



3. Module 3: The upper extremity (Shoulder joint, elbow joint & wrist joint (3 weeks)
4. Module 4: Electrotherapy (1 week)

#### Learning Outcomes

General Learning outcomes: Building on previously learned orthopaedic knowledge, the student will be able to assess and treat clients with affecting the musculoskeletal system, using an evidence-informed approach.

Specific Learning Outcomes: Based on Competencies Profile for Physiotherapists in Canada. Following attendance and active participation in lectures, labs, CRWs, the student will begin to demonstrate the following essential competencies for physical therapy practice, for a clientele with . The student will also have progressed toward the following entry-to-practice milestones, in the context of the topics discussed in this course.

#### Physiotherapy Expertise:

Employ a client-centered approach.

Act in a manner that respects client uniqueness, diversity and autonomy, and is in the client's best interest.

Provide the client with relevant information throughout care.

Actively involve the client in decision-making.

- Identify non-urgent health-related conditions that may benefit from referral to other services, and advise client accordingly.
- Select and perform appropriate tests and measures.
- Establish a physiotherapy diagnosis and prognosis.
  - Interpret assessment findings and other relevant information.
  - Identify client's body structure and function impairments, activity limitations and participation restrictions.
  - Develop a physiotherapy diagnosis.
  - Develop a working prognosis.
  - Determine if physiotherapy is indicated.
  - Determine if referral to another physiotherapist or another provider is indicated.
- Develop, implement, monitor and evaluate an intervention plan.
  - Establish physiotherapy short and long-term client-centered goals.
  - Determine an intervention plan.
  - Implement planned interventions.
  - Assist client to develop self-management skills.
  - Monitor and respond to client status during interventions.
  - Reassess client status and needs as appropriate.
  - Modify intervention plan as indicated.
- Complete or transition care
  - Evaluate client outcomes and goal attainment.
  - Develop a discharge or transition of care plan.

Communication:

- Use oral and non-verbal communication effectively.
  - Speak clearly and concisely.
  - Listen actively, to build trust and foster exchange of information.
  - Use and respond to body language appropriately.
  - Give and receive feedback in a constructive manner.
- Use written communication effectively.
  - Write in a clear, concise and organized fashion.
  - Ensure written communication is legible.
  - Prepare comprehensive and accurate health records and other documents, appropriate to purpose.
- Adapt communication approach to context.
  - Adjust communication strategy consistent with purpose and setting.
  - Use appropriate terminology.
  - Adjust communication based on level of understanding of recipient.
  - Ensure communication is timely
  - Share information empathetically and respectfully.

- Use communication tools and technologies effectively
  - Use electronic technologies appropriately and responsibly.
  - Use images, videos and other media to enhance communication.

### Collaboration

- Promote an integrated approach to client services.
  - Identify practice situations that may benefit from collaborative care.
  - Engage client as a team member.
- Contribute to effective teamwork.
  - Respect accepted principles for teamwork.
  - Participate in shared leadership.
  - Share relevant information with the team.
  - Participate and be respectful of all members' participation in collaborative decision-making.

### Management

- Utilize resources efficiently and effectively.
  - Provide services that balance client needs and available resources.
  - Manage own time effectively.
  - Address issues related to availability of equipment and supplies.
- Ensure a safe practice environment.
  - Identify risks and mitigate hazards in the workplace.

### Scholarship

- Use an evidence-informed approach in practice.
  - Incorporate best available evidence into clinical decision-making.
  - Incorporate client context into clinical decision-making.
  - Incorporate personal knowledge and experience into clinical decision-making.
  - Make decisions using an established clinical reasoning framework.
  - Use a structured approach to evaluate effectiveness of decision
- Engage in scholarly inquiry
  - Access reliable sources of information
  - Critically appraise information
- Integrate self-reflection and external feedback to improve personal practice.
  - Seek feedback from others on personal performance and behaviour.
  - Compare personal performance & behaviour with professional & organizational expectations.
  - Identify learning needs based on self-reflection and external feedback.
  - Develop and implement a plan to address learning needs.
- Maintain currency with developments relevant to area of practice
  - Access emerging information relevant to area of practice

- Determine potential for applicability of emerging information to personal practice
- Contribute to the learning of others
  - Identify the physiotherapy-related learning needs of others
  - Contribute to the education of peers

### Professionalism

- Behave ethically.
  - Use an ethical framework to guide decision-making.
  - Promote services in an ethical manner.
- Embrace social responsibility as a health professional.
  - Maintain awareness of issues and advances affecting the health system locally, nationally and globally.
  - Demonstrate awareness of the social determinants of health and emerging trends that may impact physiotherapy practice.
- Act with professional integrity.
  - Behave with honesty and respect for others.
  - Behave in a manner that values diversity.
  - Work within physiotherapy scope of practice and personal level of competence.
  - Accept accountability for decisions and actions.
  - Maintain professional deportment.
  - Maintain professional boundaries.
  - Respond constructively to changes affecting the workplace.
- Maintain personal wellness consistent with the needs of practice.
  - Balance personal and professional demands.
  - Address physical, emotional and psychological factors negatively impacting workplace performance.

### Course Materials

#### Required texts:

1. Whitmore, S., Gladney, K. & Driver, A. (2008). The upper Quadrant: A workbook of Manual Therapy Techniques, 2nd Edition. Whitmore Physiotherapy Consulting Inc. Canada.
2. Whitmore, S., Gladney, K. & Driver, A. (2008). The lower Quadrant: A workbook of Manual Therapy Techniques, 2nd Edition. Whitmore Physiotherapy Consulting Inc. Canada.

#### Reference texts:

1. Dutton (2008). Orthopaedic Examination, evaluation & intervention. 2<sup>nd</sup> ed. McGraw-Hill
2. Magee DJ (2014). Orthopedic physical assessment, 6<sup>th</sup> ed. Elsevier. St. Louis, MO
3. Olson Kenneth A. (2016). Manual physical therapy of the spine. 2<sup>nd</sup> ed. Elsevier.

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Right to submit in English or French written work that is to be graded: