

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

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / I. stopnja Physiotherapy / 1 st Cycle	Ni smeri študija No study field	2. letnik 2 nd year	3. 3 rd

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code FTH 2 UN 4

Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
45		75			90	7

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 drugi letnik študijskega programa. Prisotnost na predavanjih in vajah.	A prerequisite for inclusion is enrolment in the second year of study. Attendance of lectures and tutorials.
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Vsebina: **Content (Syllabus outline):**

<ul style="list-style-type: none"> • <i>Fizioterapevtsko diagnosticiranje.</i> Postavljanje funkcionalne fizioterapevtske ocene, ciljev, načrtov in dokumentiranje. Ocenjevanje funkcije gibalnega sistema pri različnih populacijah in različnih obolenjih. • <i>Manualna terapija na različnih nivojih.</i> Manualna terapija na vseh nivojih primarnega, sekundarnega in terciarnega zdravstvenega varstva. • <i>Seznanjanje s posameznimi manualnimi pristopi, tehnikami.</i> 	<ul style="list-style-type: none"> • <i>Physiotherapeutic diagnostics.</i> Setting up a functional physiotherapeutic assessment, goals, plans and documenting. Assessing the function of motor system in different populations and various diseases. • <i>Manual therapy on different levels.</i> Manual therapy on all levels of primary, secondary and tertiary health care. • <i>Learning about different manual approaches, techniques.</i>
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<p>Opis manualnih pristopov, tehnik, seznanjanje s terminologijo (mobilizacija sklepov aksialnega in apendikularnega okostja, tehnike za mobilizacijo mehkih tkiv lokomotornega sistema, osnovni prijemi limfne drenaže).</p> <ul style="list-style-type: none"> • Seznanjanje z mehničnimi, fiziološkimi, refleksnimi in psihološkimi učinki manualnih tehnik. • Izvajanje različnih manualnih pristopov. Izvajanje in uporaba različnih manualnih tehnik, skladno s posameznimi pristopi, upoštevajoč ustrezni pritisk, smer, ritem in hitrost. • Posebnosti manualne terapije pri nekaterih po poškodbenih in bolezenskih stanjih. Zlomi, amputacije, poškodbe glave, spiralne poškodbe, živčno-mišične bolezni, opekline. • Uporaba manualnih pristopov in tehnik. Skladno z indikacijami in kontraindikacijami, ustrezna izbira, načrtovanje intenzivnosti in pogostosti manualne terapije ob upoštevanju pacientovih pravic do izbora. • Vloga manualne terapije v rehabilitaciji. • Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu. Spremljanje ambulantne, hospitalne in zdraviliške rehabilitacije. 	<p>Description of manual approaches, techniques and introduction with terminology (mobilization of joints of axillary and appendicular skeleton, techniques for mobilization of soft tissue of the locomotor system, basic lymphatic drainage approaches).</p> <ul style="list-style-type: none"> • Learning about medical, physiological reflexive and psychological effects of manual techniques. • Implementation of different manual approaches. Implementation and use of various manual techniques according to different approaches, considering the appropriate pressure, direction, rhythm and speed. • The specifics of manual therapy in some post-traumatic states and illnesses. Fractures, amputations, head trauma, spiral injuries, neuro-muscular diseases, burns. • The use of manual approaches and techniques. 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. • The role of manual therapy in rehabilitation. • Communication with other health professionals in the rehabilitation team. Monitoring clinical rehabilitation in ambulatory care clinics, hospitals and health resorts.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Hlebš, S. (2020). *Manualna terapija – sklepna mobilizacija udov: testiranje in terapija*. Ljubljana: Zdravstvena fakulteta
- De Connick, B. (2003). *Orthopaedic Medicine Cyriax Updated Value in Daily practice: Part I: Clinical Examination and Diagnosis*. Minneapolis MN: OPTP.
- De Connick, B. (2003). *Orthopaedic Medicine Cyriax Updated Value in Daily practice: Part II: Treatment by Deep transverse Massage, Mobilization, Manipulation and Traction*. Minneapolis MN: OPTP.
- Jull, G., Moore, A., Fallam, D., Lewis, J., McCarthy, C. in Streling, M. (2015). *Grieve's*

Modern Musculoskeletal Physiotherapy, 4th edition. Edinburgh: Elsevier.

- Schiffter, R. in Harms, E. (2009). *Connective tissue massage.* Stuttgart: Thieme.
- Wittlinger, H., Wittlinger, D., Wittlinger, A. in Wittlinger, M. (2019). *Dr. Vodder`s manual lymph drainage.* Stuttgart: Thieme.

Priporočljiva literatura/Recommended literature

- Purkart, B. (2020). *Manualna terapija.* Ljubljana: Fizioterapevtski center B. Purkart.
- Gaber, G. (1994). *Klasična terapevtska masaža.* Ljubljana: Samozaložba.
- Myers, T.W. (2014). *Anatomy trains: Myofascial meridians for manual and movement therapists 3rd edition.* United Kingdom: Elsevier.
- Stecco, L. (2004). *Fascial Manipulation for musculoskeletal pain.* Padova: Piccin Nuova Libreria S.p.A.
- Stecco, L., Stecco, C. (2009). *Fascial Manipulation: practical part.* Padova: Piccin Nuova Libreria S.p.A.
- Dunncan, R. (2021). *Myofascial release.* Human Kinetics.
- Wazne, H., Toby, H. in Mullihna, B. R. (2020). *The Mulligan concept of manual therapy: textbook of techniques.* Chatswood: Elsevier
- Olson, K. (2016). *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 sistematične manualne obdelave mehkih tkiv (koža, podkožje, mišice, kite, vezi) 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 različnih 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,

Objectives and competences:

The aim of the course is the ability of systematic manual therapy of soft tissues (skin, subcutaneous tissue, muscles, tendons, ligaments) 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 various 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

<ul style="list-style-type: none"> • razvoj veščin in spretnosti za izvajanje manualne terapije pri posameznih primerih, • sposobnost sporazumevanja, dokumentiranja in zagovarjanja informacij, stališč in težav ter rešitev ostalim strokovnim in laičnim sodelavcem, • upoštevanje in uporaba principov Kodeksa etike fizioterapevtov Slovenije. 	<p>and contraindications, and evidence-based research,</p> <ul style="list-style-type: none"> • development of skills and competences for applying manual therapy in individual cases, • the ability to communicate, document and interpret information, attitudes, problems, and solutions to other professional and unprofessional associates, • using and implementing the principles of the Code of Ethics for Physiotherapists in Slovenia.
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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,
- 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.

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 techniques, according to the principles of the evidence-based research,
- 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.

Metode poučevanja in učenja:

- *predavanja* 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),
- *kabinetne vaje*: demonstracija in učenje tehnik, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija.

Learning and teaching methods:

- *lectures* 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).
- *cabinet tutorial*: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.

Načini ocenjevanja:

Načini:

- izpit
- kolokvij

Ocenjevalna lestvica: ECTS.

Delež (v %)

Weight (in %)

60 %

40 %

Assessment:

Types:

- exam
- preliminary exam

Grading scheme: ECTS.