

# SYLLABUS

## SUBJECT

Diagnosis and treatment in manual therapy

## TEACHER

Grzegorz Magoń

## COURSE DESCRIPTION

The course is focused on the following issues:

- Historical and present approach in manual therapy
- Theory of basic rules in manual therapy
- Functional anatomy of peripheral joints
- Diagnosis based on palpation, range of movement evaluation, orthopedic and neurologic tests and additional individual approach
- Examination of each peripheral joint of upper and lower extremities
- Traction and compression of each peripheral joint of upper and lower extremities
- Mobilization glides of each peripheral joint of upper and lower extremities
- Mobilization glides with movement of each peripheral joint of upper and lower extremities
- MET (Muscle Energy Technique, Post Isometric Relaxation) of main muscles in upper and lower extremities

## LEARNING OUTCOMES

By the end of the course students are expected to:

- Know theory of most types of manual therapy used in Europe
- Know how to diagnose every joint of upper and lower extremities
- Do mobilizations such as: traction, compression and lateral glides
- Know how to differ which body structure causes pain
- Use properly belt and therapeutic wedge during mobilization
- Properly elongate human muscle by MET

## GRADING POLICY

- Attendance and active participation in both theoretical and practical part of the course
- Practical exam – manual mobilization of peripheral joints, MET
- Written exam – test

## TIMETABLE

3 hours per week in Institute of Physiotherapy

## TEXTBOOK AND REQUIRED MATERIALS

- Anatomy on a living man– introduction to manual therapy, Wim Jorritsma
- Manual mobilizations of extremities joints, Feddy Kaltenborn
- All theoretical materials, additional informations and related articles will be provided to the students

PREREQUISITES: Good knowledge of human anatomy, kinesiotherapy, muscle and joint function