

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Manualna terapija III
Course title	Manual Therapy III

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / 1. stopnja	Ni smeri študija	3. letnik	6.
Physiotherapy / 1 st Cycle	No study field	3 rd year	6 th

Vrsta predmeta/Course type izbirni/elective

Univerzitetna koda predmeta/University course code FTH 3 IPStr UN1

Predavanja	Sem. vaje	Kab. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Tutorial	Cabinet tutorial	Laboratory work	Field work	Individ. work	
30		45			75	5

Nosilec predmeta/Lecturer: dr. Blanka Koščak Tivadar, viš. pred.

Jeziki/ Languages: **Predavanja/Lectures:** slovenski/Slovenian
Vaje/Tutorial: slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti: **Prerequisites:**

Vpis v tretji letnik študijskega programa.	A prerequisite for inclusion is enrolment in the third year of study.
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<p>Vsebina:</p> <ul style="list-style-type: none"> • <i>Fizioterapevtsko diagnosticiranje</i> Poglobljeno funkcionalno testiranje, ocenjevanje funkcije gibalnega sistema, razumevanje mehanizma bolečine pri različnih populacijah in različnih obolenjih. • <i>Manualna terapija za specifične strukture.</i> Manualna terapija za skletne in mehkotkivne strukture. • <i>Seznanjanje s posameznimi manualnimi pristopi, tehnikami.</i> Opis manualnih pristopov, tehnik s poudarkom na dignostiki in ciljani obravnavi. • <i>Seznanjanje z mehničnimi, fiziološkimi, refleksnimi in psihološkimi učinki manualnih tehnik.</i> 	<p>Content (Syllabus outline):</p> <ul style="list-style-type: none"> • <i>Physiotherapeutic diagnostics.</i> Special functional testing. Assessing the function of motor system and understanding pain mechanism in different populations and various diseases. • <i>Manual therapy for specific structures</i> Manual therapy for skeletal and soft tissue structures. • <i>Learning about different manual approaches, techniques.</i> Description of manual approaches, techniques with focus on diagnostics and targeted treatment. • <i>Learning about medical, physiological reflexive and psychological effects of manual techniques.</i>
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<ul style="list-style-type: none"> • <i>Izvajanje različnih manualnih pristopov.</i> Izvajanje in uporaba različnih manualnih tehnik, skladno s posameznimi pristopi, upoštevajoč ustrezní pritisk, smer, ritem in hitrost. • <i>Posebnosti manualne terapije pri nekaterih po poškodbenih in bolezenskih stanjih in uporaba pripomočkov.</i> • <i>Uporaba manualnih pristopov in tehnik.</i> Skladno z indikacijami in kontraindikacijami, ustrezna izbira, načrtovanje intenzivnosti in pogostosti manualne terapije ob upoštevanju pacientovih pravic do izbora. • <i>Vloga manualne terapije v opolnomočenju pacienta</i> Edukacija pacienta. 	<ul style="list-style-type: none"> • <i>Implementation of different manual approaches.</i> Implementation and use of various manual techniques according to different approaches, considering the appropriate pressure, direction, rhythm and speed. • <i>The specifics of manual therapy in some post-traumatic states and illnesses, implementig tools.</i> • <i>The use of manual approaches and techniques.</i> In accordance with the indications and contraindications, the appropriate choice, intensity planning and frequency of manual therapy, taking into account the patient's right to selection. • <i>The role of manual therapy in empowerment of the patient</i> <i>Education of the patient,</i>
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Dutton, M. (2020), Dutton's othoaeptic examination, evaluation, and intervantion., 5^h ed, MccGraw Hill, LCC.
- Musolino, G.M. in Jensen, G.M. (2020). Clinical reasoning and deccision-making in physical therapy; facilitatioon, assesment, and implamentation. Slack, Incorporated.
- Atkins, E. Goodlad, E in Chan-Braddock (2016). A practical approach to Musculoskeletal Medicine: Assesment, Diagnisis and Treatment; Envolve
- Magee, D.J. (2016). Orthopedic physical assesment. 5th Edition, Saunders, Toronto
- Drake, R.L., Vogl, W. in Mitchell, A.W.M. (2023). Gray's Anatomy for Students, 5TH ed., Elsevier
- Jull, G., Moore, A., Fallam, D., Lewis, J., McCarthy, C. in Streling, M. (2015). *Grieve's Modern Musculoskeletal Physiotherapy, 4th edition.* Edinburgh: Elsevier.

Priporočljiva literatura/Recommended literature

- Lewit, K. (2010). Manipulative trerapy; Musculoskletal medicine 8 th ed. Urban & Fischer Elsevier
- Moseley G. in Butler, D.S. (2017), Explain pain. Noigroup Publications Australia.
- Gustowsky, S., Budnher-Centry, M. in Seals, K. (2017). Osteopathhic Techniques. Thieme.
- *Manual physical therapy of the spine 2nd edition.* Missouri: Elsevier.
- Schomacher, J. (2014). *Othopedic manual therapy.* New York: Thieme.

Cilji in kompetence:

Cilj predmeta je sposobnost podrobne, ciljane in sistematične manualne obdelave mehkih tkiv in sklepov aksialnega ter apendikularnega okostja, ob uporabi znanja in razumevanja funkcionalne anatomije, fiziologije in patologije kostno-mišičnega sistema, kože, krvnega in limfnega obtoka ter živčnega sistema.

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- prepoznavanje glavnih simptomov in na podlagi ocenjevalnih metod, funkcijskih stopenj in zmožnosti samostojno postaviti fizioterapevtsko diagnozo,
- zmožnost izvajanja in uporaba naprednih manualnih pristopov in tehnik,
- razumevanje terapevtskih učinkov in fizioloških temeljev manualne terapije s pomočjo katerih je mogoče na podlagi indikacij in kontraindikacij, ob upoštevanju z dokazi podprtih raziskav, izbrati in uporabiti ustrezno manualno obravnavo mehkih tkiv in sklepov,
- razvoj veščin in spretnosti za izvajanje manualne terapije pri posameznih primerih,
- sposobnost razumevanja in pojasnitev fizioterapevtske diagnoze strokovni in laični populaciji.

Objectives and competences:

The aim of the course is the ability of systematic, detailed and target manual therapy of soft tissues and joints of the axial and appendicular skeleton, using the knowledge and understanding of functional anatomy, physiology and pathology of the musculoskeletal system, skin, blood and lymphatic circulation, and nervous system.

The learning unit mainly contributes to the development of the following general and specific competences:

- to identify the main symptoms and on the basis of assessment methods, functional stages and abilities independently set a physiotherapeutic diagnosis,
- the ability to implement and use advanced manual approaches and techniques,
- understanding the therapeutic and physiological effects of manual therapy, and using them to select and apply the appropriate manual therapy for soft tissues and joints - based on indications and contraindications, and evidence-based research,
- development of skills and competences for applying manual therapy in individual cases,
- the ability to understand and interpret physiotherapeutic diagnose to other professional and unprofessional associates.

Predvideni študijski rezultati:***Študent/študentka:***

- pozna normalne in patološke zakonitosti, procese in posledice na gibalnem sistemu,
- razume patološke, patofiziološke in morfološke spremembe tkiv gibalnega sistema,
- razvije sposobnost prepoznavanja glavnih simptomov in znakov okvarjenih ali poškodovanih struktur gibalnega sistema,
- se usposobi za strokovno ustrezno izvajanje manualnih tehnik, po načelih z raziskavi podprte prakse,

Intended learning outcomes:***Students:***

- know the importance of normal and pathological laws, processes and consequences for the motor system,
- understand pathological, pathophysiological and morphological changes in the locomotor system tissue,
- develop the ability to identify the main symptoms and signs of impaired or damaged structures of the locomotor system,
- develop the ability for professionally appropriate implementation of manual

<ul style="list-style-type: none"> • kritično presoja učinkovitost izbranih tehnik, ob poznavanju in razumevanju temeljev fizioloških terapevtskih učinkov manualne terapije, • analizira ustrezno izbrane postopke in učinke izvedene terapije, • predvideva končne rezultate ustrezno izbrane manualne terapije na podlagi z dokazi podprtih študij, • prepozna pomembnost spremljanja novosti in raziskav s področja manualne terapije in vključevanja izsledkov v rehabilitacijo. 	<p>techniques, according to the principles of the evidence-based research,</p> <ul style="list-style-type: none"> • critically assess the effectiveness of the selected techniques, according to expertise, along with understanding the basic physiological therapeutic effects of the manual therapy, • analyze the appropriately selected procedures and the effects of manual therapy, • anticipate the final results of relevant manual therapies based on the evidence-based studies, • recognize the importance of monitoring novelties and research in the field of manual therapy and integrating findings into rehabilitation.
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Metode poučevanja in učenja:

<ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov, uporaba računalniško podprtih animacij o normalnih in patoloških stanjih sklepov in mehkih tkiv, uporaba anatomskih modelov kosti, sklepov, vezi, mišic, itn. (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • <i>kabinetne vaje</i>: demonstracija in učenje tehnik, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija. 	<p>Learning and teaching methods:</p> <ul style="list-style-type: none"> • <i>lectures</i> with active student participation, use of computerized animations of normal and pathological states of soft tissue, the use of anatomical models of bones, joints, ligaments, muscles, etc. (explanation, discussion, questions, examples, problem solving). • <i>cabinet tutorial</i>: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.
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Načini ocenjevanja:

Delež (v %)

Weight (in %)

Assessment:

<p>Načini:</p> <ul style="list-style-type: none"> • izpit • kolokvij (kabinetne vaje) <p>Ocenjevalna lestvica: ECTS.</p>	<p>60 %</p> <p>40 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • exam • preliminary exam (cabinet work) <p>Grading scheme: ECTS.</p>
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