			○	
5 - Self-management				
6 - Ethical and Professional Responsibility				○
7 - Leadership				
8 - Aboriginal and Torres Strait Islander Cultures				

## Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes							
	1	2	3	4	5	6	7	8
1 - Written Assessment - 20%	○	○		○				
2 - Practical Assessment - 25%	○	○	○					
3 - Practical Assessment - 25%	○	○	○					
4 - In-class Test(s) - 30%	○	○		○		○		

## Textbooks and Resources

### Textbooks

CHIR20004

#### Prescribed

##### Chiropractic Technique

Edition: 3rd (2011)

Authors: Thomas F. Bergmann, DC and David H. Peterson, DC

ISBN: 9780323049696

Binding: Hardcover

CHIR20004

#### Prescribed

##### Orthopedic Physical Assessment

Edition: 7th (2020)

Authors: David Magee, Robert Manske

ISBN: 9780323749510

Binding: Hardcover

#### Additional Textbook Information

You may have purchased these texts in previous units.

### IT Resources

**You will need access to the following IT resources:**

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

## Referencing Style

**All submissions for this unit must use the referencing styles below:**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)
- [Vancouver](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Matt Fernandez** Unit Coordinator  
[m.fernandez@cqu.edu.au](mailto:m.fernandez@cqu.edu.au)

## Schedule

### Week 1 - 11 Jul 2022

Module/Topic	Chapter	Events and Submissions/Topic
Introduction and the Shoulder region motion palpation and technique.	Chapter 6 'Shoulder' page 294 Chiropractic Technique - Principles and Procedure, 3rd Edition (2010) Lecture notes	

### Week 2 - 18 Jul 2022

Module/Topic	Chapter	Events and Submissions/Topic
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Elbow region motion palpation and technique

Chapter 6 'Elbow' page 315  
Chiropractic Technique - Principles and Procedure, 3rd Edition (2010)

### Week 3 - 25 Jul 2022

Module/Topic	Chapter	Events and Submissions/Topic
Wrist and hand region motion palpation and technique.	Chapter 6 'Wrist and Hand' page 326 Chiropractic Technique - Principles and Procedure, 3rd Edition (2010)	

### Week 4 - 01 Aug 2022

Module/Topic	Chapter	Events and Submissions/Topic
Hip region motion palpation and technique.	Chapter 6 'Hip' page 337 Chiropractic Technique - Principles and Procedure, 3rd Edition (2010)	

### Week 5 - 08 Aug 2022

Module/Topic	Chapter	Events and Submissions/Topic
Mid term practical examination		Mid term practical examination Due: Week 5 Friday (12 Aug 2022) 11:59 pm AEST  <b>Mid term practical examination</b> Due: Week 5 Friday (12 Aug 2022) 11:45 pm AEST

### Vacation Week - 15 Aug 2022

Module/Topic	Chapter	Events and Submissions/Topic
Vacation week		

### Week 6 - 22 Aug 2022

Module/Topic	Chapter	Events and Submissions/Topic
Knee motion palpation and technique.	Chapter 6 'Knee' page 349 Chiropractic Technique - Principles and Procedure, 3rd Edition (2010)	

### Week 7 - 29 Aug 2022

Module/Topic	Chapter	Events and Submissions/Topic
Ankle and foot motion palpation and technique.	Chapter 6 'Ankle and Foot' page 364 Chiropractic Technique - Principles and Procedure, 3rd Edition (2010)	

### Week 8 - 05 Sep 2022

Module/Topic	Chapter	Events and Submissions/Topic
Late term practical examination		Practical examination Due: Week 8 Friday (9 Sept 2022) 11:59 pm AEST  <b>Practical examination</b> Due: Week 8 Friday (9 Sept 2022) 11:45 pm AEST

**Week 9 - 12 Sep 2022**

Module/Topic	Chapter	Events and Submissions/Topic
No class		

**Week 10 - 19 Sep 2022**

Module/Topic	Chapter	Events and Submissions/Topic
No class		WRITTEN GROUP ASSIGNMENT Due: Week 10 Friday (23 Sept 2022) 11:59 pm AEST  <b>Written Assessment</b> Due: Week 10 Friday (23 Sept 2022) 11:45 pm AEST

