



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

| | | | | | | | | | | | |
|-------------|-------------------|-----|--------|-------------|------------------|------|----|----|--------------|--|--|
| Module Code | B | 710 | B | 047 | Accredited until | 2014 | 06 | 30 | Renewal date | | |
| | Branch of Science | | Progr. | Registr. №. | | | | | | | |

Entitlement

Clinical examination in Physiotherapy

Prerequisites

Anatomy, Physiology

Course (module) Learning Outcomes

| №. | Learning Outcomes | Teaching / Learning Methods | Assessment Methods |
|----|--|---|--|
| 1 | Find a scientific evidence for the clinical examination methods and understand advantages and disadvantages of of clinical examination methods. | Case analysis (Case study), Formal lecture, Literature analysis | Case analysis (study) |
| 2 | Recognize and name the wrong done testing techniques, analyze, criticize the patient testing methods and propose more effective methods and means for examination of the patient. | Discussion, Group work, Practical exercises (tasks) | Reporting for practice work, Test |
| 3 | Effectively plan patient examination, choosing a reliable, sensitive, specific and available testing methods | Case analysis (Case study) | Case analysis (study), Report |
| 4 | Use anatomical knowledge and clinical reasoning algorithms to formulate clinical hypotheses, to plan and execute examination of the patient. | Case analysis (Case study), Formal lecture, Group work, Practical exercises (tasks) | Case analysis (study), Report, Reporting for practice work |
| 5 | Examine muscles, ligaments and tendons, assess the range of motion, muscle function, pain, and functional mobility using palpation techniques, goniometry, manual muscle testing, assessment of pain and functional tests. | Formal lecture, Group work, Literature analysis, Practical exercises (tasks) | Report, Reporting for practice work, Test |
| 6 | Analyse and critically interpret patient's history, interviews, results of evaluation of pain, observation, palpation, active and passive movements, ROM, end-feel as well as muscle function. | Case analysis (Case study), Formal lecture, Practical exercises (tasks) | Case analysis (study), Examination, Report |
| 7 | Establish the physiotherapy demand, formulate PT diagnosis, prognosis, short and long term goals, intervention based on subjective and objective examination and critical interpretation. | Case analysis (Case study), Formal lecture | Case analysis (study) |
| 8 | Establish a connection with the patient and rehabilitation team members, explain examination process and methods to the patient, introduce examination results, prognosis and PT plan to team members | Group work, Practical exercises (tasks), Simulation of real-life (world) situations | Reporting for practice work |

Main aim

The aim is to develop ability critically evaluate patient examination methods based on the fundamental and applied scientific evidence as well as proven practice; to plan the examination; apply palpation techniques, goniometry, manual muscle testing, pain evaluation, functional tests; understand the principles of interpretation 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 (under the regulation of the area) |
|--------------------|----------|--|
| Cycle | Type | |
| First | Bachelor | Specialaus lavinimo |

Group under financial classification

Syllabus

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

| №. | Sections and themes | Responsible lecturer |
|-----|---|---------------------------------|
| 22. | MMT of muscles of lower extremity. | 670 doc. dr. Vilma Juodžbaliėnė |
| 23. | Specificity and sensitivity of the tests. Interrater and intrarater reliability of MMT. | 670 doc. dr. Vilma Juodžbaliėnė |

Evaluation procedure of knowledge and abilities:

References

| №. | Title | Edition in LSU library | | In LSU bookstore | Number of ex. in the methodical cabinet of the depart. |
|----|---|------------------------|---------------------|------------------|--|
| | | Pressmark | Number of exemplars | | |
| 1. | Cynthia Norkin, Joyce D. White (2009). Measurement of Joint Motion: A Guide to Goniometry (4th edition). F. A. Davis Company Philadelphia | | | No | |
| 2. | Helen Hislop, Jacqueline Montgomery (2007). Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination. Saunders Elsevier | | | No | |
| 3. | Closs, S.J. et al. (2004). A Comparison of Five Pain Assessment Scales for Nursing Home Residents with Varying Degrees of Cognitive Impairment. Journal of Pain and Symptom Management. Vol. 27 No. 3 | | | No | |
| 4. | Edwards, I. et al. (2013). Clinical Reasoning Strategies in Physical Therapy. PHYS THER. 2004; 84:312-330. | | | No | |
| 5. | VIHA EOL Symptom Guidelines. PRINCIPLES OF PAIN ASSESSMENT | | | No | |

Additional literature

| №. | Title |
|----|--------------------|
| 1. | Anatomijos atlasas |

Coordinating lecturer

| Position | Degree, surname, name | Schedule №. |
|---------------------|-------------------------------------|-------------|
| Associate Professor | Assoc. Prof. Dr. Vilma Juodžbaliėnė | 670 |

Subdivision

| Entitlement | Code |
|-------------|------|
| a | 2006 |

Study module teaching form №. 1

| Semester | Mode of studies | Structure | | | | Total hours | Credits | |
|----------|-----------------|-----------|--------|------|-----------|-------------|---------|----|
| | | Lectures | Pract. | Lab. | Ind. work | | | |
| A | S | D | 12 | 40 | 0 | 208 | 260 | 10 |

Languages of instruction:

| | | | | | | | | | | | |
|------------|---|---------|---|---------|---|--------|---|--------|---|-------|------|
| Lithuanian | L | English | E | Russian | R | French | F | German | G | Other | Oth. |
|------------|---|---------|---|---------|---|--------|---|--------|---|-------|------|

Plan of in-class hours

| №. of Themes | Academic hours | | | №. of Themes | Academic hours | | |
|--------------|----------------|---|---|--------------|----------------|---|---|
| | Lectures | P | L | | Lectures | P | L |
| 1. | 2 | 0 | 0 | 13. | 0 | 3 | 0 |
| 2. | 2 | 0 | 0 | 14. | 1 | 0 | 0 |
| 3. | 1 | 0 | 0 | 15. | 1 | 1 | 0 |
| 4. | 0 | 2 | 0 | 16. | 0 | 3 | 0 |
| 5. | 1 | 2 | 0 | 17. | 0 | 3 | 0 |

