

## COURSE CONTENT

**University:** Muğla Sıtkı Koçman University

**Faculty:** Medicine/ **Program:** English Program

**Academic Year:** 2023-2024

**Phase: 5/ Course:** Physical Therapy and Rehabilitation

**Course Code:** MED 5008 / **ECTS:** 3 / **T+U+L:** Theoretical + Practical

**Course Type :** Compulsory/ **Course Length :** 2 weeks/ **Type of Instruction :** Formal/ **Language of Instruction :** English

### Theoretical:

1. Approach to mechanical low-back pain and disc herniation and treatment methods (4hour)
2. Approach to neck back pain and treatment methods (4hour)
3. Approach to pain and inflammation (4hour)
4. Approach to patient with arthritis (4hour)
5. Behçet disease (4hour)
6. Course Evaluation Meeting (1hour)
7. Course Introduction- Introduction Meeting, Introduction to Physical Medicine and Rehabilitation (2hour)
8. Crystal arthropathies (4hour)
9. Evaluation of Course Exam Questions (2hour)
10. Exercise physiology and therapeutic exercises (4hour)
11. Hand peripheral nerve injuries and rehabilitation (4hour)
12. Medication in rheumatic diseases (4hour)
13. Multiple Choice Theoretical Exam (4hour)
14. Musculoskeletal Examination and Clinical Assessment - Anatomy and Physiology (4hour)
15. Osteoarthritis and degenerative joint diseases (4hour)
16. Peripheral neuropathy (entrapment neuropathies) (4hour)
17. Physical modalities and applications (2hour)
18. Rehabilitation in pediatric period (cerebral palsy) (4hour)
19. Rheumatic diseases and rehabilitation (4hour)
20. Rheumatoid arthritis (4hour)
21. Seronegative spondyloarthropathies (4hour)
22. Soft Tissue Rheumatism Diseases ((Fibromyalgia and Myofascial Pain Syndrome) (4hour)
23. Spinal cord injuries and rehabilitation (4hour)
24. Stroke rehabilitation (4hour)
25. Vitamin D Deficiency, Osteoporosis and Metabolic Bone Diseases (4hour)

### Practical:

1. Academic Counseling Hour (8hour)
2. Bed-side examination - Filling the request form for laboratory examination (Practice) (2hour)
3. Bed-side examination - Making rational laboratory and imaging request (Practice) (2hour)
4. Bed-side examination - Musculoskeletal examination (Practice) (7hour)
5. Bed-side examination - prescribing (Practice) (4hour)
6. Bed-side examination (Assessment of direct radiographs) (Practice) (2hour)
7. Bed-side examination (Patient file preparation) (Practice) (3hour)
8. Bed-side examination (Taking general and problem-oriented history) (Practice) (4hour)
9. Bed-side examination Assessment of direct radiographs (Practice) (2hour)
10. Bed-side examination- Filling the request form for laboratory examination (Practice) (2hour)
11. Bed-side examination- Making rational laboratory and imaging request (Practice) (2hour)
12. Bed-side examination-Musculoskeletal examination (Practice) (2hour)
13. Outpatient treatment (1hour)
14. Outpatient treatment and Health Committee Polyclinic follow-up - Advising on disability report and invalidity assessment (Practice) (1hour)

15. Outpatient treatment and Health Committee Polyclinic follow-up - Preparing health reports in accordance with current legislation (Practice) (4hour)
16. Structured Free Study Hour- group events-conversation about patient history scenarios patient examination, differential diagnosis and treatment (2hour)
17. Structured oral exam (8hour)

**Others:**

1. and Health Committee Polyclinic follow-up - Advising on disability report and invalidity assessment (Practice) (1hour)
2. degenerative joint diseases (1hour)
3. Topic of the Lecture (3hour)