Physiotherapy placements (Albury campus)

1st, 2nd and 3rd year placements
These placements can be in a variety of areas of the hospital depending on where your supervisor is placed. Areas of practice include medical wards, intensive care, surgical wards, community rehabilitation and outpatients. Please see below for descriptions of these areas. Placements may also involve time with various groups such as cardiac rehabilitation, aquatic physiotherapy, exercise groups and pulmonary rehabilitation. Multidisciplinary experiences are also integrated into your timetable and the opportunity to observe surgery cases if possible. Please contact the physiotherapy manager (or other provided contact) prior to your placement for details of your placement and determine any extra pre-reading requirements.

In general before coming on placement (1st year):
1. Consider what questions you might like to ask while you are on placement
2. Refresh your subjective assessment skills
3. Review gait and goniometry assessment

In general before coming on placement (2nd and 3rd year):
1. Research the common conditions you are likely to see on your allocated ward/area of practice
2. Refresh your subjective and objective assessment skills
3. Review gait and balance assessment
4. Consider what exercises might be appropriate for patients you are likely to see
5. Review progress notes SOAP format
4th year placements
Fourth year placements are usually in a speciality area but may involve time in other areas to broaden your clinical experience.

Notes are written in the SOAP format so please revise this format before you arrive.

Acute Care placement
Fourth year physiotherapy acute care placements take place on the Albury Campus of Albury Wodonga Health. The placements typically run for 4 or 5 weeks depending on the specific requirements of the tertiary institution. The major areas of practice are the surgical wards, medical ward and intensive care/high dependency units. Depending again on the university requirements, your experience may be split across general surgery and orthopaedic surgery or may concentrate purely on cardiorespiratory physiotherapy. Pulmonary and cardiac rehabilitation are not typically included however attendance at a session may be negotiated with supervisors. During the acute care placement, you may also be required to provide physiotherapy to paediatric patients and to patients in the emergency department.

Most commonly you will be seeing patients post-surgery (abdominal or orthopaedics), patients with respiratory illnesses (both acute and chronic), patients with functional decline and impaired mobility with complex discharge planning issues and patients whose condition requires a higher level of monitoring and support in the intensive care setting.

It is much appreciated if you contact the supervisors via the physiotherapy department on (02) 6058 4566 at least one week prior to placement commencing to discuss any questions/concerns and to confirm attendance and start times.

You will be required to have sound working knowledge of the theory of physiotherapy in the acute setting and as such should revise the prescribed texts from your university relating to acute care physiotherapy and should revise lecture and practical notes in preparation for the placement. All students are required to bring a stethoscope to placement.
**Musculoskeletal Placement**

Staff- Senior physiotherapists plus rotating Level 1-2 Physiotherapist.

This placement will involve work in the outpatient department, fracture clinic, hydrotherapy pool, Community Rehabilitation Centre (CRC) and possibly the inpatient orthopaedic ward.

The Outpatient Physiotherapy Department is a busy and dynamic environment that provides physiotherapy to a vast range of referred clients, in addition to managing fracture clinic and aquatic physiotherapy programs.

Students would be likely to have exposure to any of the following:

- Post surgery including TKR, THR, rotator cuff repairs, anterior cruciate ligament reconstruction and Achilles tendon repairs.
- Post fracture
- Back and neck pain
- Shoulder pain, RC tears and impingement
- Acute soft tissue sprains and strains
- OA, RA and joint assessments
- Deconditioning following long hospital stay
- Aquatic physiotherapy (up to four times per week, so please bring your swimmers)
- Neurological deficits
- Application and removal of plaster with supervisor or AHA

Prior to commencing placement, it would be advised that students revise the following:

- Basic goniometry, strength, length and special orthopaedic tests
- Stages of bone and soft tissue healing
- Principles of aquatic physiotherapy and effect of immersion
- Anatomy
- Best practice management of some common presentations (as listed above)

Click here to read the [Aquatic Physiotherapy Brochure](#)