



## INSTITUTE OF NEUROSCIENCE AND PHYSIOLOGY

### **FYS045 Physiotherapy and shoulder rehabilitation, 7.5 credits**

Fysioterapi vid funktionsnedsättning i axel, 7,5 högskolepoäng

*Second Cycle*

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#### **Confirmation**

This course syllabus was confirmed by Institute of Neuroscience and Physiology on 2014-04-08 and was last revised on 2018-10-08 to be valid from 2018-10-08, spring semester of 2019.

*Field of education:* Nursing Science 50% and Medicine 50%

*Department:* Institute of Neuroscience and Physiology

#### **Position in the educational system**

Advanced level independent course within the main field of physiotherapy. The course may be a part in the Master exam in physiotherapy.

*Main field of studies*

Physiotherapy

*Specialization*

A1N, Second cycle, has only first-cycle course/s as entry requirements

#### **Entry requirements**

To be eligible for the course a physiotherapy exam of 180 higher education credits or the equivalent is required.

#### **Learning outcomes**

On successful completion of the course the student will be able to:

*Knowledge and understanding*

- critically evaluate the contribution of the current diagnostic classification system, imaging procedures & special orthopaedic tests in directing effective treatment for shoulder dysfunction,

- critically evaluate the evidence in support of surgery & active (exercises) & passive conservative treatment for shoulder pain,
- critically evaluate the functional anatomy of the normal shoulder joint in particular the:
  - relative contribution of active and passive stabilising structures,
  - specific mechanisms whereby rotator cuff (RC) muscles contribute to shoulder joint movement and stability,
  - role of the scapula and axioscapular muscles in optimising shoulder joint & shoulder muscle function,
  - multiple roles muscles perform, and the level of muscle co-ordination required, in normal shoulder region function.

#### *Competence and skills*

- incorporate functional anatomical principles into the clinical reasoning process to aid in understanding the anatomical basis for the presenting shoulder symptoms and determining the most appropriate exercise rehabilitation strategy,
- critically evaluate commonly used methods of assessing and treating shoulder muscle dysfunction,
- investigate alternative methods of assessing and restoring shoulder function that better reflects normal functional anatomy.

#### *Judgement and approach*

- identify and reflect over ethical issues in the professional interaction with a patient regarding diversity,
- in the perspective of sustainability, reflect over the impact of the longstanding effect of the interventions and the patients self efficacy to handle their shoulder dysfunction,
- demonstrate a respectful and reflecting attitude towards own values and priorities, and be able to identify own need of knowledge and development in a life long learning.

The course is sustainability-related, which means that at least one of the learning outcomes clearly shows that the course content meets at least one of the University of Gothenburg's confirmed sustainability criteria.

#### **Course content**

- Functional anatomy and kinesiology of the shoulder.
- Assessment methods for shoulder dysfunction and their validity, reliability and responsiveness.

- Physiotherapy treatment methods for shoulder dysfunctions and their evidence.
- Analyses of the physiotherapy treatment process with a patient.

**Form of teaching**

The learning activities consists of lectures, seminars, workshops, individual studies of literature and written and oral study assignments.

*Language of instruction:* English

**Assessment**

The course is assessed by oral and written assignments and a examination in small groups. In order to pass the course the student is required to actively take part in group work, workshops, seminars and examinations. In case of absence from the compulsory elements in the course, fulfilling of the course requirements has to be discussed with the coordinator of the course.

If a student, who has failed the same examined component twice, wishes to change examiner before the next examination, a written application shall be sent to the department responsible for the course and shall be granted unless there are special reasons to the contrary (Chapter 6, Section 22 of Higher Education Ordinance).

In cases where a course has been discontinued or has undergone major changes, the student shall normally be guaranteed at least three examination occasions (including the ordinary examination) during a period of at least one year from the last time the course was given.

**Grades**

The grading scale comprises: Pass (G) and Fail (U).

**Course evaluation**

Course evaluation is carried out ongoing orally in a dialogue with the students as well as in writing at the end of the course. The teacher is responsible for the analysis of the course evaluations and makes suggestions for the development of the course. Analyses and suggestions are made accessible to the students through publication on the University of Gothenburg's learning platform, GUL.