

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Uvod v ortopedsko metodo Cyriax
Course title	Introduction to Cyriax Orthopaedic Methode

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / I. stopnja	Ni smeri študija	2. / 3. letnik	4. / 6.
Physiotherapy / I st Cycle	No study field	2 nd / 3 rd year	4 th / 6 th

Vrsta predmeta/Course type izbirni/elective

Univerzitetna koda predmeta/University course code FTH IP UN 5

Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
30	30				60	4

Nosilec predmeta/Lecturer:

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

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
Vpis v drugi ali tretji letnik študijskega programa.	A prerequisite for inclusion is enrolment in the second or third year of study.

Vsebina:	Content (Syllabus outline):
Študent se seznani z metodo po Cyriaxu, ki je znanstveno utemeljena z življenjskim delom angleškega ortopeda dr. Jamesa H. Cyriaxa. Cilj metode je postavitve natančne diagnoze lezije lokomotorne aparata, kar je mogoče le s pomočjo usmerjene anamneze in standardizirane klinične preiskave. Šele natančna diagnoza omogoča namreč izbiro primerne terapevtske tehnike, pri čemer se v metodi po cyriaxu poslužujemo prečne frikcije, mobilizacije, manipulacije, infiltracije ali sklerozacije.	The student is introduced to the Cyriax orthopaedic medicine, which is scientifically based on the life work of English orthopaedic surgeon James H. Cyriax, MD. The aim of the method is to establish a precise diagnosis of the locomotor apparatus lesion, which is only possible through a targeted history and a standardized clinical examination. Only the precise diagnosis allows us to choose the appropriate therapeutic technique, using the Cyriax method of transverse friction,

V poteku izbirnega predmeta bomo obravnavali naslednje vsebinske sklope:

OSNOVNI PRINCIPI MODERNE ORTOPEDSKE MEDICINE PO CYRIAXU

- *Prenesena bolečina*: osnovne zakonitosti prenesene bolečine; segmentalno, duralno in ekstrasegmentalno izžarevanje; pravila širjenja prenesene bolečine; dermatomi in miotomi.
- *Pot do diagnoze*: ključne točke inspekcije, poudarki v anamnezi, osnove funkcionalnega pregleda po cyriaxu in pomen palpacije. Pojem bistvene verjetnosti/neverjetnosti. Koncept selektivne tenzije.
- *Posebnosti klinične preiskave po cyriaxu*: aktivni in pasivni testi ter testi proti uporu, kapsularni/nekapsularni vzorec, kontraktilni vzorec, polni/delni artikularni vzorec, bolečinski lok, končni občutek.
- *Osnovni algoritem v ortopedski medicini*,
- *Splošna strategija zdravljenja lezij mehkih tkiv lokomotornega aparata*: poškodbe mišičnega trebuha, lezije tetiv in lezije ligamentov.
- *Prečna frikcija*: indikacije, kontraindikacije, receptura, variante izvedbe.
- *Lezije živčnega sistema z vidika ortopedske medicine*: klinični sindromi glede na pritisk končne veje, živčnega debla ali plexusa, korenine ali hrbtenjače.

IZBRANA POGLAVJA

- *Rama*: posebnosti v anamnezi, funkcionalni pregled in diferencialna diagnoza bolečine v ramenu; obravnava tetivnih lezij (m.supraspinatus, m.infraspinatus, m.subskapularis, m.biceps brachii).
- *Komolec*: posebnosti v anamnezi, funkcionalni pregled, diferencialna diagnoza bolečine v komolcu; obravnava epikondilitisov (teniški in golferski komolec).
- *Koleno*: posebnosti v anamnezi, funkcionalni pregled, diagnostika in obravnava ligamentarnih lezij (MCL, LCL, koronarni ligamenti).

mobilizations, manipulations, infiltrations or sclerotherapy.

In the course we will discuss the following topics:

BASIC PRINCIPLES OF MODERN CYRIAX ORTHOPEDIC MEDICINE

- *Referred pain*: the basic laws of referred pain, segmental, dural and extrasegmental reference; factors, determining the reference of pain; dermatomes and myotomes.
- *Path to diagnosis*: the key points of the inspection, emphases in history, the basics of functional examination according to Cyriax and the clinical significance of palpation. Concepts of inherent likelihoods and selective tension.
- *Special aspects of clinical according to Cyriax*: active and passive movements, resisted movements, capsular/non-capsular pattern, contractile pattern, full/partial articular pattern, painful arc, end-feel.
- *Basic algorithm in orthopaedic medicine*,
- *General strategy for the treatment of soft tissue lesions of the locomotor apparatus*: injuries of the muscle belly, tendon lesions and ligamentous lesions.
- *Transverse friction*: indications, contraindications, basic scheme, applications.
- *Lesions of the nervous system in orthopaedic medicine*: clinical syndromes according to the compression of a peripheral nerve, nerve trunk or plexus, nerve root or spinal cord.

