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MODULE DESCRIPTOR

Module Title

Physiotherapy And Rehabilitation

Reference	HS2071	Version	4
Created	March 2018	SCQF Level	SCQF 8
Approved	June 2010	SCQF Points	30
Amended	July 2018	ECTS Points	15

Aims of Module

To enable students to apply relevant knowledge, skills and professional attitudes to facilitate the rehabilitation of individuals.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Demonstrate an understanding of the rehabilitation process and policy.
- 2 Analyse the inter-relationship between the physical, psychological, social and environmental aspects of rehabilitation for a variety of client groups.
- 3 Discuss the role of interdisciplinary team working in the rehabilitation of different client groups.
- 4 Effectively and safely devise patient centred rehabilitation strategies for a variety of client groups.

Indicative Module Content

Rehabilitation approaches: Rehabilitation process related to current relevant policy and guidelines including Cardiac, Pulmonary, Vocational, Dementia, amputees and the elderly. Models of rehabilitation: Cardiac, pulmonary, vascular, spinal and peripheral joint rehabilitation, vocational rehabilitation, health promotion/improvement and self-management. Management techniques: peripheral and spinal mobilisations including manual techniques, Maitland concept, McKenzie concept, Muscle Balance, Neurodynamics, PNF. Prosthetics and orthotics, gait rehabilitation. Environmental issues: adaptations to environments, wheelchairs, posture and seating. Professional values: How identity is threatened by the onset of mental and chronic illness. The Holistic approach including: fear avoidance, self-efficacy, attitudes and beliefs, adherence and motivation to rehab and health professional recommendations, behavioural change, patient centredness. The health professional as a model of behaviour. Team working: The Multidisciplinary Team - Communication and professional effectiveness, including goal setting. Individual and group factors, differences between interdisciplinary and multidisciplinary working, case conferences, confidentiality. Moral and ethical practice.

Module Delivery

Keynote lectures, tutorials, case study workshops, practical classes.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	85	N/A
Non-Contact Hours	215	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	300	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

ASSESSMENT PLAN

If a major/minor model is used and box is ticked, % weightings below are indicative only.

Component 1

Type:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Coursework - case study				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

The following calculates the grade for the module.

Module Grade	Minimum Requirements to achieve Module Grade:
A	A
B	B
C	C
D	D
E	E
F	To achieve this grade you will have failed to achieve the minimum requirements for an E. And OR Fails to meet module attendance requirements
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful completion of all Stage One Modules within the Masters of Physiotherapy or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 BUTLER, D.,S., and MOSELEY, G.,L. 2013. Explain Pain. 2nd Ed. South Australia: NOi Group.
- 2 GREENHALGH, S., SELFE, J., GIFFORD, L., 2006. Red flags: A guide to identifying serious pathology of the spine. Edinburgh; Elsevier.
- 3 MCKENZIE, R., and MAY, S., 2003. The lumbar spine mechanical diagnosis and therapy. New Zealand; Spinal Publications.
- 4 MCKENZIE, Rand MAY, S, 2006. The cervical and thoracic spine mechanical diagnosis and therapy. New Zealand; Spinal Publications.
- 5 DAY, R., FOX, J., and PAUL-TAYLOR, G., 2009 Neuromusculoskeletal clinical tests: a clinicians guide Churchill Livingstone: Edinburgh.
- 6 HOUGH, A. 2018. Cardiorespiratory Care : An evidence based problem-solving approach (5th Ed) Elsevier.
- 7 PORTER, S. and WILSON, J. 2021. A comprehensive guide to sports physiology and injury management. Elsevier.