



# CHIR20004 *Extraspinal Articulations*

## Term 2 - 2024

Profile information current as at 06/12/2024 05:47 pm

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 - 2024

- 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. **Online Quiz(zes)**

Weighting: 50%

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

Weighting: Pass/Fail

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

Weighting: Pass/Fail

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

Weighting: 50%

### 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 Evaluation feedback

**Feedback**

Students reported that there were some challenges with Moodle navigation and a review of the set up would be beneficial.

**Recommendation**

It is recommended that the UC explore methods to improve the organisation of the Moodle pages for a better student experience.

#### Feedback from Evaluation feedback

**Feedback**

Students would appreciate additional information and greater guidance and context in relation to the assignment.

**Recommendation**

It is recommended that the UC spend more time (practical classes and tutorials) outlining expectations and rationale for the assignment, so that it is clearer for students.

## 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



### Alignment of Assessment Tasks to Learning Outcomes

| Assessment Tasks              | Learning Outcomes |   |   |   |
|-------------------------------|-------------------|---|---|---|
|                               | 1                 | 2 | 3 | 4 |
| 1 - Online Quiz(zes) - 50%    | •                 |   | • |   |
| 2 - Practical Assessment - 0% |                   | • |   | • |
| 3 - Practical Assessment - 0% |                   | • |   | • |
| 4 - In-class Test(s) - 50%    | •                 |   | • |   |

### 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 |                   |   |   |   |

## Textbooks and Resources

### Textbooks

**There are no required textbooks.**

#### Additional Textbook Information

No.

### 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 style: [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 - 08 Jul 2024

| Module/Topic                             | Chapter                            | Events and Submissions/Topic |
|--|------------------------------------|------------------------------|
| Introduction lecture<br>Shoulder lecture | Lecture notes and technique videos |                              |

### Week 2 - 15 Jul 2024

| Module/Topic                          | Chapter                            | Events and Submissions/Topic |
|---------------------------------------|------------------------------------|------------------------------|
| Manual therapy lecture<br>TMJ lecture | Lecture notes and technique videos |                              |

### Week 3 - 22 Jul 2024

| Module/Topic  | Chapter                            | Events and Submissions/Topic |
|---------------|------------------------------------|------------------------------|
| Elbow lecture | Lecture notes and technique videos |                              |

### Week 4 - 29 Jul 2024

| Module/Topic | Chapter                            | Events and Submissions/Topic |
|--------------|------------------------------------|------------------------------|
| Hand lecture | Lecture notes and technique videos |                              |

### Week 5 - 05 Aug 2024

| Module/Topic | Chapter                            | Events and Submissions/Topic |
|--------------|------------------------------------|------------------------------|
| Hip lecture  | Lecture notes and technique videos | OSCE                         |

**Practical Assessment** Due: Week 5  
Tuesday (6 Aug 2024) 8:00 am AEST

| Vacation Week - 12 Aug 2024 |                                    |   |
|-----------------------------|------------------------------------|---|
| Module/Topic                | Chapter                            | Events and Submissions/Topic  |
| Vacation week               |                                    |   |
| Week 6 - 19 Aug 2024        |                                    |   |
| Module/Topic                | Chapter                            | Events and Submissions/Topic  |
| Knee lecture                | Lecture notes and technique videos |   |
| Week 7 - 26 Aug 2024        |                                    |   |
| Module/Topic                | Chapter                            | Events and Submissions/Topic  |
| Lower leg lecture           | Lecture notes and technique videos |   |
| Week 8 - 02 Sep 2024        |                                    |   |
| Module/Topic                | Chapter                            | Events and Submissions/Topic  |
| Goal setting lecture        | Lecture notes and technique videos | OSCE<br><b>Practical Assessment</b> Due: Week 8<br>Tuesday (3 Sept 2024) 8:00 am AEST   |
| Week 9 - 09 Sep 2024        |                                    |   |
| Module/Topic                | Chapter                            | Events and Submissions/Topic  |
| Behavioural change lecture  | Lecture notes                      | Supportive learning activity - anatomy<br>lab field trip (TBA)<br><br><b>Written Assignment</b> Due: Week 9<br>Thursday (12 Sept 2024) 11:59 pm<br>AEST |
| Week 10 - 16 Sep 2024       |                                    |   |
| Module/Topic                | Chapter                            | Events and Submissions/Topic  |
| Physical activity lecture   | Lecture notes                      |   |
| Week 11 - 23 Sep 2024       |                                    |   |
| Module/Topic                | Chapter                            | Events and Submissions/Topic  |
| Tendinopathy lecture        | Lecture notes                      |   |
| Week 12 - 30 Sep 2024       |                                    |   |
| Module/Topic                | Chapter                            | Events and Submissions/Topic  |
| No lecture                  |                                    |   |
| In class test - 10 Oct 2024 |                                    |   |
| Module/Topic                | Chapter                            | Events and Submissions/Topic  |
| In class test               |                                    | In class test<br><br><b>In class test</b> Due: Review/Exam Week<br>Thursday (10 Oct 2024) 11:00 pm<br>AEST  |
| Exam Week - 14 Oct 2024     |                                    |   |
| Module/Topic                | Chapter                            | Events and Submissions/Topic  |
|                             |                                    |   |

## Assessment Tasks

# 1 Written Assignment

## Assessment Type

Online Quiz(zes)

## Task Description

Best practice 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 with appropriate outcome measures. 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. Present literature acknowledges both physical and psychological factors that play an important role in the understanding of pain and related disability. You will present an evidence-informed management plan for a patient presenting with an extremity complaint. Information on the case will be provided at the commencement of the semester.

