

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Rehabilitacija v ortopediji
Course title	Orthopaedic Rehabilitation

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / 2. stopnja	Ni smeri študija	2. letnik	3.
Physiotherapy / 2 nd Cycle	No study field	2 nd year	3 th

Vrsta predmeta/Course type izbirni/elective

Univerzitetna koda predmeta/University course code 2_FTH_IP_UN2

Predavanja	Seminar	Sem. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Seminar	Tutorial	Laboratory work	Field work	Individ. work	
25		30			155	7

Nosilec predmeta/Lecturer: doc. dr. Maja Frangež

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

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

- Vpis v drugi letnik študijskega programa.
- Študent mora pred izpitom pripraviti in predstaviti ter zagovarjati projektno nalogo.

Prerequisites:

- A prerequisite for inclusion is enrolment in the second year of study.
- Student has to prepare, present and defend a project paper before the exam.

Vsebina:

- *Kolenski sklep v ortopediji in rehabilitaciji:* biomehanika in funkcionalna anatomija kolenskega sklepa, klinični pregled kolena, konzervativno zdravljenje poškodbe sprednje križne vezi, rehabilitacija po rekonstrukciji sprednje križne vezi, zadnje križne vezi, rehabilitacija po poškodbi LCL/MCL, patelofemoralni bolečinski sindrom, rehabilitacija po TEP (totalni endoprotezi) kolena, protokoli konzervativnega zdravljenja in rehabilitacije kolena, najpogostejše športne poškodbe kolena.

Content (Syllabus outline):

- *Knee in orthopedics and rehabilitation:* biomechanics and functional anatomy of the knee, examination of the knee, conservative treatment of anterior cruciate ligament (ACL) injurie, rehabilitation after reconstruction of ACL, posterior cruciate ligament (PCL), rehabilitation after LCL/MCL injurie, patelofemoral pain syndrome, rehabilitation after TEP of the knee, protocols for conservative treatment and rehabilitation of the knee, sport injuries of the knee.
- *Orthopedics and rehabilitation of the hip:* biomechanics and functional

<ul style="list-style-type: none"> • <i>Kolčni sklep v ortopediji in rehabilitaciji:</i> biomehanika in funkcionalna anatomija kolka, klinični pregled kolka, bolečina v kolku, bolečinski sindrom v predelu velikega trohantra, Legg-Calve-Perthesova bolezen, rehabilitacija po TEP kolka, utesnitveni sindromi v predelu kolka, rehabilitacija po artroskopiji kolčnega sklepa. • <i>Rama v ortopediji in rehabilitaciji:</i> biomehanika in funkcionalna anatomija rame, klinični pregled rame, bolečina v rami, rehabilitacija po rekonstrukciji tetiv rotatorne manšete, rehabilitacija po artroskopski stabilizaciji, rehabilitacija po endoprotetiki rame, rehabilitacija ob konzervativno zdravljenih poškodbah rame. • <i>Hrbtenica:</i> biomehanika in funkcionalna anatomija hrbtenice, fascijalne povezave hrbtenice, prsnega koša in medenice, klinični pregled hrbtenice, rehabilitacija po operativnih posegih v predelu hrbtenice (vratne in ledvene), bolnik s slabo držo in skoliozo, rehabilitacija po osteoporotičnih zlomih hrbtenice, bolnik z bolečino v križu, bolnik z bolečino v vratu, miofascijalni sindromi, sindrom kavde ekvine. • <i>Otrok v ortopediji:</i> posebnosti rehabilitacije otroka, otrok in šport, prirojene in pridobljene okvare roke v otroški dobi. • <i>Posebnosti rehabilitacije komolca (ob konzervativnem in po operativnem zdravljenju).</i> • <i>Posebnosti rehabilitacije gležnja in stopala (ob konzervativnem in po operativnem zdravljenju).</i> 	<p>anatomy of the hip, examination of the hip, hip pain, great trochanteric pain syndrome, Legg-Calve-Perthesova bolezen, rehabilitation after TEP of the hip, impingement of the hip, rehabilitation after arthroscopic surgery of the hip.</p> <ul style="list-style-type: none"> • <i>Shoulder in orthopaedics and rehabilitation:</i> biomechanics and functional anatomy of the shoulder, examination of the shoulder, shoulder pain, rehabilitation after rotator cuff reconstruction, rehabilitation after arthroscopic stabilization, shoulder endoprosthesis, rehabilitation after conservative treatment of shoulder injuries. • <i>Spine:</i> biomechanics and functional anatomy of the spine, fascial connections of the spine, thorax and pelvis, examination of the spine, rehabilitation after surgery of the spine (cervical and lumbar part), poor posture and scoliosis, rehabilitation after osteoporotic fracture of the spine, low back pain, cervical pain, myofascial pain syndrome, cauda equine. • <i>Child in orthopaedics:</i> specifics in the rehabilitation of the child, children and sports, congenital and acquired hand defects in childhood. • <i>Specifics in elbow rehabilitation</i> (surgery and conservative treatment). • <i>Specifics in rehabilitation of the ankle and foot</i> (surgery and conservative treatment).
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Imhoff, A. B., Beitzel, K., Stamer, K., Klein, E. in Mazzocca, G. (2019). *Rehabilitation in orthopedic surgery*. Berlin: Springer-Verlag.
- Hodges, P. W., Cholewicki, J. in Van Dieen, J. H. (2013). *Spinal control: the rehabilitation of back pain*. London: Churchill Livingstone.
- Zbornik preglednih člankov (2020). Kolenski sklep – sodobni vidiki zdravljenja.

