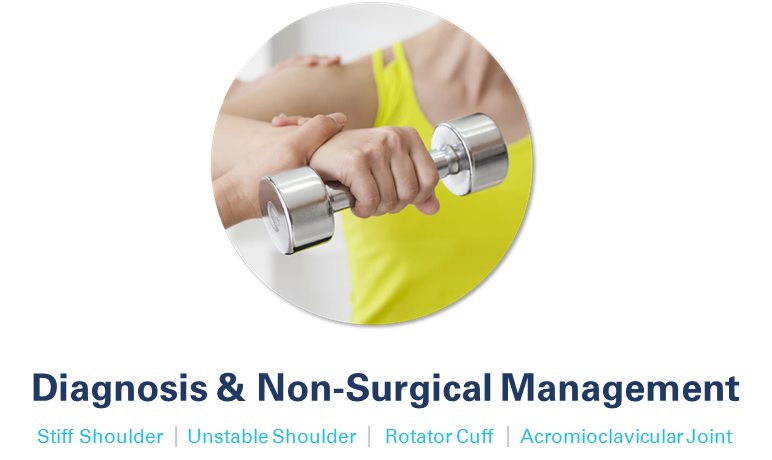
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**Dr Angela Cadogan**, PhD, NZRPS

Physiotherapy Specialist (Musculoskeletal)

PhD, M.Sports Physio, Dip MT, PG Cert Health Studies (Sport & Exercise)



## Module 4: The **Acromioclavicular Joint**

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### Module Aim

To produce practitioners who:

1. To produce practitioners who understand the spectrum of clavicular joint pathology including pathoaetiology and natural history of acromioclavicular (AC) and sternoclavicular (SC) joint conditions.
2. To produce practitioners who can make an accurate diagnosis of AC and SC joint pain and pathology.
3. To produce practitioners who can appropriately refer for, and interpret diagnostic imaging for AC joint pathology.
4. To produce practitioners who understand and utilise appropriate non-operative treatment pathways including criteria for orthopaedic referral.
5. To produce physiotherapists who can apply appropriate and effective physiotherapy treatment and rehabilitation for AC and SC joint conditions.

### Module Content

#### There are four lessons in this module:

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#### Learning Outcomes

1. List the clinical and imaging predictors of AC joint pain.
2. Describe the spectrum of pathologies that can affect the AC and SC joints and how this relates to clinical presentations.
3. Perform a detailed patient history and physical examination to identify AC and SC joint pathology.
4. Understand and list the criteria for referral for diagnostic imaging investigations for patients with AC or SC joint pain and be able to interpret imaging findings with respect to patient symptoms.
5. Describe the evidence-informed management of AC and SC joint instability and arthropathy.
6. List the indications and contraindications for the use of diagnostic and corticosteroid injections into the AC and SC joint.
7. Describe and perform appropriate and effective physiotherapy treatment and rehabilitation for AC and SC joint conditions.
8. List the criteria and priority for referral for orthopaedic assessment for AC and SC joint conditions.

### Learning Activities

Each lesson in this module consists of a range of learning activities including:

* Pre-reading articles
* Audiovisual presentation
* Additional clinical resources
* Quiz

A manual is provided for each lesson that includes copies of slide presentations, references and additional learning resources.

### Study Time

Study time for this module is approx. 16 hours. (Approx 3-4 hours per lesson)

### Workshop

An optional, 1-day workshop will be held for this module. This is available to any student who completes all lessons in this module. The workshop is entirely practical and will include:

* Physical examination test demonstration and practice
* Differential diagnosis and clinical reasoning exercises
* Real-time patient assessment
* Physiotherapy treatment and rehabilitation case studies

### Social Learning

#### The following are available to anyone who completes all lessons in the Acromioclavicular Joint module:

#### ***Online Forum***

One online forum per year will be held for this module. The forum is run by the module teacher (Dr Angela Cadogan) through Skype or Zoom. The purpose is to provide an informal learning forum where students can ask questions from any of the lessons in this module, share patient cases and other clinical questions. You can continue to join these forums each year, even after you have completed the online module.

A link to the forum will be sent to all those enrolled the full module closer to the time. See the SMS website for online forum dates.

#### ***Facebook Group***

Those who complete all modules in this course will be invited to join the “Acromioclavicular Joint” Facebook Group upon completion of the course. Membership to this Group is indefinite. The purpose of the Group is to keep you up to date with latest research and clinical developments in this area and to interact with other students regarding patient cases.

This Group contains social learning units where latest research and updates are organised by topics that align with the modules in this course. You can check off the items you complete and use this for CPD purposes.

In this Group you can:

* post questions about the online learning material
* share relevant clinical information/cases and research updates with other students
* receive notifications of any upcoming events relevant to the topic (e.g online chats, seminars etc)
* Keep track of your CPD by completing the learning units for each topic.

### Continuing Education Certificates

After completion of the Module, you will receive a *Certificate of Completion*. If you score more than 75% in the quizzes, you will receive a *Certificate of Achievement*. CPD certificates are sent after the course evaluation has been completed online (found in the “Module Completion” section).

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### Before you begin

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