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

1. Please provide a brief summary for the case, i.e., key elements such as 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, exercise and/or exercise therapy. This may take the form of mobility, stability, stretching, flexibility and strengthening, in addition to more general recommendations for physical activity/exercise (150 words or less).

For your answers, imagine you are 'talking' to the patient who is in front of you. How will you deliver the approach to education, manual therapy, and physical activity/exercise? How will you incorporate the literature? Will you consider 'yellow flags', mood/emotions (depression and anxiety), psychosocial aspects like 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 and describe in the clinic. Given the tight word limit, this will be a challenging assignment as you attempt to fit in and elaborate on the key elements or components from the guidelines.

This case report will be approximately 500 +/- 10% words total and submitted during week 9.

## Number of Quizzes

-2

## Frequency of Quizzes

Other

## Assessment Due Date

Week 9 Thursday (12 Sept 2024) 11:59 pm AEST

## Return Date to Students

Week 12 Friday (4 Oct 2024)

## Weighting

50%

## Assessment Criteria

Rubric for written assessment:

| Feature   | 0-3                         | 3-7  | 7-9                                   | Full marks 10 marks each   |
|---|-----------------------------|--|---------------------------------------|--|
| 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, exercise and/or exercise therapy 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 3 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 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 |

### Referencing Style

- [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

## 2 Practical Assessment

### 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 mobilisation or adjustive technique skills pertinent to the shoulder, elbow, wrist, and hand, and (possibly the) hip regions. This will be conducted at the end of Week 5

There are 3 sections to the practical assessment:

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

You must pass each section of the examination to obtain an overall pass grade.

### Assessment Due Date

Week 5 Tuesday (6 Aug 2024) 8:00 am AEST

### Return Date to Students

Week 6 Tuesday (20 Aug 2024)

### Weighting

Pass/Fail

### Minimum mark or grade

Pass

### Assessment Criteria

|            | Domain                | 0 | 1 | 2 | Feedback | Grade |
|------------|-----------------------|---|---|---|----------|-------|
|            | Pre Technique         |   |   |   |          | (6)   |
|            | Infection control     |   |   |   |          |       |
| 1.REGION / | Pt modesty / exposure |   |   |   |          |       |



|                          |  |  |  |  |  |      |
|--------------------------|--|--|--|--|--|------|
| MOBILISATION/            | Verbal Consent                                   |  |  |  |  |      |
|                          | <b>Technique</b>                                 |  |  |  |  | (10) |
| ADJUSTMENT:              | Patient position                                 |  |  |  |  |      |
|                          | 1° contact position<br>(correct / contact joint) |  |  |  |  |      |
|                          | 2° contact position                              |  |  |  |  |      |
| ASSESSOR:                | Practitioner position                            |  |  |  |  |      |
|                          | Mobilisation/Mock<br>thrust/drop                 |  |  |  |  |      |
|                          | <b>Post Technique</b>                            |  |  |  |  | (4)  |
| <input type="checkbox"/> | Mobilisation prescription                        |  |  |  |  |      |
|                          | Station Total (20) Pass / Fail                   |  |  |  |  |      |

### Referencing Style

- [Vancouver](#)

### Submission

Offline

### 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

## 3 Practical Assessment

### 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 mobilisation or adjustive technique skills pertinent to the hip, knee, ankle and foot regions. This will be conducted in Week 8.

There are 3 sections to the practical examinations:

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

You must pass each section of the examination to obtain an overall pass grade.

### Assessment Due Date

Week 8 Tuesday (3 Sept 2024) 8:00 am AEST

### Return Date to Students

Week 10 Tuesday (17 Sept 2024)

### Weighting

Pass/Fail

### Minimum mark or grade

Pass

### Assessment Criteria

| Domain               | 0 | 1 | 2 | Feedback | Grade |
|----------------------|---|---|---|----------|-------|
| <b>Pre Technique</b> |   |   |   |          | (6)   |

Infection control

1.REGION /

Pt modesty / exposure

MOBILISATION/

Verbal Consent

**Technique**

(10)

ADJUSTMENT:

Patient position

1° contact position  
(correct / contact joint)

2° contact position

ASSESSOR:

Practitioner position

Mobilisation/Mock

thrust/drop

**Post Technique**

(4)



Mobilisation prescription

Station Total (20)

### Referencing Style

- [Vancouver](#)

### Submission

Offline

### 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

## 4 In class test

### Assessment Type

In-class Test(s)

### Task Description

The 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 Thursday (10 Oct 2024) 11:00 pm AEST

### Return Date to Students

Exam Week Thursday (17 Oct 2024)

### Weighting

50%

### Assessment Criteria

This assessment task will assess all unit learning outcomes, which relate to the chiropractic management of extra-spinal abnormalities. It comprises clinical anatomy relevant to extra-spinal articulations, physical examination of extra-spinal joints, determining appropriate differential diagnoses and identifying appropriate therapeutic interventions.

### Referencing Style

- [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

## 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