

ADMISSION PROCEDURE

To register for your postgraduate studies, a three-phased approach is followed:

1. Initial Application

- An initial application is submitted on the university website <http://www0.sun.ac.za/pgstudies/>
- The main purpose is for the student to receive a student number that is then used for tracking purposes.

2. Selection Phase

- Selection occurs through the postgraduate program committee of the Physiotherapy Division.
- Students must submit the following documents electronically to the Physiotherapy postgraduate administration officer erein@sun.ac.za
 - Two page Curriculum Vitae;
 - Copies of the Certificate of OMT1 and/or other relevant continuing professional courses attended
 - One page letter to motivate why you should be considered for selection to the postgraduate program.
- Internal deadline for applications is **15 November** in the year before the intended study-year.
- Students will be informed of the outcome of this process by end of November in the year before the intended study-year.

3. Registration Phase

- Once you are accepted into the program you must register.
- This is the formal phase where you will become an official student of Stellenbosch University, and is administered by the central administration.
- It is possible to register on-line. Information will be available at <http://sun025.sun.ac.za/portal/page/portal/postgraduate/home>
- **D-date for registration is March of the intended study year.**
- The department also requires a postgraduate Memorandum of Understanding (MOU) to be signed. You will finalize the content of this MOU in consultation with your supervisor. Completed forms must be submitted to the Physiotherapy postgraduate administration officer erein@sun.ac.za by 30 March.

ADMISSION AND SELECTION REQUIREMENTS

- hold a four-year bachelor's degree in Physiotherapy, or an equivalent qualification approved by Senate for such purposes; and be registered as a Physiotherapist/ Physiotherapy student with the South African Health Professions Council; and
- have a minimum of one year of clinical experience in Physiotherapy after having obtained the bachelor's degree; and
- Provide evidence of successful completion of Orthopaedic Manipulative Therapy I (OMT 1) course; **or** appropriate clinical experience & continuing professional education.



Faculty of Medicine and Health Sciences
Stellenbosch University



PHYSIOTHERAPY POSTGRADUATE PROGRAMS

M Physiotherapy Structured Orthopedic Manipulative Therapy (OMT)

PROSPECTUS 2015

AIMS OF THE PROGRAMME

The aim of the programme is to:

- Develop master clinicians competent to apply advanced clinical reasoning skills in the assessment and management of neuromusculo-articular dysfunctions at all levels of healthcare.
- Develop independent researchers in the clinical field of Physiotherapy and to introduce them to scholarly communication.
- Prepare students who aspire to move to the highest level of academic work in the field of Physiotherapy for doctoral study.
- Promote academic integrity and professional ethics.
- Contribute to the pool of professionals in the field of Physiotherapy with clinical competence and critical intellectual abilities, to ensure the future health and advancement of the profession of Physiotherapy and to make provision for the country's needs in a skilled health science workforce of the highest calibre

CONTACT INFORMATION

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DETAILS ON MODULES

BIOMECHANICS: Detailed knowledge and application of functional anatomy and biomechanics of joints, myofascial and neural systems of the human body; normal and abnormal movement patterns.

OMT – APPROACHES AND CONCEPTS: Current principles and application of manual therapy and rehabilitation concepts as well as the science of pain. Principles of assessment, clinical reasoning and management of neuro-musculo articular system. Concepts of medical and behavioral sciences.

OMT – UPPER QUADRANT: Assessment, appropriate management and the prevention of upper quadrant dysfunctions of the neuro-musculo articular systems according to the current concepts and based on the principles of evidence based clinical reasoning in a bio-psycho-social model.

OMT – LOWER QUADRANT: Assessment, appropriate management and the prevention of lower quadrant dysfunctions of the neuro-musculo articular systems according to the current concepts and based on the principles of evidence based clinical reasoning in a bio-psycho-social model.

OMT – INTEGRATED AND ADVANCED PRACTICE: Application of clinical reasoning, integration of functional rehabilitation models, and variation of appropriate management strategies to rehabilitate chronic and complicated neuro-musculo articular systems according to the current concepts recognized by the IFOMPT and the World Health Organisation

OMT – CLINICAL: Assessment, independent clinical reasoning and management of patients with a variety of Neuro-muscular articular dysfunctions demonstrating proficient practical skill in assessment, management and rehabilitation of a patient to maximal function and role participation.

THESIS - PHYSIOTHERAPY: The principles of research methodology. Writing a research proposal that comply with research ethics. The planning, performing and reporting on a research project.

RESEARCH PROJECTS

As part of the program, the student has to complete a research thesis. Clinically relevant topics in the field of OMT are chosen. The initial planning of the research is conducted in groups, where-after each individual will independently complete the projects.

Examples of previous projects have included:

- Manipulative therapy for sub-acute and chronic neck and LBP
- Exercise for chronic neck pain
- Groin Injuries
- Knee injuries

PROGRAMME

This programme is conducted over a minimum of **two years** and consists of **six contact sessions**, three in each year. The three contact sessions extend over two weeks and are presented during **January/February, May and August/September (dates to be confirmed)**.

In addition to above it will be expected of the candidate to complete an elective period of **one week** at **one** specific practice of the candidate's choice. This elective should be undertaken in the period after the first year and before the last contact session of the second year.

Total hours for:
Theory = 240
Practical skills = 150
Clinical = 160

FORMAT

- Physiotherapists with advanced qualifications and skills in a particular field of OMT are co-opted for lecturing on the programme;
- A variety of formats are used to present the course: Lectures, seminars, tutorials, skills laboratories, case studies, clinical presentations of patients.
- The programme is conducted in English.
- The **postgraduate programme** in Orthopaedic Manipulative Therapy (OMT) is based on current concepts as recognized by the International Federation of Manipulative Physical Therapists (IFOMPT). See <http://www.ifompt.com>.

COURSE DURATION

- Two years part time

ASSESSMENT

A system of continuous assessment applies. Each module will be assessed by e.g. theory tests, practical tests, power point presentations, written assignments, clinical evaluation and/or treatment of patients. A pass rate of 50% has to be achieved for each module.

Continuous evaluation of the candidate's progress will take place during the research process. The candidate shall complete a research project, leading to the submission of a thesis which is assessed according to University guidelines through a process of internal and external assessment. This will include an oral examination. The final mark is calculated from the marks obtained during the research process in addition to the thesis. A minimum pass mark of 50% for the thesis is required.