

SYLLABUS

SUBJECT: Elements of Rehabilitation in Corrective Gymnastics (lectures + workshops)

TEACHER: Piotr Matłosz, MSC

COURSE DESCRIPTION

Basic Requirements: knowledge about human anatomy, anatomical and pathological characteristics of posture defects, posture diagnosis and basis of therapeutic massage.

Lp.	Topics – lectures, semester 6	hours
1.	Polish school of rehabilitation. Goals and directions of modern physiotherapy.	4
2.	Physiotherapy in corrective gymnastics. Selected physiotherapy methods.	4
3.	Systematic of therapeutics exercises. Techniques and methods of therapeutics exercises	2
4.	Rehabilitation in selected diseases and defects of musculoskeletal system. Physiotherapy of children in musculoskeletal system diseases.	3
5.	Types of physical treatments in corrective gymnastics. Creation of dispensary groups.	2

Lp.	Topics – workshops, semester 6	hours
1.	Physiotherapy methods, basic examination and diagnostics. Physiotherapy treatment in corrective gymnastics.	2
2.	Basic therapeutic methods used in rehabilitation, using therapeutic exercises in corrective classes.	2
3.	Teaching of proper gait in correction of body posture. Breathing exercises therapy in chests defects.	2
4.	Elements of special physiotherapy techniques – Bobath, Vojta and Brunkow methods in corrective procedures.	2
5.	Corrective procedures in neurological dysfunctions of musculoskeletal system of children. Massage, relaxing therapy, hydrokinesiotherapy and balneotherapy in corrective gymnastics.	2
6.	The method of Proprioceptive Neuromuscular Facilitation – using PNF method in corrective gymnastics	2
8.	Corrective procedures in selected dispensary groups of children, creating therapeutic programs.	3

ECTS: 4

LEARNING OUTCOMES:

Students can present chosen therapeutics methods using in corrective gymnastics and have knowledge about systematic of therapeutics exercises,

GRADING POLICY

Attendance, active participation in lectures and workshops (discussions, expressing suggestions and own opinions, presentations of topics), written test in the second half of the semester.

TIMETABLE**TEXTBOOK AND REQUIRED MATERIALS**

1. Bahrynowska-Fic J., *Właściwości i metoda ćwiczeń fizycznych oraz sport inwalidzki*. PZWL, Warszawa 1999;
2. Dega W. (red.), *Ortopedia i rehabilitacja. Tom I i II*. PZWL, Warszawa 1983;
3. Garrison S., *Podstawy rehabilitacji i medycyny fizykalnej*. PZWL, Warszawa 1997;
4. Kloster B., *Poradnik Fizjoterapeuty*. Wyd. Ossolińskich, Wrocław 2001;
5. Kuch J., *Rehabilitacja*. PZWL, Warszawa 1989;
6. Kilar J. Z., Lizio P., *Leczenie ruchem. Cz. 1: Badanie narządu ruchu w rehabilitacji*. Wyd. Kasper, Kraków 1996;
7. Milanowska K., *Kinezyterapia*. PZWL, Warszawa 1999;
8. Milanowska K., Dega W., *Rehabilitacja medyczna*. PZWL, Warszawa 1998;
9. Nowotny J., *Podstawy fizjoterapii: podstawy teoretyczne i wybrane aspekty praktyczne. Cz. 1*. Wyd. Kasper, Kraków 2004;
10. Zembaty A.(red.), *Kinezyterapia. T.1*. Wyd. Kasper, Kraków 2002;

PREREQUISITES: