



# ***THE PROPRIOCEPTION***

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CLINICAL PRACTICE RESOURCE

VOL 5, JAN '23

SAME SAME BUT DIFFERENT

# SMC & SPASC

Hello everyone! Welcome to this very special segment where we would like to introduce you the different committees that serve the entire SIT Physiotherapy student body. In essence, there are two student committees that serves the student body and they each have different goals and purposes in mind. They are the Student Management Committee (SMC) and the Singapore Physiotherapy Association Student Council (SPASC). We hope that through this article, you will be able to understand the two distinct committees and approach them for your respective needs as a PT student!

This segment was done in collaboration with SMC Publicity and we would like to thank them for their input. Without further ado, let us introduce the SMC & SPASC:

## PHYSIOTHERAPY SMC



- We are a committee that is a student branch of the Student Life & SIT Physiotherapy Programme.
- We serve all SIT Physiotherapy students throughout the year, who are currently enrolled in the programme.
- Our goal is to enrich all PT students' lives, both academically and in the programme.
- Our events are planned and tailored to make the most of your student life.

VOL 4, OCT '22

# INTRODUCTION TO PROPRIOCEPTION V4.

Hello student PTs! Welcome back to Volume 4 of The Proprioception, a trimesterly newsletter aimed at bringing the latest happenings (within the last trimester :P) to the attention of the SIT Physiotherapy (PT) student body! This was an initiative spearheaded by the 29th Singapore Physiotherapy Association Student Council (SPASC) Publicity Team, and this volume was written by the 30th SPASC Publicity Team! If you enjoyed reading this volume, do feel free to check out the other volumes in the [Linktr.ee/ask.spasc!](http://Linktr.ee/ask.spasc!)



## UPCOMING EVENTS

# WHAT IS PROPRIOCEPTION?

Hello student PTs! Welcome back to Volume 6 of The Proprioception, a trimesterly newsletter aimed at bringing the latest happenings (within the last trimester) to the attention of the SIT Physiotherapy (PT) student body! This was an initiative spearheaded by the 29th Singapore Physiotherapy Association Student Council (SPASC) Publicity Team, and this volume was written by the 30th and 31st SPASC Publicity Team!

If you enjoyed reading this volume, do feel free to check out the other volumes in the [Linktr.ee/ask.spasc!](http://Linktr.ee/ask.spasc!)

VOL 3, MAY '22

# APTSA HIGHLIGHTS

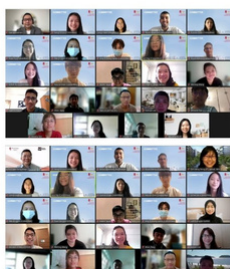
The Asia Physical Therapy Association (AP TSA) Congress 2022 was held online on 16th April & 30th April 2022 with seven key speakers from a wide array of clinical settings coming on board to share their experiences! Each day of the congress focused on one half of the theme "Heartware or Hardware". This 11th APTSA congress saw over three dozen attendees.

## TOPICS DAY 01

1. Musculoskeletal Physiotherapy, Accident & Emergency
2. Neurological Physiotherapy
3. Intensive Care Unit / Cardiopulmonary Physiotherapy
4. Chronic Disease Physiotherapy

## DAY 02

1. Communication
2. Pain Science



ATTENDEES! "APTSA congress is a necessary and...

VOL 2, JAN '22

# CLINICAL PLACEMENTS, EXPLAINED

ANSWERED BY SPA COUNCIL'S CLINICAL EDUCATORS



## 1 WHAT ARE YOU LOOKING OUT FOR IN STUDENTS?

- Open-mindedness, proactivity, flexibility and **positive learning attitudes**
- **Compassion** and individualisation of treatments to meet patients' biopsychosocial needs
- Problem-solving abilities, analytical skills, **evidence-based application** and consistency

### QUESTIONS ADDRESSED

1. WHAT ARE YOU LOOKING OUT FOR IN STUDENTS?

2. WHAT SETS AN AVERAGE AND GOOD STUDENT APART?

## 2 WHAT SETS AN AVERAGE AND GOOD STUDENT APART?

- **Average student**
- **Learn over the course of the placement** and apply learning as

# INTRODUCING THE OFFICIAL 31ST STUDENT COUNCIL

Hello there! We welcome two new members, Kristy and Kieran, to come onboard our 31st Student Council. We are a team of individuals who want to stay close to the physiotherapy scene and we hope to bring Physiotherapy-related events to all our members so that we can all grow together in this professional journey.