SELECTED CHAPTERS

- *Shoulder*: particularities in history, functional examination and differential diagnosis of shoulder pain; treatment of tendon lesions (m.supraspinatus, m.infraspinatus, m.subskapularis, m.biceps brachii).
- *Elbow*: particularities in history, functional examination and differential

<ul style="list-style-type: none"> • <i>Stopalo</i>: posebnosti v anamnezi, funkcionalni pregled, diagnostika in obravnava pogostejših ligamentarnih lezij (lateralni ligamenti). 	<p>diagnosis of elbow pain; treatment of epicondylitis (tennis and golf elbow).</p> <ul style="list-style-type: none"> • <i>Knee</i>: particularities in history, functional examination and differential diagnosis of knee pain; treatment of ligamentous lesions (MCL, LCL, coronary ligaments). • <i>Foot</i>: particularities in history, functional examination and differential diagnosis of foot pain; treatment of common ligamentous lesions (lat. ligaments).
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Atkins, E. (2010). *A Practical Approach to Orthopaedic Medicine: Assessment, Diagnosis, Treatment*, 3e. Philadelphia: Churchill Livingstone.
- De Coninck, S. (2003). *Orthopaedic Medicine Cyriax: updated value in daily practice, part I, part II*. Belgium: ETGOM.
- De Coninck, S., Zupančič, J., Ridulfo, L. (2012). *Clinical reasoning in Orthopaedic Medicine*. Belgium: ETGOM.
- Zupancic, J., De Coninck, S., Ferenc, M. (2018). *Izbrana poglavja iz ortopedske medicine po Cyriaxu*. (Skripta za interno uporabo). Novo mesto: VZŠ, Visokošolsko središče Novo mesto.

Priporočena literatura/Recommended literature

- Cyriax, J. (1996). *Cyriax's Illustrated Manual of Orthopaedic Medicine*. Oxford: Elsevier.
- Kesson, M. (2010). *Orthopaedic Medicine: A Practical Approach*. Philadelphia: Churchill Livingstone.
- Ombregt, L. (2013). *A System of Orthopaedic Medicine*, 3e. Philadelphia: Churchill Livingstone.

Cilji in kompetence:

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

- poznavanje osnovnih zakonitosti prenesene bolečine in biti sposoben, s pomočjo ciljne anamneze, pri bolniku ločiti med lokalno in preneseno bolečino,
- razumeti temelje ortopedske medicine po Cyriaxu in jih s pomočjo predstavljenega kliničnega algoritma biti sposoben uporabiti v praksi,
- ločiti med lezijo lokomotorne aparata in ne-ortopedskimi težavami, pri čemer je pacienta potrebno napotiti v nadaljnjo zdravniško obravnavo,

Objectives and competences:

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

- knowing the basic principles of referred pain and being able, to differentiate between a local and referred pain by means of a targeted history,
- comprehension of the foundations of Cyriax orthopaedic medicine and the ability to apply them in clinical practice with the help of the presented clinical algorithm,
- differentiation between the lesion of the locomotor apparatus and non-orthopaedic problems, whereby the

<ul style="list-style-type: none"> • spoznati pomembnost dobrega odnosa znotraj tima fizioterapevt-zdravnik, • osvojiti standardizirane klinične preglede obravnavanih perifernih sklepov in jih znati integrirati v klinični algoritem, • spoznati tehnike zdravljenja mehkih tkiv in jih biti sposoben uporabiti na bolniku. 	<p>patient should be referred for further medical treatment,</p> <ul style="list-style-type: none"> • recognising the importance of a good relationship within the team physiotherapist-physician, • acquiring skills in standardized clinical examinations of the presented peripheral joints and being able to implement them into a clinical algorithm, • mastering techniques for treating soft tissue lesions and being able to use them on a patient.
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Predvideni študijski rezultati:

Študent/študentka:

- pozna osnove ortopedske medicine po Cyriaxu in je sposoben ločiti med preneseno in lokalno bolečino,
- razume klinični algoritem v ortopedski medicini in ga uspešno uporabi v klinični praksi,
- pozna pogostejšo patologijo predstavljenih perifernih sklepov in razvije sposobnost s pomočjo anamneze in kliničnega pregleda doseči natančno diagnozo,
- se usposobi za analizo in kritično presojo zbranih podatkov in zna podati sum na lezijo izven ortopedske medicine,
- osvoji funkcionalno preiskavo rame, komolca, kolena in stopala in je znotraj vsebinskih okvirov izbirnega predmeta sposoben zdraviti lezije mehkih tkiv lokomotorne aparata.

Intended learning outcomes:

Student:

- know the basic concepts of Cyriax orthopaedic medicine and are able to differentiate between the referred and local pain,
- comprehend the clinical algorithm and successfully apply it in clinical practice,
- have a clear idea of common pathology of the peripheral joints presented and develop the ability to diagnose using history and clinical examination,
- acquire skills for analytical and critical thinking and are capable of noticing a non-orthopaedic lesion,
- master functional examinations of the shoulder, elbow, knee and foot and are able to treat soft tissue lesions of the locomotor apparatus within the content frames of the subject.

Metode poučevanja in učenja:

- *predavanja* z aktivnim sodelovanjem študentov (razlaga, video prezentacije, diskusija, vprašanja, obravnava kliničnih primerov),
- *seminarske vaje*: praktično delo v parih in v skupini, obravnava kliničnih primerov, priprava in uspešen zagovor seminarja, ki predstavlja izbrani klinični primer.

Learning and teaching methods:

- *lectures* with active participation of students (explanation, video presentations, discussion, questions, clinical problem solving);
- *tutorial*: practical work in pairs or in the group, dealing with clinical cases, preparation and presentation of a seminar paper, representing a clinical case.

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
<p>Načini:</p> <ul style="list-style-type: none"> • izpit • izdelava, predstavitev in zagovor projektne/raziskovalne naloge <p>Ocenjevalna lestvica: ECTS.</p>	<p>80 %</p> <p>20 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • exam • preparation, presentation and defence of the project/research paper <p>Grading scheme: ECTS.</p>