Course Unit	Clinical Anatomy			Field of study	Physiotherapy								
Bachelor in	Physiotherapy			School	School of Health								
Academic Year	2022/2023	Year of study	1	Level	1-1	ECTS credits	4.0						
Type	Semestral	Semester	2	Code	9504-770-1201-00-22								
Workload (hours)	108	Contact hours	T -	TP 45	PL 30	TC -	S -	E -	OT 20	O -			

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s): Marisa Filipa dos Santos Lages

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
1. 1. Identify in radiological imaging the main musculoskeletal anatomical structures;
2. 2. Understand the concept and importance of therapeutic touch;
3. 3. Identify skin, bone, muscular, nervous, vascular and visceral structures through palpation;
4. 4. Acknowledge the spatial relationship of different bone, muscular, nervous, vascular and visceral structures;
5. 5. Understand the existing methods of assessing muscle strength;
6. 6. Identify the most appropriate method of assessing muscle strength adjusted to the context;
7. 7. Identify the muscle structures and their alignment;
8. 8. Perform the manual muscle testing of the skeletal muscles of the neck, trunk, upper and lower limbs.

Prerequisites

Before the course unit the learner is expected to be able to:
None

Course contents

1 - Musculoskeletal imaging anatomy: head, trunk, upper limb and lower limb
2 - Therapeutic touch
3 - Palpatory anatomy: skin, bone, muscular, nervous, vascular and visceral
4 - Manual muscle testing
i. Principles of manual muscle testing
ii. Relevance and limitations of manual muscle testing
iii. Alternatives to manual muscle testing
iv. Testing of the muscles of the neck, trunk, upper and lower limb, trunk and head

Course contents (extended version)

1. 1 - Musculoskeletal imaging anatomy: head, trunk, upper limb and lower limb
2. 2 - Therapeutic touch
3. 3 - Palpatory anatomy: skin, bone, muscular, nervous, vascular and visceral
4. 4 - Manual muscle testing
   - i. Principles of manual muscle testing
   - ii. Relevance and limitations of manual muscle testing
   - iii. Alternatives to manual muscle testing
   - iv. Testing of the muscles of the neck, trunk, upper and lower limb, trunk and head

Recommended reading

1. Muscolino, J.E. (2015). The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching.2nd Edition. Elsevier
2. Avers, D., Brown, M. (2018). Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination andPerformance Testing. 10th Ed. Elsevier.

Teaching and learning methods

Lectures - sharing of the fundamental concepts and theories underlying the topic to be presented
Practical sessions - demonstrations and simulated peer practice in pairs and small groups in a laboratory setting.

Assessment methods

1. End of term - Regular student - (Regular) (Final)
   - Intermediate Written Test - 70% (One mid-term sit-down test)
   - Laboratory Work - 30% (Practical evaluation of the themes)
2. End of term - work-student - (Student Worker) (Final)
   - Final Written Exam - 100% (End-term sit-down test)
3. Resit and special Examination Periods - (Regular, Student Worker) (Supplementary, Special)
   - Final Written Exam - 100% (Sit-down exam)

Language of instruction

Portuguese

Electronic validation

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19-07-2023	11-08-2023	30-08-2023	30-08-2023