

# APCP Foundation Course: An Introduction to Paediatric MSK

## Learning Outcomes

This course is aimed at physiotherapists who are either new to, or are interested in, treating children (0 to 18 years) who present with musculoskeletal concerns.

Previous attendees have included:

- Private practitioners who see children presenting with msk issues;
- Paediatric physiotherapists who normally treat children with long-term disabilities but are sometimes required to treat children with msk presentations;
- Physiotherapists who are working with local sports teams;
- Band 5 physiotherapists who have started work in a paediatric team.

Candidates will leave with a basic knowledge of how to assess and treat a child presenting with a musculoskeletal concern.

The course will focus on a typical patient that may present in an outpatient department or clinic.

At the end of the course, delegates will:

- Have understanding of how the skeletal system forms in utero and continues to change throughout childhood to skeletal maturity.
- Appreciate how growth can impact on pathology/presenting complaints.
- Have a systematic approach to use when assessing a baby, toddler, child or adolescent.
- Be able to identify “red” and “yellow” flags applicable to children.
- Know who and how to refer on to appropriate health care providers.
- Be able to describe what safeguarding training they will need in order to practice.
- Be able to describe how a child’s gait develops and how it may be affected by certain pathologies.
- Have an understanding of common musculoskeletal disorders found in children.
- Have an understanding of possible neurological or neuromuscular conditions that can occur in children and will know how to identify them.
- Appreciate how the msk system of a young athlete can differ to that of a skeletally mature one and how injury patterns can differ in this group of patients.