**Week 11 - 26 Sep 2022**

Module/Topic	Chapter	Events and Submissions/Topic
No class		

**Week 12 - 03 Oct 2022**

Module/Topic	Chapter	Events and Submissions/Topic
No class		

**Review/Exam Week - 10 Oct 2022**

Module/Topic	Chapter	Events and Submissions/Topic
In class test		In-class test Tuesday at 9am (rooms TBA)  <b>In-class test</b> Due: Review/Exam Week Wednesday (12 Oct 2022) 12:00 pm AEST

**Exam Week - 17 Oct 2022**

Module/Topic	Chapter	Events and Submissions/Topic
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## Assessment Tasks

### 1 Written Assessment

**Assessment Type**

Written Assessment

**Task Description**

Best practice, high quality guideline care for musculoskeletal pain recommends treatment that is patient centered, screens for red flags, assess psychosocial factors, use imaging selectively, and monitors patient progress. Best practice care also encourages self-management advice, education and exercise as first-line treatments and recommends to use of manual therapy only as an adjunct to other treatments.

You will present a management plan for a patient presenting with an extremity complaint (knee, hip, elbow etc.). Ideally, this will be based on an extremity case that you've previously observed on placement. You do not need patient consent for this report, but simply to recall a case you observed and base your assignment on it.

You will answer 4 questions below, providing a brief paragraph answering each of these questions in relation to the case.

1. Please provide a brief introduction to the case, i.e., basic patient demographics and complaint history. This is not intended to be exhaustive (50 words or less).
2. Please provide your patient with education/information about their condition and management options. Ideally, you should look to incorporate/encourage strategies for self-management and/or inform/reassure patients about the condition or management (e.g., prognosis). (150 words or less)
3. Please highlight key components you would consider for manual therapy or 'hands on' care. You should cast your eye on the available literature with respect to the condition you have chosen and include a brief schedule of treatment you would recommend. (150 words or less).
4. Please outline recommendations addressing physical activity and/or exercise. This may take the form of mobility,

stability, stretching, flexibility and strengthening, in addition to more general recommendations for physical activity/exercise such as activity/“normal” physical activity, aerobic exercises, ‘exercise’ and/or ‘general exercise’ (150 words or less).

For your answers, imagine you are talking to a patient in front of you. How will you deliver the approach to education, manual therapy and exercise? How will you incorporate up to date/recent literature? Will you consider ‘yellow flags’, mood/emotions (depression and anxiety), fear/kinesiophobia and recovery expectations within your conversation? Please ensure components are placed in a logical and easy to understand manner, as you would prescribe in the clinic. Given the tight word limit, this will be a challenging assignment as you attempt to fit in key elements or components from guidelines.

This case report will be approximately 500 +/- 10% words total and submitted by the end of Week 10.

### Assessment Due Date

Week 10 Friday (23 Sept 2022) 11:45 pm AEST

### Return Date to Students

Week 12 Friday (7 Oct 2022)

### Weighting

20%

### Assessment Criteria

Rubric

Feature	0-3	3-7	7-9	Full marks. 10 marks each
Grammar and spelling	Poor with many errors	Several errors	A few errors	No errors
Provides a summary of the case	None or few provided	Several omissions. Major components are missing.	A few omissions.	All key components are addressed.
Education/information is explored and explained	Demonstrates poor knowledge	Demonstrates some knowledge	Good knowledge with only a few errors	Demonstrates an excellent knowledge of education/information
Manual therapy explored and explained	Demonstrates poor knowledge	Demonstrates some knowledge	Good knowledge with only a few errors	Demonstrates an excellent knowledge of key manual therapy components
Physical activity and/or exercise explored and explained	Demonstrates poor knowledge	Demonstrates some knowledge	Good knowledge with only a few errors	Demonstrates excellent knowledge of physical activity and/or exercise
The 4 components are placed in a logical and easy to understand manner	Poor with many errors	Several errors	A few errors	No repetition, logical flow to the presentation and easy to understand.
References current and relevant	No compliance	Little compliance	A few errors	Full compliance
Explains in terms the patient would use and can easily understand	No use of terms	Some use of terms	A few omissions	This section makes use of language a patient would use and is well written from the perspective of the patient
Overall professionalism of presentation	Poor	Several errors	A few errors	Professional level

### Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)
- [Vancouver](#)

### Submission

Online



### **Learning Outcomes Assessed**

- Relate the clinical anatomy and potential functional changes relevant to extra-spinal articulations
- Interpret changes in extra-spinal articulations and identify appropriate therapeutic interventions

### **Graduate Attributes**

- Knowledge
- Communication
- Research

## **2 Mid term practical examination**

### **Assessment Type**

Practical Assessment

### **Task Description**

This practical assessment will include both assessment and treatment components. Specifically, you may be asked to demonstrate motion palpation, and technique skills pertinent to the shoulder, elbow, wrist and hand, and hip regions. This will be conducted at the end of Week 5

### **Assessment Due Date**

Week 5 Friday (12 Aug 2022) 11:45 pm AEST

### **Return Date to Students**

### **Weighting**

25%

### **Assessment Criteria**

There are 5 sections to the practical examinations:

1. Hygiene, professionalism, patient handling and consent
2. Motion palpation
3. Technique
4. Overall impression

You must pass each section of the examination to obtain an overall pass grade. Detailed instructions are placed on the Moodle site.

### **Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)
- [Vancouver](#)

### **Submission**

No submission method provided.

### **Learning Outcomes Assessed**

- Perform an appropriate physical examination of extraspinal joints, and determine appropriate differential diagnoses
- Perform appropriate chiropractic techniques in the management of extraspinal abnormalities.

### **Graduate Attributes**

- Knowledge
- Communication
- Cognitive, technical and creative skills

## **3 Practical examination**

### **Assessment Type**

Practical Assessment

### **Task Description**

This practical assessment will include both assessment and treatment components. Specifically, you will be asked to demonstrate motion palpation and technique skills pertinent to the hip, knee, ankle and foot regions. This will be conducted at the end of Week 8.

### **Assessment Due Date**

Week 8 Friday (9 Sept 2022) 11:45 pm AEST

**Return Date to Students****Weighting**

25%

**Assessment Criteria**

There are 5 sections to the practical examinations:

1. Hygiene, professionalism, patient handling and consent
2. Motion palpation
3. Technique
4. Overall impression

**Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)
- [Vancouver](#)

**Submission**

No submission method provided.

**Learning Outcomes Assessed**

- Perform an appropriate physical examination of extraspinal joints, and determine appropriate differential diagnoses
- Perform appropriate chiropractic techniques in the management of extraspinal abnormalities.

**Graduate Attributes**

- Knowledge
- Communication
- Cognitive, technical and creative skills

## 4 In-class test

**Assessment Type**

In-class Test(s)

**Task Description**

This in-class test will test theoretical knowledge presented across all weeks of this term. It will include a mix of question types to allow you to demonstrate your knowledge. The test will be run through Moodle but will take place on campus in a pre-booked computer lab (room TBA).

**Assessment Due Date**

Review/Exam Week Wednesday (12 Oct 2022) 12:00 pm AEST

**Return Date to Students****Weighting**

30%

**Assessment Criteria**

This will be an In-Class test that takes place on campus in a computer lab. It will test all theoretical knowledge presented over Term 2 within this Unit. Students will be assessed on the number of correct answers they provide and require a total of 50% to pass.

**Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)
- [Vancouver](#)

**Submission**

Online

**Learning Outcomes Assessed**

- Relate the clinical anatomy and potential functional changes relevant to extra-spinal articulations
- Interpret changes in extra-spinal articulations and identify appropriate therapeutic interventions

**Graduate Attributes**

- Knowledge

- Communication
- Research
- Ethical and Professional Responsibility

## Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

### **What is a breach of academic integrity?**

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

### **Why is academic integrity important?**

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

### **Where can I get assistance?**

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

### **What can you do to act with integrity?**

**Be Honest**

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own

**Seek Help**

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)

**Produce Original Work**

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem