COURSE OUTLINE
REHABILITATION OF MUSCULOSKELETAL DISORDERS (MP13)

1. GENERAL

SCHOOL	School of Health Sciences		
DEPARTMENT	Physiotherapy		
LEVEL OF EDUCATION	Postgraduate		
COURSE CODE	MP13	**SEMESTER OF STUDY**	A
COURSE TITLE	Rehabilitation of Musculoskeletal Disorders		
INDEPENDENT TEACHING ACTIVITIES	**WEEKLY TEACHING HOURS**	**CREDIT UNITS**	
Theory + Exercise tutorials	**2+1**	**7**	
Laboratory			
COURSE TYPE	Special Background		
PREREQUISITE COURSES:	NO		
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek/English		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ECLASS COURSE CODE	PHYSIO_P_103		
COURSE RESPONSIBLE	Dr. Ioannis Poulis, Associate Professor		
PHONE/ EMAIL	2231060205/ ipoulis@uth.gr		

2. LEARNING OUTCOMES

Learning results

Upon successful completion of the course, the student will be able to:

1. Demonstrates the ability to integrate such a theoretical as well as practical way to use these skills with a holistic approach for the benefit of the patient.
1. Demonstrates advanced skills clinical reasoning for the application of the appropriate tools-means.
2. Carry out safe clinical evaluation and different strategies treatment and to be able to modify the treatment after the procedure evaluation.
3. Understand chronic and acute diseases of the musculoskeletal system that require physical therapy.
4. Demonstrate a critical understanding of the current basis elements documentation for management various musculoskeletal diseases.
5. Show off effective communication with the patient, to collect, analyze and record information regarding the type and nature of his problem.
6. Understand and integrate into his clinical reasoning the properties and peculiarities of collagen tissue.
7. Organize a program of therapeutic exercise based on evidence knowledge.

General & Special Skills

The course aims to develop the following **general** skills:

- Development of the clinical

The course aims to develop the following **specific** skills:

- Optimize intervention effectiveness.

reasoning.
- Implement decisions based on optimality, contemporary practices and keep records of the physical therapy practice.
- Quantification of functional deficits
- Analysis of finding a way measuring and displaying the results.
- Optimize and advance methodology, development of the therapeutic intervention.
- Selection of appropriate clinical tools.
- Reflect & correct justification of choice means and methods.
- Continued emphasis on evidence -based physical therapy practice (evidence based practice).

3. COURSE CONTENT

1. Introduction to Evidence-Based Physical Therapy Practice. The example of back pain.
2. Collagen tissue I. Behavior of collagen tissue.
3. Collagen tissue II. Clinical examples, the relationship of collagen to the program restoration.
4. Cartilage diseases. Therapeutic exercise.
5. Clinical reasoning and informed physical therapy practice Evaluation and rehabilitation of rotator cuff pathology of the shoulder.
6. Tendon Diseases, Loads, Mechanical therapy.
7. Tendon Diseases, Clinical examples: tennis elbow, patellar tendinopathy.
8. Groin Pain: Introduction.
9. Groin Pain: Evaluation and Rehabilitation. Criteria of tools and methods selection.
10. Distance guidance – Assignments.
11. Isokinetics in rehabilitation.
12. Muscle injuries: Patient evaluation and measure treatment effectiveness.
13. Presentation of assignments.

4. TEACHING AND LEARNING METHODS - ASSESSMENT

METHOD OF TEACHING	Face-to-face, Hybrid education, Distance education at 20%
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of PC, projector , video , and ICT (eclass , email, MS Teams , google docs) in teaching and communicating with students
TEACHING ORGANIZATION	

Activity	***Semester Workload***
Lectures / Interactive teaching	39
Independent Study & article analysis	80
Elaboration of work study	20
Writing assignments	36
Total Course (25 workload hours per credit unit)	***175***

STUDENT EVALUATION	The evaluation of the students is carried out in accordance with the regulation of the P.M.S. and the relevant decisions of the Department Assembly as a weighting of their grade in the written exams (65%) and their performance in the assignments (35%).

	Written exams include Multiple Choice Tests, and Analytical/Combined Response Questions. The work is submitted through e-class at a predetermined time to be checked for plagiarism by Turnitin plagiarism software and presented by the students at the end of the course (Section 13).

5. RECOMMENDED BIBLIOGRAPHY

- Suggested Bibliography:

1. *Hoogenboom B, Voight M, Prentice W, Musculoskeletal Interventions McGraw-Hill Medical; 2nd ed ., 2013.*
2. *Goodman CC, Snyder TEK, Differential Diagnosis for Physical Therapists: Screening for Referral, 5th ed , Elsevier, St Louis Missouri, 2012.*
3. *Herbert R, Jamtvedt G, Mead J, Birger Hagen K, Practical Evidence-Based Physiotherapy, Elsevier, Edinburgh, 2nd ed 2011.*
4. *Jewell D, Guide to Evidenced-Based Physical Therapist Practice, Jones & Bartlett Learning, 2nd ed 2011.*
5. *Greenhalgh T, How to Read a Paper: The Basics of Evidence-Based Medicine Wiley-Blackwell; 4th ed ., 2010.*
6. *Higgs J, Jones MA, Loftus S, Christensen N, Clinical Reasoning in the Health Professions, Butterworth-Heinemann; 3rd ed 2009.s*

- Related scientific journals:

1. *Journal of Orthopedic & Sports Physical Therapy, https://www.jospt.org*
2. *Physical Therapy and Rehabilitation Journal, https://academic.oup.com/ptj/article/100/12/2077/5973424*