

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

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

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code FTH 1 UN 10

Predavanja	Sem. vaje	Kab. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Tutorial	Cabinet tutorial	Laboratory work	Field work	Individ. work	
15		30			45	3

Nosilec predmeta/Lecturer: Petra Kotnik, pred.

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

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

Vpis v prvi letnik študijskega programa.	A prerequisite for inclusion is enrolment in the first year of study.
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Vsebina:	Content (Syllabus outline):
<ul style="list-style-type: none"> • <i>Filozofija in načela terapevtske masaže.</i> Zgodovina masaže, izvor imen tehnik klasične masaže, povezava s terapevtsko masažo. • <i>Biološke osnove.</i> Koža, vezivno tkivo, dinamika tekočin. • <i>Učinki terapevtske masaže. Vpliv masaže na telo.</i> Indikacije. Kontraindikacije. • <i>Terminologija in opis tehnik terapevtskih masažnih tehnik.</i> Gladenje, gnetenje, otiranje, udarjanje, tresenje. • <i>Terapevtska masaža – uporaba.</i> Navodila, hrbet, spodnji ud, zgornji ud, zgornji del prsnega koša. • <i>Način delovanja ročne limfne drenaže.</i> Vezivno tkivo, transportni sistem v telesu. 	<ul style="list-style-type: none"> • <i>Philosophy and principles of therapeutic massage.</i> History of massage, origin of the names of classical massage techniques, connection with therapeutic massage. • <i>Biological basis.</i> Skin, connective tissue, fluid dynamics. • <i>Effects of therapeutic massage. The effect of massage on the body.</i> Indications. Contraindications. • <i>Terminology and description of therapeutic massage techniques.</i> Kneading, kneading, rubbing, stroking, shaking. • <i>Therapeutic massage - application.</i> Instructions, back, lower limb, upper limb, upper chest.

<ul style="list-style-type: none"> • <i>Učinki delovanja ročne limfne drenaže.</i> Indikacije. Kontraindikacije. Previdnostni ukrepi. • <i>Motnje limfnega sistema.</i> Stanja, ki vodijo v nezadostno delovanje limfnega sistema. Klinične manifestacije limfnih motenj. Preiskava in ocena delovanja limfe. • <i>Uporaba prijemov iz tehnike ročne limfne drenaže v fizioterapiji.</i> Skladno z indikacijami in kontraindikacijami, ustrezna izbira, načrtovanje intenzivnosti in pogostosti prijemov limfne drenaže. • <i>Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu.</i> Spremljanje ambulantne, hospitalne in zdraviliške rehabilitacije. 	<ul style="list-style-type: none"> • <i>Mode of action of manual lymphatic drainage.</i> Connective tissue, the body's transport system. • <i>Effects of manual lymphatic drainage.</i> Indications. Contraindications. Precautions. • <i>Disorders of the lymphatic system.</i> Conditions leading to insufficient lymphatic system function. Clinical manifestations of lymphatic disorders. Investigation and assessment of lymphatic function. • <i>Use of grips from the technique of manual lymphatic drainage in physiotherapy.</i> In accordance with indications and contraindications, appropriate selection, planning of the intensity and frequency of lymphatic drainage grasps. • <i>Communication with other health professionals in the rehabilitation team.</i> Monitoring of outpatient, inpatient and spa rehabilitation.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Wittlinger, H. (2019). *Dr. Vodder's manual lymph drainage: a practical guide* (2nd ed., str. IX, 143). Thieme.
- Kisner, C., Colby, L. A. in Borstad, J. (2018). *Therapeutic exercise. Foundation and Techniques.* 7th ed. Philadelphia: Davis Company.
- Gaber, G. (1994). *Klasična terapevtska masaža.* Ljubljana: Samozaložba.
- Holey, E. A in Cook E. M. (2003). *Evidence-based therapeutic massage: a practical guide for therapists.* 2nd ed. Edinburgh: Churshill Livingstone.

