Course Specifications
Valid as from the academic year 2018-2019

Physiotherapeutical Treatments: Upper and Lower Limb (D001028)

Course size (nominal values; actual values may depend on programme)
- Credits 6.0
- Study time 162 h
- Contact hrs 86.0 h

Course offerings and teaching methods in academic year 2018-2019

A (semester 1) Dutch
- practicum 63.75 h
- lecture 22.5 h

Lecturers in academic year 2018-2019
- Cools, Ann GE24 lecturer-in-charge
- Castelein, Birgit GE24 co-lecturer
- Danneels, Lieven GE24 co-lecturer
- Meeus, Mira GE24 co-lecturer
- Verrelst, Ruth GE24 co-lecturer
- Willems, Tine GE24 co-lecturer

Offered in the following programmes in 2018-2019
- Bachelor of Science in Rehabilitation Sciences and Physiotherapy 6 A

Teaching languages
- Dutch

Keywords
- Clinical reasoning, mobilise, exercise therapy, massage, stretching, stabilisation training, strength training

Position of the course
- this course is part of the Physiotherapy line, and is based on the competences acquired within the course physical examination of the extremities. The purpose of the course is to get competence in treatment strategies, clinical reasoning and specific treatment protocols in the rehabilitation of upper and lower extremities pathologies.

Contents

THEORETICAL COURSES

Part I: From clinical examination results to treatment: clinical reasoning and treatment strategy

Part II: Reduction of symptoms
  - 1. Pain
  - 2. Massage - theoretical considerations
  - 3. Deep transverse friction massage
  - 4. Reflexive massage
  Review article: The mechanism of massage and effects on performance, muscle recovery, and injury prevention.

Part III: mobilisation and muscle lengthening techniques
  - 1. osteo- and arthrokinematics
  - 2. Angular mobilisation techniques
  - 3. Non-angular mobilisation techniques
  - 4. Posture techniques
  - 5. Stretching techniques

(Approved)
part IV: Exercise Therapy

• 1. Considerations from physics regarding muscle- and resistance properties
• 2. Mechanotherapy
• 3. Load - Load-resistance principles
• 4. Medical Exercise Therapy
• 5. Clinical applications of functional exercise therapy
• 6. Progressive stabilisation exercises: strategy for muscle reeducation
• 7. Open and closed-chain exercises

PRACTICAL COURSES

Part I: Mobilisation techniques
Part II: Muscle lengthening techniques
Part III: Massage
Part IV: Exercise therapy
Part V: Case- studies

INTRODUCTION INTO RELAXATION THERAPY (theory and practice)

Initial competences

The student has successfully completed the following courses or has acquired the intended competences: - - Biomechanics including physics + - Functional Anatomy: Extremities and Trunk / - Physiotherapeutical Assessment including Anatomy: Lower Limb / - Physiotherapeutical Assessment including Anatomy: Upper Limb

Final competences

1 Be able to reason clinically starting from the assessment outcome (mobility disorders and/or muscle dysfunction) to treatment objective (in terms of symptom reduction, mobility enhancement, muscle strength increase and stabilisation), and this with relation to the extremities
2 Be able to choose the adequate treatment method in order to reach the treatment goal in terms of symptom reduction, mobility enhancement, muscle strengthening or stabilisation, and this with relation to the extremities
3 Be able to apply the selected treatment method for the extremities adequately and technically correct
4 Be able to adjust and improve the treatment plan according to the treatment’s progress
5 being able to recognize the natural and deviant course of musculoskeletal disorders of the UE, and being able to recognize red flags, requiring referral to a specialist

Conditions for credit contract

Access to this course unit via a credit contract is determined after successful competences assessment

Conditions for exam contract

This course unit cannot be taken via an exam contract

Teaching methods

Lecture, practicum

Learning materials and price

Syllabus, spread by Rehabilitation Sciences and Physiotherapy Ghent
cost course material: approximately 15€

References

• Geen.

Course content-related study coaching

Evaluation methods

end-of-term evaluation and continuous assessment

Examination methods in case of periodic evaluation during the first examination period

Written examination with multiple choice questions, oral examination, skills test

Examination methods in case of periodic evaluation during the second examination period

Written examination with multiple choice questions, oral examination, skills test

Examination methods in case of permanent evaluation

(Approved)
Possibilities of retake in case of permanent evaluation
not applicable

Calculation of the examination mark
The final mark is the weighted average of the theoretical part (40%) and the practical part (60%). If the student has a score of < 9/20 for any of the 2 separate components the student can no longer pass the course. When the final mark is a value of 10 or more on 20, the final score will be reduced to 9/20.