

REHA 4017 PODIATRIC PAEDIATRICS AND SPORTS MEDICINE

Credit Points 10

Legacy Code 401115

Coordinator Sean Sadler ([https://directory.westernsydney.edu.au/search/name/Sean Sadler/](https://directory.westernsydney.edu.au/search/name/Sean%20Sadler/))

Description This subject will introduce students to clinical and theoretical foundations of biomechanical alignment, trauma, psychological and behavioural factors leading to pain and restricted function of the foot and lower extremity affecting daily living activities. Particular focus will be placed on the mechanics, diagnosis and treatment options of problems experienced in paediatrics and sports in normal daily activities or the sporting arena. This integration will enhance the previously taught assessment and diagnostic techniques in the development of appropriate management and treatment programs of the lower extremity in different populations.

School Health Sciences

Discipline Podiatry

Student Contribution Band HECS Band 2 10cp

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 4 subject

Pre-requisite(s) REHA 3028 AND
REHA 3029 AND
REHA 2005

Co-requisite(s) REHA 4018

Incompatible Subjects REHA 7024 - Podiatric Techniques 3A REHA 7025 - Podiatric Techniques 3B

Restrictions

The subject is Podiatry specific and restricted only to students enrolled in 4708 and 4709. The subject involves clinical hand-on real life experience. Students will be building on previous clinical skills. It is essential that students have been able to demonstrate baseline competencies in theoretical content, patient management, infection control and safe work practices (i.e completed the preceding podiatric practice subject and prerequisite subjects).

Assumed Knowledge

Completion of all core subjects to this semester/ year of study.

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Explain current theories and processes of normal growth from birth to adulthood and distinguish between normal age-related changes and pathological conditions (physical and psychological) in children.
2. Comprehensively assess sports injuries and paediatric conditions of the foot and lower extremity ethically, safely and effectively.

3. Critically appraise appropriate application of pharmacological management for management of paediatric conditions and lower extremity sports injuries.
4. Apply effective, ethical, evidence based, culturally responsive person-centred management of lower extremity sports injuries in adults.
5. Apply effective, ethical, evidence based, culturally responsive person-centred assessment and management of conditions in children.

Subject Content

The content of this subject covers paediatrics and sports medicine.

1) Paediatrics

Overview of paediatrics

- The roles, glossary and teamwork involved in managing paediatric populations
- The patient, environment and examination
- Underpinning assumptions, the first encounter (parental dynamics and rapport) and the examination process

Child protection

- Children (care and protection) Act 1998/Amendments
- Preventing child abuse and neglect
- Risk factors, signs and duty of care

Legal and Ethical considerations in assessment and treatment

Normal muscular, neuro and skeletal development

- Embryology, foetal development, developmental changes and lower limb function and postural changes with age

Factors affecting growth and development

- Genetic, neurological, hormonal, racial, environmental and disease

Treatment and management

- Conditions and principles applying to treatment Postural disorders
- Osteochondroses, pes calcaneo-valgus, vertical talus, talipes equino-varus, metatarsus adductus, coxa vara – valga, genu varum – valgum, tibial varum, transverse plane deformities and developmental flatfoot, tarsal coalitions.

Paediatric Screening

2) Sports Medicine

Overview of sport and related injury

- Biomechanics, structure and function of the lower extremity
- Common reported injuries and sequelae of activities
- Physiology, pathophysiology and psychology of pain in activity History taking and examination.
- Activity type, frequency, level of fitness, surface, footwear and other equipment
- Injury and treatment history (previous and present)
- Assessment and investigative techniques
- Injury and activity screening
- Prevalence of injury across sports
- Red alerts (differential diagnosis)

Legal and Ethical considerations in assessment and treatment of sports person
Specific injuries

- Aetiology, pathology, clinical presentation and treatment of a range of pathologies (ie stress fractures, soft tissue injury, subluxations and related conditions such as fractures, sinus tarsi, compartment, cuboid, and iliotibial syndrome)

Treatment strategies and management plans, including:

- Orthoses, splinting, strapping and motion restriction devices and techniques
- Footwear prescription and modification
- Prevention and musculoskeletal rehabilitation programs

o Designing rehabilitation programs

o Interventions (ie stretching, activity and training modification, strength and proprioception, musculoskeletal techniques- deep tissue massage, neural testing and tension, muscle rehabilitation (stretching and strengthening), mobilisation, myofascial therapies and trigger points)

Special Requirements

Legislative pre-requisites

Prior to enrolling in this subject, students must have submitted a Student Undertaking Form and undertake to apply for a National Police Check, which is required to be submitted before placement. Students must also hold a valid and current First Aid Certificate from a Registered Training Organisation. Refer to the Special Requirements website for more information.

Special Requirements (https://www.westernsydney.edu.au/currentstudents/current_students/enrolment/special_requirements/)

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Practical Exam	40 minutes	50	N	Individual	N
Intra-session Exam	90 minutes	50	N	Individual	N
Professional Task	Attendance and participation at all face to face practical sessions	S/U	Y	Individual	Y

Teaching Periods

1st Half (2025)

Campbelltown

On-site

Subject Contact Sean Sadler ([https://directory.westernsydney.edu.au/search/name/Sean Sadler/](https://directory.westernsydney.edu.au/search/name/Sean%20Sadler/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=REHA4017_25-1H_CA_1#subjects)