Continue reading below to know each of us better as we share our responses to some new questions!



**KAIROS**

***State one interesting finding about yourself during lab:***

A: I don't have a tickle spot, so I make a very good student patient for any tests related to subscapularis.

***Most played song currently and why?***

A: Soothsayer by Buckethead. I just love a good electric guitar solo and this song has shredding, emotion, and story-telling all wrapped into one.

***What is one guilty pleasure you have?***

A: Potato chips! Just love the taste and the flavour.

***State one interesting finding about yourself during lab:***

A: I have my measurement for dorsiflexion for Gastrocnemius MLT in a negative value so I have tight gastrocnemius.

***Most played song currently and why?***

A: OMG by NewJeans. The song is very catchy and it reminds me of South Korea Myeongdong shopping street!

***What is one guilty pleasure you have?***

A: Bubble tea! Always feels good drinking something sweet and refreshing at the end of the day even though it's a calorie bomb!



**RACHEL**

# INTRODUCING THE OFFICIAL 31ST STUDENT COUNCIL



**KIERAN**

***State one interesting finding about yourself during lab:***

A: I only found out I had scoliosis during one of the posture labs.

***Most played song currently and why?***

A: Forget me by Lewis Capaldi because I got to prepare for his concert!

***What is one guilty pleasure you have?***

A: I kind of enjoy trashy reality shows like Too Hot to Handle.

***State one interesting finding about yourself during lab:***

A: I actually have lordosis at my cervical spine level and I am currently doing some exercises to improve my situation.

***Most played song currently and why?***

A: I'm not here to make friends by Sam Smith! I like how the singer is so direct about his motive through the night, but I am here to make friends with y'all!

***What is one guilty pleasure you have?***

A: The beef stick from Don Don Donki. The beef is just so soft and flavourful yums!



**KRISTY**

***State one interesting finding about yourself during lab:***

A: My right ankle injury sustained during service was worse than I expected, one would say I broke a leg during army.

***Most played song currently and why?***

A: Remember this by NF because its an important reminder for myself.

***What is one guilty pleasure you have?***

A: Going for supper and drinks because that means I'm losing sleep and eating more than I should but you know you can't go wrong with food and friends.



**LEON**

# INTRODUCING THE OFFICIAL 31ST STUDENT COUNCIL

***State one interesting finding about yourself during lab:***

A: I found out I have hypermobile joints and I really freak my friends out when doing ROM and MLT tests!

***Most played song currently and why?***

A: The other side by All Time Low! ATL is my favourite band and I love a good upbeat pop punk song.

***What is one guilty pleasure you have?***

A: I love rewatching old shows because they are really comforting. My favourites are Parks and Recreation and the earlier seasons of Brooklyn Nine-nine! (Before NBC took over)



**ERIN**



*The 31st Singapore Physiotherapy  
Association Student Council*

*From left to right  
Back row: Rachel, Kristy, Erin  
Front row: Leon, Kairos, Kieran*

# ACTIVE AGEING ADVOCATES 2023

The Active Ageing Advocates 2023 Health Screening is an initiative by Yong Loo Lin School of Medicine on behavioural change and preventive health, catering to participants aged above 50. Held on 11th and 12th March at Toa Payoh South Community Centre, the aim of the screening was to advocate for higher physical activity levels and lower sedentary behaviour. The Active Ageing Advocates partnered with the Singapore Physiotherapy Association Student Council to screen for musculoskeletal function. Participants were assessed on outcomes such as osteoporosis risk, sarcopenia risk and general musculoskeletal assessments.



