

## LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

| Mc         | dule Code   | В  | 710   | В   | 047  | Accredited   | 2017                               | 06  | 30   | Ren           | date           |     |  |  |  |
|------------|---|--|---|---|--|--|------------------------------------|---|--|---------------|----------------|-----|--|--|--|
|            |   | Branch   | n of Science  | Progr.  | Registr. №.  | until  | 2017                               | 00  | 50   |               |                |     |  |  |  |
| En         | titlement   | tion in D  | hydiathanany  |   |  |  |                                    |   |  |               |                |     |  |  |  |
| Dre        | requisites  | uion in P  | nysiotherapy  |   |  |  |                                    |   |  |               |                |     |  |  |  |
| Ana        | tomy Physic   | ology  |   |   |  |  |                                    |   |  |               |                |     |  |  |  |
| Co         | urse (module  | e) Learni  | ng Outcomes   | 5   |  |  |                                    |   |  |               |                |     |  |  |  |
| <u>№</u> . | Learning O  | utcomes  | 0   |   | Teaching / L<br>Methods                                      | earning  |                                    | Assessment Methods  |  |               |                |     |  |  |  |
| 1          | Find a scient methods and of of clinication of the science of the | ntific evi<br>d unders<br>al exami                           | dence for the<br>tand advanta<br>nation metho                       | clinical<br>ges and c<br>ds.                        | Case analysi<br>study), Form<br>Literature ar                | s (Case<br>nal lectur<br>nalysis                               | re,                                | Case  | analy  | sis (st       | udy)           |     |  |  |  |
| 2          | Recognize<br>techniques,<br>and propose<br>examinatio   | and nam<br>analyze,<br>e more e<br>n of the j                | e the wrong c<br>criticize the<br>ffective meth<br>patient.         | lone testi<br>patient te<br>ods and 1               | Discussion,<br>work, Practi-<br>exercises (ta                | Group<br>cal<br>sks)   |                                    | Repo<br>pract   | orting :<br>ice wo                               | for<br>ork, T | est            |     |  |  |  |
| 3          | Effectively<br>reliable, ser<br>methods   | plan pat<br>nsitive, s                                       | ient examinat<br>pecific and a                                      | tion, choo<br>vailable t                            | Case analysi<br>study)                                       | s (Case  |                                    | Case analysis<br>(study), Report                                    |  |               |                |     |  |  |  |
| 4          | Use anatom<br>algorithms<br>execute exa   | nical kno<br>to formu<br>amination                           | wledge and c<br>late clinical h<br>n of the patien                  | elinical re<br>nypothese<br>nt.                     | Case analysi<br>study), Form<br>Group work<br>exercises (ta  | s (Case<br>nal lectur<br>, Practica<br>sks)                    | re,<br>al                          | Case analysis<br>(study), Report,<br>Reporting for<br>practice work |  |               |                |     |  |  |  |
| 5          | Examine m<br>range of mo<br>mobility us<br>manual mu<br>functional t  | uscles, li<br>otion, mu<br>ing palpa<br>scle testi<br>cests. | igaments and<br>uscle function<br>ation techniqu<br>ng, assessme    | tendons,<br>n, pain, an<br>ues, gonio<br>nt of pain | assess the<br>nd functional<br>ometry,<br>n and              | Formal lectu<br>work, Litera<br>analysis, Pra<br>exercises (ta | re, Grou<br>ture<br>ctical<br>sks) | ıp  | Report, Reporting for practice work, Test        |               |                |     |  |  |  |
| 6          | Analyse an<br>interviews,<br>palpation, a<br>feel as well   | d critical<br>results c<br>active and<br>as musc             | ly interpret p<br>of evaluation<br>d passive mo<br>le function.     | atient's h<br>of pain, c<br>vements,                | istory,<br>bservation,<br>ROM, end-                          | Case analysi<br>study), Form<br>Practical exe<br>(tasks)       | s (Case<br>al lectur<br>ercises    | re,   | Case analysis<br>(study),<br>Examination, Report |               |                |     |  |  |  |
| 7          | Establish th<br>diagnosis, p<br>intervention<br>examination   | ne physic<br>prognosis<br>n based c<br>n and cri             | otherapy dema<br>s, short and lo<br>on subjective<br>tical interpre | and, form<br>ong term<br>and objectation.           | nulate PT<br>goals,<br>ctive                                 | Case analysi<br>study), Form                                   | s (Case<br>nal lectur              | re  | Case analysis (study)                            |               |                |     |  |  |  |
| 8          | Establish a<br>rehabilitatio<br>process and<br>examination<br>members   | connection team<br>I method<br>n results                     | on with the p<br>members, exp<br>s to the patien<br>, prognosis an  | batient an<br>plain exan<br>nt, introd<br>nd PT pla | Group work<br>exercises (ta<br>Simulation o<br>(world) situa | , Practica<br>sks),<br>of real-lin<br>ttions                   | al<br>fe                           | Reporting for practice work   |  |               |                |     |  |  |  |
| Ma         | ain aim   |  |   |   |  |  |                                    |   |  |               |                |     |  |  |  |
| The        | aim is to dev   | velop abi  | lity critically   | evaluate  | patient examin   | nation methods   | based of                           | n the t   | tundar   | nental        | and            |     |  |  |  |
| appl       | iometry, man  | ual mus  | te as well as p<br>cle testing, na                                  | noven pr<br>ain evalua                              | actice; to plan  | ule examination<br>il tests: underst                           | and the                            | paipa<br>princi   | ples of  | f inter       | ues,<br>pretat | ion |  |  |  |

of clinical results, formulation of the Physiotherapy diagnosis, setting of the short and long term goals as well as intervention planning.

Summary

Students become acquainted with clinical examination methods, tools, testing procedure and the reliability and sensitivity of clinical tests in physiotherapy. Students will acquire practical skills of examination, diagnosis formulation and physiotherapy planning.

Level of module

| Level of programme |                          | Subject group (up don the nexulation of the area) |
|--------------------|--------------------------|---|
| Cycle              | Туре                     | Subject group (under the regulation of the area)  |
| First              | Bachelor                 | Specialaus lavinimo                               |
| Group under        | financial classification | n   |

Group under financial classification

| Syl        | labus  |                                     |
|------------|--|-------------------------------------|
| <u>№</u> . | Sections and themes  | Responsible lecturer                |
| 1.         | Subjective examination of the patient. Pain classification and evaluation.                     | 670 doc. dr. Vilma<br>Juodžbalienė  |
| 2          | Objective examination of the patient. Subjective and objective examination in                  | 670 doc. dr. Vilma                  |
| ۷.         | clinical practise and scientific research.   | Juodžbalienė                        |
| 3.         | Clinical reasoning, examination and intervention planning, clinical prognosis.                 | 670 doc. dr. Vilma<br>Juodžbalienė  |
| 4.         | Somatoscopy and antropometry.  | 670 doc. dr. Vilma<br>Juodžbalienė  |
| 5.         | Establishment of the injuried structure (Cyriax).  | 670 doc. dr. Vilma<br>Juodžbalienė  |
| 6.         | Passive movements of upper and lower extremity. Red flags.                                     | 670 doc. dr. Vilma<br>Juodžbalienė  |
| 7.         | Functional evaluation.   | 670 doc. dr. Vilma<br>Juodžbalienė  |
| 8.         | Surface anatomy. Palpation. Techniques   | 670 doc. dr. Vilma<br>Juodžbalienė  |
| 9.         | Palpation of the bone and soft tissues as well as blood-vessels of cervical region and trunk.  | 1139 asist. Giedrė<br>Jurgelaitienė |
| 10.        | Palpation of the bone and soft tissues as well as blood-vessels of shoulder region.            | 1139 asist. Giedrė<br>Jurgelaitienė |
| 11.        | Palpation of the bone and soft tissues, blood-vessels and nerves of upper extremity.           | 1139 asist. Giedrė<br>Jurgelaitienė |
| 12.        | Palpation of the bone and soft tissues, blood-vessels and nerves of the pelvis, hip and thigh. | 1139 asist. Giedrė<br>Jurgelaitienė |
| 13.        | Palpation of the bone and soft tissues, blood-vessels and nerves of the lower extremity.       | 1139 asist. Giedrė<br>Jurgelaitienė |
| 14.        | Goniometry.  | 1139 asist. Giedrė<br>Jurgelaitienė |
| 15.        | End feel. Types and evaluation.  | 1139 asist. Giedrė<br>Jurgelaitienė |
| 16.        | Assessment and evaluation of ROM of cervical region, trunk and upper extremity.                | 1139 asist. Giedrė<br>Jurgelaitienė |
| 17.        | Assessment and evaluation of ROM of lower extremity.   | 1139 asist. Giedrė<br>Jurgelaitienė |
| 18.        | Specificity and sensitivity of the tests. Interrater and intrarater reliability of Goniometry. | 670 doc. dr. Vilma<br>Juodžbalienė  |
| 19.        | Manual muscle testing. Red flags.  | 670 doc. dr. Vilma<br>Juodžbalienė  |
| 20.        | Testing of local and global muscle function of the neck and trunk.                             | 670 doc. dr. Vilma<br>Juodžbalienė  |
| 21.        | MMT of muscles of shoulder girdle and upper extremity.   | 670 doc. dr. Vilma<br>Juodžbalienė  |

| <u>№</u> . | Sections and themes   | Responsible lecturer               |
|------------|---|------------------------------------|
| 22.        | MMT of muscles of lower extremity.  | 670 doc. dr. Vilma<br>Juodžbalienė |
| 23.        | Specificity and sensitivity of the tests. Interrater and intrarater reliability of MMT. | 670 doc. dr. Vilma<br>Juodžbalienė |

Evaluation procedure of knowledge and abilities:

References

| <u>№</u> . | Т   | itle   | Edition in<br>Sports<br>li | n Lithuanian<br>University<br>brary | In Lit<br>Sj | thuanian<br>ports<br>versity | Number of<br>ex. in the<br>methodical |
|------------|---|--|----------------------------|-------------------------------------|--------------|------------------------------|---------------------------------------|
|            |   |  | Pressmark                  | Number of exemplars                 | boc          | okstore                      | cabinet of the depart.                |
| 1.         | Cynthia Norkin, Joyce D.<br>of Joint Motion: A Guide t<br>edition).F. A. Davis Comp                             | White (2009).Measurement<br>to Goniometry (4th<br>any Phyladelphia   |                            |                                     | No           |                              |                                       |
| 2.         | Helen Hislop, Jacqueline M<br>(2007).Daniels and Worth<br>Techniques of Manual Exa<br>Elsevier                  | Montgomery<br>ingham's Muscle Testing:<br>amination. Saunders  |                            |                                     | No           |                              |                                       |
| 3.         | Closs, S.J. et al. (2004). A<br>Assessment Scales for Nur<br>Varying Degrees of Cogni<br>Pain and Symptom Manag | Comparison of Five Pain<br>rsing Home Residents with<br>tive Impairment. Journal of<br>ement.Vol. 27 No. 3 |                            |                                     | No           |                              |                                       |
| 4.         | Edwards, I. et al. (2013). C<br>Strategies in Physical Ther<br>84:312-330.                                      | Clinical Reasoning<br>rapy. PHYS THER. 2004;   |                            |                                     | No           |                              |                                       |
| 5.         | VIHA EOL Symptom Gui<br>PAIN ASSESSMENT   | delines. PRINCIPLES OF   |                            |                                     |              |                              |                                       |
| Ad         | ditional literature   |  |                            |                                     |              |                              |                                       |
| <u>№</u> . | Title   |  |                            |                                     |              |                              |                                       |
| 1.         | Anatomijos atlasas  |  |                            |                                     |              |                              |                                       |
| Co         | ordinating lecturer   |  |                            |                                     |              |                              |                                       |
|            | Position  | Degree, su   | rname, nan                 | ne                                  |              | Sche                         | dule №.                               |
|            | Associate Professor   | Assoc. Prof. Dr.   | Vilma Juod                 | 570                                 |              |                              |                                       |
| Sul        | odivision   |  |                            |                                     |              |                              |                                       |
|            |   | Entitlement  |                            |                                     |              |                              | Code                                  |
|            |   | a  |                            |                                     |              |                              | 2006                                  |

## Study module teaching form №. 1

|                           |                |  |             |    |               | Struct | ure |         |              |         |        |        |         |       |       |      |
|---------------------------|----------------|--|-------------|----|---------------|--------|-----|---------|--------------|---------|--------|--------|---------|-------|-------|------|
| Semester                  |                |  | Mode of stu | Le | ctures        | Pract. | L   | ab.     | Ind.<br>work | Τc      | otal ł | nours  | Crea    | lits  |       |      |
| А                         | S              |  | D           |    | 12            | 40     |     | 0 208   |              |         | 26     | 0      | 1(      | )     |       |      |
| Languages of instruction: |                |  |             |    |               |        |     |         |              |         |        |        |         |       |       |      |
| Lithuania                 | Lithuanian L E |  |             | Rı | ussian        | R      | F   | French  | F            | F Germa |        | an G   |         |       | Other | Oth. |
| Plan of in-class hours    |                |  |             |    |               |        |     |         |              |         |        |        |         |       |       |      |
| No. of                    | Thomas         |  | Academ      |    | No. of Thomas |        |     |         |              |         | Aca    | ademic | c hours | hours |       |      |
| JNº. 01                   | Themes         |  | Lectures    |    | Р             | L      | J   | 10.01 1 | nem          | es      |        | Le     | ectur   | es    | Р     | L    |
|                           | 1.             |  | 1           |    | 0             | 0      |     | 13      | •            |         |        |        | 0       |       | 2     | 0    |
|                           | 2.             |  | 1           |    | 0             | 0      |     | 14      | •            |         |        | 1      |         |       | 0     | 0    |
| 3.                        |                |  | 1           |    | 0             | 0      |     | 15.     |              |         |        | 1      |         |       | 1     | 0    |
|                           | 4.             |  | 1           |    | 3             | 0      | 16. |         |              |         |        | 0      |         | 2     | 0     |      |

| No. of Thomas                    | Academ  | No    | No. of Thomas |               |   |    |   |    |   | Academic hours |          |      |    |    |    |         |    |       |  |
|----------------------------------|---|-------|---------------|---------------|---|----|---|----|---|----------------|----------|------|----|----|----|---------|----|-------|--|
| Nº. 01 1 nemes                   | Lectures  | Р     | L             | J <u>∿</u> º. | 01  | ne | m | es |   |                | Lectures |      |    |    |    |         | Р  | L     |  |
| 5.                               | 1   | 2     | 0             | 17.           |   |    |   |    |   |                |          |      | 0  |    |    |         | 2  | 0     |  |
| б.                               | 0   | 2     | 0             |               | 1   | 8. |   |    |   |                |          |      | 1  |    |    | 0       |    | 0     |  |
| 7.                               | 1   | 2     | 0             |               | 1   | 9. |   |    |   |                |          |      | 1  |    |    |         | 0  | 0     |  |
| 8.                               | 1   | 0     | 0             |               | 2   | ). |   |    |   |                |          |      | 0  |    |    |         | 4  | 0     |  |
| 9.                               | 0   | 2     | 0             |               | 2   | 1. |   |    |   |                |          |      | 0  |    |    |         | 4  | 0     |  |
| 10.                              | 0   | 2     | 0             |               | 2   | 2. |   |    |   |                |          |      | 0  |    |    |         | 4  | 0     |  |
| 11.                              | 0   | 2     | 0             |               | 2   | 3. |   |    |   |                |          |      | 1  |    |    |         | 4  | 0     |  |
| 12.                              | 0   | 2     | 0             |               |   |    |   |    |   |                |          |      |    |    |    |         |    |       |  |
| Schedule of individual w         | ndividual work tasks and their influence on f<br>№. of Total Influenc |       |               |               | rade<br>Week of presentment of task (*) and reportin<br>(0) |    |   |    |   |                |          |      |    |    |    | oorting |    |       |  |
|                                  | synabus   | nours | gra           | ide, %        | 1   | 23 | 4 | 56 | 7 | 89             | 9 10     | ) 11 | 12 | 13 | 14 | 15      | 16 | 17-20 |  |
| Case analysis (study)            | 1-5   | 10    |               | 10            | *   |    | ( | 0  |   |                |          |      |    |    |    |         |    |       |  |
| Accounting for practice sessions | 8-13  | 20    |               | 15            | *   |    |   |    |   |                |          | 0    |    |    |    |         |    |       |  |
| Exam                             | 1-23  | 50    |               | 40            | *   |    |   |    |   |                |          |      |    |    |    |         |    | 0     |  |
| Accounting for practice sessions | 15-19   | 48    |               | 10            |   |    | : | *  |   |                |          |      |    | 0  |    |         |    |       |  |
| Test                             | 8-23  | 40    |               | 10            |   |    |   | *  |   |                |          |      |    |    | 0  |         |    |       |  |
| Accounting for practice 19-22 40 |   |       | 15            |               |   |    |   |    |   |                |          | *    |    |    | 0  |         |    |       |  |
| Total:                           | otal: - 208 100   |       |               |               |   | _  | _ |    | _ |                |          |      |    |    |    |         |    | _     |  |

