Course Unit	Assessment, Diagnosis and Intervention of Physiotherapy in Musculoskeletal I	Field of study	Physiotherapy		
Bachelor in	Physiotherapy	School	School of Health		
Academic Year	2023/2024	Year of study	2	Level	1-2	ECTS credits	12.0
Type	Semestral	Semester	1	Code	9504-770-2101-00-23		

| Workload (hours) | 324 | Contact hours | T | - | TP | 60 | PL | 75 | 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)	Nuno Miguel Lopes Machado

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
1. Know the principles and procedures/tests/instruments for evaluating people with musculoskeletal conditions (CME) of the upper limb, cervical and thoracic spine.
2. Distinguish CME of the upper limb, cervical and thoracic spine from other conditions outside the physiotherapist's area of intervention.
3. Perform subjective and objective examination of people with CME of the upper limb, cervical and thoracic spine.
4. Interpret the results of the assessment, define the physiotherapist's diagnosis, define functional objectives and record the procedures and results of the assessment and intervention.
5. Design an intervention plan based on the assessment results
6. Understand the effects, mechanisms and principles of application of different intervention strategies.
7. Perform different intervention strategies for the upper limb and cervical and thoracic spine with dexterity and safety.
8. Justify the intervention plan based on scientific evidence

Prerequisites

Before the course unit the learner is expected to be able to:
Not applicable.

Course contents

General notions of anatomy, namely the upper limb, cervical and thoracic spine
General notions and assessment procedures in people with musculoskeletal conditions. Assessment, diagnosis, interpretation of results and intervention by the physiotherapist.

Course contents (extended version)

1. Assessment principles.
2. Pain phenotypes and signs and symptoms (nociceptive, neuropathic, nociplastic)
3. Red, yellow, blue, orange and black flags.
4. Sleep assessment.
5. Motivational interviewing and communication.
6. Therapeutic alliance.
7. Subjective assessment of the upper limb (UL) / cervical / thoracic.
8. Problem, user perspective, symptoms, special questions, history, exam planning
9. Objective assessment of the upper, cervical and thoracic limb: observation
10. Joint integrity tests, movement tests, special tests, neurological examination, palpation, prognosis
11. Diagnosis in Physiotherapy.
12. Registration, SOAP model and reassessment.
13. Functional objectives.
14. Clinical reasoning.
15. Intervention models in Physiotherapy.
16. Principles,mechanisms, practical application and scientific evidence applied to MS/cervical/thoracic
17. Passive accessory and physiological joint mobilization
18. Mobilization with movement, Mobilization of the Nervous System, Bands and ligatures.

Recommended reading

1. Petty, N., Barnard, K. (2018). Principles of musculoskeletal treatment and management. A guide for therapist. Londres, Elsevier.
2. Petty N, Ryder D. (2018). Musculoskeletal examination and assessment. A handbook for therapists. Londres, Elsevier
3. Goodman, C.C., Heick, J., Lazaro, R.T. (Eds.) (2018). Differential Diagnosis for Physical Therapists: Screening forReferral (6th ed.). Londres, Elsevier
4. Jull, G., Moore, A., Falla, D., Lewis, J., McCarthy, C., Sterling, M. (Eds.) (2015). Grieve's Modern MusculoskeletalPhysiotherapy (4th ed.). Londres, Elsevier
5. Diener, I., Kargela, M., Louw, A. (2016). Listening is therapy: Patient interviewing from a pain scienceperspective.Physiother Theory Pract, 32(5):356-67

Teaching and learning methods

Theoretical - practical teaching; expository method.
Practical teaching: demonstration and simulation of diagnostic tests, assessment and intervention by the physiotherapist.

Assessment methods

1. Alternative 1Work-20%,Theoretical-30%,Practice-50% - (Regular, Student Worker) (Final, Supplementary, Special)
2. Alternative 2 Theoretical - 50% , Practical - 50% - (Regular, Student Worker) (Final, Supplementary, Special)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

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27-02-2024	27-02-2024	27-02-2024	28-02-2024