Priporočljiva literatura/Recommended literature

- Sahrman, S. (2001). *Movement impairment syndromes*. St. Louis: Elsevier.

- Muratović, M. (ur.). Zbornik z recenzijo. Prirojene in pridobljene okvare roke v otroški dobi, URI Soča.
- Ustrezni znanstveni članki iz znanstvenih revij (po dogovoru z nosilcem predmeta).

Cilji in kompetence:

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

- sposobnost pri delovanju v najzahtevnejših okoljih dela v fizioterapiji, sposobnost reševanja kompleksnih problemov,
- ozaveščenost o nujnosti lastnega izpopolnjevanja, dopolnjevanja, poglobljanja in posodabljanja znanja,
- usposobljenost za kakovostno in varno strokovno delo na področju fizioterapije,
- usposobljenost za organizacijo, spremljanje in nadzor dela na področju fizioterapije,
- celovito kritično mišljenje, sposobnost analize, sinteze in predvidevanja rešitev s področij fizioterapije,
- usposobljenost za komuniciranje v domačem in mednarodnem okolju,
- usposobljenost za uporabo različnih metod in tehnik zdravljenja v fizioterapiji in rehabilitaciji glede na oceno stanja pacienta,
- razumevanje načrta in vrednotenje ciljev rehabilitacijske obravnave ortopedskega bolnika,
- usposobljenost za kritično presojo stanja pacienta ob bolezni ali poškodbi.

Objectives and competences:

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

- the ability to work in the most demanding work environments in physiotherapy, the ability to solve complex problems,
- awareness of the need to improve, supplement, deepen and update knowledge,
- qualification for high quality and safe professional work in the field of physiotherapy,
- the ability to organise, monitor and control work in the field of physiotherapy,
- comprehensive critical thinking, ability to analyse, synthesise and predict solutions in the fields of physiotherapy,
- the ability to communicate in the domestic and international environment,
- the ability to use different methods and techniques of treatment in physiotherapy and rehabilitation according to the assessment of the patient's condition,
- understanding the plan and goal evaluation of rehabilitation treatment of an orthopaedic patient,
- the ability to critically assess the patient's condition in the event of illness or injury.

Predvideni študijski rezultati:

Študent/študentka:

- pozna ortopedska obolenja, vzroke nastanka, potek bolezni, znake bolezni,
- razume posebnosti rehabilitacijske obravnave v ortopediji,
- zna pravilno uporabiti različne metode in tehnike zdravljenja v fizioterapiji in rehabilitacije glede na oceno stanja pacienta,

Intended learning outcomes:

Students:

- know the importance of orthopaedic disease, etiology of disease, their course, signs and symptoms of the disease,
- understand the specifics of orthopaedic rehabilitation,
- are able to correctly use different methods and techniques of treatment in physiotherapy and rehabilitation

<ul style="list-style-type: none"> • razume načrt in cilje rehabilitacijske obravnave ortopedskega bolnika, • se usposobi za kritično presojo stanja pacienta ob bolezni ali poškodbi, • pozna pomen interdisciplinarnega in timskega pristopa pri obravnavi ortopedskih bolnikov. 	<ul style="list-style-type: none"> • according to the assessment of the patient's condition, • understand the plan and goals of rehabilitation treatment of an orthopaedic patient, • are trained to critically assess the patient's health condition, • know the importance of an interdisciplinary and team approach in the treatment of orthopaedic patients.
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Metode poučevanja in učenja:

Learning and teaching methods:

<ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • <i>seminarske vaje</i>: predstavitev in uspešen zagovor projektne naloge. 	<ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving), • <i>seminar tutorial</i>: presentation and successful defence of a project paper.
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Načini ocenjevanja:

Delež (v %)
Weight (in %)

Assessment:

<p>Načini:</p> <ul style="list-style-type: none"> • 100 % udeležba na predavanjih in vajah ter priprava, predstavitev in zagovor projektne naloge, • če študent ni 100 % udeležen na predavanjih in vajah: <ul style="list-style-type: none"> - izpit, - priprava, predstavitev in zagovor projektne naloge. <p>Ocenjevalna lestvica: ECTS.</p>	<p>100 %</p> <p>70 %</p> <p>30 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • 100% attendance in lectures and tutorials including preparation, presentation and defence of a project paper, • if the student has not fully attended lectures and tutorial (100%): <ul style="list-style-type: none"> - examination, - preparation, presentation and defence of a project paper. <p>Grading scheme: ECTS.</p>
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