## Study module teaching form №. 2

|  |               |        |                 |                |       |          |        | Structure  |           |  |      |       |   |              |      |             |          |     |     |         |       |      |
|--|---------------|--------|-----------------|----------------|-------|----------|--------|------------|-----------|--|------|-------|---|--------------|------|-------------|----------|-----|-----|---------|-------|------|
| Seme   | ester         |        | Mode of studies |                |       |          | Leo    | Lectures   |           | ct.  | Lab. |       |   | Ind.<br>work |      | Total hours |          |     |     | Credits |       |      |
| А  | S             |        |                 | D              |       |          |        | 6          | 20        | )  |      | 0 234 |   | 34           |      | 260         |          |     | 10  |         | 0     |      |
| Language   | es of instruc | ction: |                 |                |       |          |        |            |           |  |      |       |   |              |      |             |          |     |     |         |       |      |
| Lithuania  | n L           | Eng    | lish            | E              | Rı    | ıssian   | R      | F          | renc      | h  | F    |       |   | Ge           | erma | an          | G        |     | (   |         | her   | Oth. |
| Plan of in   | -class hour   | S      |                 |                |       |          |        |            |           |  |      |       |   |              |      |             |          |     |     |         |       |      |
| №. of Themes   |               |        |                 | Acade          | mic 1 | hours    |        |            | Ma        | f.   | ГЪ   |       | a |              |      |             | Α        | cad | emi | ic h    | ours  | 8    |
|  |               |        | Le              | ctures         |       | Р        | L      |            | JNº. C    | )1 .   | I ne | me    | S |              |      | Ι           | Lectures |     |     |         | Р     | L    |
|  |               |        |                 |                |       |          |        | Total: 0 0 |           |  |      |       |   |              | 0    |             |          |     |     |         |       |      |
| Schedule of individual work tasks and their influence on final grade |               |        |                 |                |       |          |        |            |           |  |      |       |   |              |      |             |          |     |     |         |       |      |
|  |               |        | N               | 2. of          | То    | otal     | Influe | ence or    | 1         | Week of presentment of task (*) and reporting<br>(0) |      |       |   |              |      |             |          |     |     |         |       |      |
|  |               |        | syl             | syllabus hours |       | grade, % |        | 1          | 123456789 |  |      |       |   |              | 11   | 12          | 13       | 14  | 15  | 16      | 17-20 |      |
| Case analy   | sis (study)   |        | -               | -5             | 1     | 0        | 1      | 10         | 4         | k  |      | 0     |   |              |      |             |          |     |     |         |       |      |
| Accounting sessions  | g for practi  | ce     | 8               | -13            | 2     | 0        | 1      | 15         | k         | k  |      |       |   |              |      | 0           |          |     |     |         |       |      |
| Exam   |               |        | 1               | -23            | 5     | 0        | 2      | 40         | 4         | k  |      |       |   | Ħ            |      |             |          |     |     |         |       | 0    |
| Accounting sessions  | g for practi  | ce     | 1:              | 5-19           | 4     | 8        | 1      | 10         |           | T  |      | *     |   |              |      |             |          | 0   |     |         |       |      |
| Test   |               |        | 8               | -23            | 4     | 0        | 10     |            |           |  |      | *     |   | $\square$    |      |             |          |     | 0   |         |       |      |
| Accounting for practice sessions                                     |               |        | 19              | 9-22           | 4     | 0        | 1      | 15         |           |  |      |       |   |              |      |             | *        |     |     | 0       |       |      |
| Total: -   |               |        |                 |                | 20    | 08       | 1      | 00         |           |  |      |       |   |              |      |             |          |     |     |         |       |      |