Volunteers had the opportunity to either conduct the musculoskeletal assessments, or observe PT clinicians as they give targeted education on participants' lifestyle and physical activity habits. The event was a success with more than 400 participants being screened and a majority of them receiving advice via the physiotherapy consult stations.



# HOTLINE: 1800-CLINICAL-PRACTICE-RESOURCES

Hello Year 1s! The time for you to make your own CPR has come, and we understand that it can be a daunting task. Thus, we have asked the seniors and came up with some strategies to help you get started!

## Central ideas:

CPR is a self-discovery journal, not a dos and don'ts of techniques. Plan long-term! Make a CPR that you can also use when you have graduated and are working as a physiotherapist.

## Not sure of how to make use of the central ideas to make your CPR?

Below are some platforms you can use to get started!



### Youtube

- Offers bite-sized information.
- Youtube channels like ICU Advantage help explain concepts in a clear succinct manner, like basic CP anatomy and physiology, ECGs, differences between AMI, NSTEMI, STEMI and key concepts you will need going into CP placement.



### Onenote

- Can be used on all types of platforms and easily accessible across different devices
- Very easy to use with its basic functions
- Allows creation of notebooks and pages, keeping everything organised and is useful for categorising according to body regions or conditions



### Notion

- Allows compartmentalisation of notes, keeping everything tidy
- Integrates all your notes and enables cross-links between your notes. Allows syncing of content across different pages. There is potential in integration with other platforms too.
- Enables you to find your notes easily as you can search across your entire workspace (ctrl + p).
- Helps maintain an aesthetic that is consistent
- Notion works a little differently so more time needs to be spent familiarising with the platform before making your own CPR



### OneDrive

- Allows organisation by field so that you can locate your resources easily (e.g. MSK clinical features, assessments and treatments). It also allows organisation via docs, or excel, or even slides

# HOTLINE: 1800-CLINICAL-PRACTICE-RESOURCES



ANY TIPS/WORDS OF ENCOURAGEMENT FOR THE YEAR 1S?



Do your best and do not be afraid of uncertainties. Always relook at your notes, do your homework on time and demonstrate initiative by bringing your homework to your CE. Do not wait for them to ask you. Lastly, be ready to absorb and remember to take breaks when needed!



It helps to share resources! Work as a team to put together your CPR .



All the best! You have to put in the hard work and believe that all will work out in the end, you can do it!



Start your CPR early and keep updating it. Do not wait until the last minute!

If you prefer doing your own notes, please do not feel pressured to do it with your friends. This is because you may eventually have to reorganise your CPR again which makes it inefficient. Thus, if you have your own learning style and way of organising notes, just stick to it!



Personally, I started with the goal that I wanted to end up with a repository of every single condition which are cross-linked to clinical presentations, diagnosis and every treatment methods. However, as each trimester goes by, I realised that I was being too ambitious. Thus, my current advice is to start small, take it a step at a time and not rush things through!



# UPCOMING EVENTS



## WORLD PT DAY 2023



## NEIGHBOURHOOD HEALTH SCREENING 2023



## PUBLIC HEALTH SERVICE 2023



## JOB SHADOWING



Curious about opportunities to interact with working or student PTs? Join us as a member of SPA to get the news first, as well as access to seminars and research databases!

## BE A MEMBER!

Click here!

- **Full access** to many Physiotherapy resources and research databases
- **Exclusive discounted prices** for courses, webinars and conferences -- some even **free!**
- One time payment for **4 years\***

\*Visit our website for more details






# ***PROPRIOCEPTION***

*/,prə(ʊ)prɪə'seɪʃn/ | noun*

*bringing to you timely updates on the latest happenings  
in the Physiotherapy environment*

**WRITTEN BY**

30TH & 31ST SPASC PUBLICITY TEAM

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