Priporočljiva literatura/Recommended literature

- Clay, J. H. in Pounds, D. M. (2008). *Basic clinical massage therapy: integrating anatomy and treatment.* 2nd ed. Philadelphia.
- Wittlinger, H. (2011). *Dr. Vodder's manual lymph drainage: a practical guide.* Stuttgart; New York.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja terapevtskih masaž in ročne limfne drenaže.
- Izbrane internetne strani raziskav in strokovnih objav v Slovenskem strokovnem združenju za limfedem.

Cilji in kompetence:

Cilj predmeta je sposobnost sistematične manualne obdelave mehkih tkiv (koža, podkožje, mišice, kite, vezi), ob uporabi znanja in razumevanja funkcionalne

Objectives and competences:

The aim of the course is to be able to perform systematic manual soft tissue treatment (skin, subcutaneous tissue, muscles, tendons, ligaments) using

<p>anatomije, fiziologije in patologije kostno-mišičnega sistema, kože, krvnega in limfnega obtoka ter živčnega sistema.</p> <p><i>Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:</i></p> <ul style="list-style-type: none"> • poznavanje bioloških osnov in učinkov terapevtske masaže, • avtonomnost pri strokovnem delu, • seznanjenost z novostmi na področju obravnave, • razvoj veščin in spretnosti za izvajanje terapevtskih masaž, • poznavanje prijemov iz tehnike ročne limfne drenaže v fizioterapiji, • razvoj sposobnosti neverbalne komunikacije (pomen dotika, glasu, izraza obraza,...), • razvoj spretnosti za evalvacijo rezultatov pri svojem delu, • sposobnost zavračanja pristopov, ki so strokovno in empirično neutemeljeni, • sposobnost sporazumevanja, dokumentiranja in zagovarjanja informacij, stališč in težav ter rešitev ostalim strokovnim in laičnim sodelavcem, • sposobnost obnašanja, skladno z načeli in principi Kodeksa etike fizioterapevtov Slovenije. 	<p>knowledge and understanding of the functional anatomy, physiology and pathology of the musculoskeletal system, skin, blood and lymphatic circulation and nervous system.</p> <p><i>The unit contributes in particular to the development of the following general and specific competences:</i></p> <ul style="list-style-type: none"> • knowledge of the biological basis and effects of therapeutic massage, • autonomy in professional work, • awareness of new developments in the field of treatment, • development of skills and abilities to perform therapeutic massage, • knowledge of manual lymphatic drainage techniques in physiotherapy, • development of non-verbal communication skills (meaning of touch, voice, facial expressions, etc.), • development of skills to evaluate the results of their work, • the ability to reject approaches that are professionally and empirically unsound, • the ability to communicate, document and defend information, views and problems and solutions to other professional and lay colleagues, the ability to behave in a manner consistent with the principles and tenets of the Slovenian Code of Ethics for Physiotherapists.
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Predvideni študijski rezultati:

Študent/študentka:

- razume fiziološke temelje in terapevtski učinek terapevtske masaže,
- razume opise terapevtskih masažnih tehnik,
- uporabi teoretično in praktično znanje pri uporabi terapevtske masaže,
- prepozna indikacije, kontraindikacije ter omejitve pri manualni obravnavi mehkih tkiv,
- pozna in razume tehnike terapevtske masaže,
- je sposoben uporabe terapevtske masaže,
- pozna delovanje limfnega sistema,

Intended learning outcomes:

Students:

- understands the physiological basis and therapeutic effect of therapeutic massage,
- understands the descriptions of therapeutic massage techniques,
- apply theoretical and practical knowledge in the use of therapeutic massage,
- recognise the indications, contraindications and limitations of manual soft tissue treatment,
- knows and understands the techniques of therapeutic massage,
- is able to apply therapeutic massage,

razume pomen uporabe prijemov tehnik ročne limfne drenaže.	<ul style="list-style-type: none"> • is familiar with the function of the lymphatic system, • understands the importance of using manual lymphatic drainage techniques.
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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>kabinetne vaje</i>: demonstracija, metoda praktičnih del, delo v parih, razgovor, diskusija. 	<ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving), • <i>classroom tutorial</i>: demonstration, practical method, pair work, interview, discussion.
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Delež (v %)

Načini ocenjevanja:

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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