

Information sheet for the course Kinezioterapy clinical disciplines IV.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>KINvKO4/e</i>	Course unit title: <i>Kinesiotherapy in clinical branches IV.</i>
Planned types, learning activities and teaching methods: <i>Lecture: 2 hours weekly/26 hours per semester of study; full-time</i> <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i>	
Number of credits: 3	
Recommended semester / trimester: <i>6th semester in the 3rd year (part-time)</i>	
Degree of study: <i>I</i>	
Course prerequisites: <i>Kinesiotherapy in clinical branches III.</i>	
Assessment methods: <i>Student receives 50 points for the semester:</i> <ul style="list-style-type: none"> - <i>Active participation in lectures and seminars</i> - <i>Test / oral examination (50 points).</i> <i>To get an A mark, the student needs to obtain at least 48 points, for B at least 44 points, for C at least 41 points, for D at least 38 points and for E at least 35 points.</i>	
Learning outcomes: <i>By studying the subject of kinesiotherapy in the clinical branches IV the student gains knowledge about etiology, pathogenesis of functional musculoskeletal disorders. He / she masters theoretical and practical basics of examination, diagnosis and treatment of the myoskeletal system malfunctions. He/she knows therapies applied in myoskeletal medicine, such as mobilization, traction and soft techniques applied to segments of vertebral column, root joints and peripheral joints.</i>	
Course contents: Lectures: <ol style="list-style-type: none"> 1. <i>Objectification of musculoskeletal system malfunctions.</i> 2. <i>Diagnosis and treatment of muscle imbalance.</i> 3. <i>Diagnosis of reflex changes in skin, subcutaneous tissue and fascia.</i> 4. <i>Reflex changes in muscles.</i> 5. <i>Articular blockade.</i> 6. <i>Principle and essence of mobilization techniques.</i> 7. <i>Use of breathing and sight at mobilization techniques.</i> 8. <i>Diagnosis of spinal blockades.</i> 9. <i>Diagnosis of articular blockades on peripheral joints.</i> 10. <i>Traction techniques.</i> 11. <i>Concatenation of malfunctions and influencing them by soft techniques.</i> Seminars: <ol style="list-style-type: none"> 1. <i>Palpation techniques (physiological and pathological barrier).</i> 2. <i>Diagnosis and treatment of muscle imbalance.</i> 3. <i>Diagnosis and treatment of functional blockade of the axial system.</i> 4. <i>Diagnosis and treatment of functional blockades of limbs.</i> 	
Recommended reading: <ol style="list-style-type: none"> 1. <i>LEWIT, K.: 2003. Manipulační léčba. Sdělovací technika, Česká lékařská společnost J. E. Purkyně, 2003, ISBN 80-8664-504-5.</i> 2. <i>RYCHLIKOVÁ, E.: 2002. Funkční poruchy kloubůkončetin, Diagnostika a léčba. Grada,</i> 	

2002, ISBN 8024702371.

3. RYCHLIKOVÁ, E.: 2009. *Manuální medicína*. Maxdorf, 2009, ISBN 9788073451691.

4. UPLEDGER, J. E., VREDEVOOGD, J. D.: 2004. *Kraniosakrální terapie*. Poznání, 2004, ISBN 80-86606-29-5.

5. RICHTER, P., HEBGEN, E.: 2011. *Spouštěcí body a funkční svalové řetězce v osteopatii a manuální terapii*. Pragma, 2011, ISBN 978-80-7349-261-8.

Language: *Slovak*

Remarks:

Evaluation history

Total number of evaluated students:

A	B	C	D	E	FX

Lecturers: *doc. MUDr. Juraj Čelko, PhD., MUDr. Vladimír Buran*

Last modification: *22.04.2014*

Supervisor: *doc. MUDr. Juraj Čelko, PhD.*