



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	130	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Basics of Physiotherapy II

Prerequisites

Anatomy, physiology.

Main aim

To introduce students to clinical thinking, research methods. To teach palpation, goniometry, manual muscle testing.

Provided knowledge and abilities

To be able to find and understand the modern scientific ideas that arise from fundamental and applied science and practice. To be able to adapt to new situations and make responsible and informed decisions, using acquired information and skills. To be able to creatively and continually learn from the modern fundamental and applied scientific achievements and creative use of professional activities. To be able to manage their time, information, creative thinking by acting as a leader. To be able to apply scientific achievements in planning, organizing and carrying out activities.

Summary

Clinical reasoning. Examination and assessment of the patient. Basics of functional research. Palpation. Palpation of anatomical structures of the body. Goniometry. Measurement and assessment of all joint amplitudes. Manual muscle testing. Determination and evaluation of the strength of the main muscle groups.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	
		Bendrojo universitetinio lavinimo

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Physical factors and their use in physiotherapy.	
2.	The basics of functional research in physiotherapy. Subjective and objective patient examination	
3.	Use of subjective and objective patient examination methods in clinical practice and research	
4.	Somatoscopy and antropometry	
5.	Pain, its evaluation and classification.	
6.	Aging and physiotherapy	
7.	Clinical reasoning, examination and planing and prognosis in Physiotherapy.	
8.	Cyriax Methodology.	
9.	Functional tests in Physiotherapy	
10.	Surface anatomy. Palpation and its techniques.	
11.	Goniometry	
12.	Manual muscle testing.	
13.	mobility, mobilization.Passive and active techniques.	
14.	Infection control (hand hygiene, direct contact infections, hospital-based infections, sterilization, disinfection).	
15.	Course evaluation. Feedback.	

№.	Sections and themes	Responsible lecturer
16.	Anatomy of the anterior, posterior, lateral and medial surfaces of the neck and torso. Palpation of bones, muscles, ligaments, tendons, blood vessels.	
17.	Anatomy of the anterior and posterior surfaces of the shoulders. Palpation of bone and muscle structures, tendons.	
18.	Anatomy of the anterior and posterior surface of the upper limb. Palpation of bones, muscles, ligaments, tendons, blood vessels and nerves.	
19.	Anatomy of the anterior, posterior, lateral and medial surfaces of the pelvis, hip and thigh. Palpation of bones, muscles, ligaments, tendons, blood vessels and nerves.	
20.	Anatomy of the anterior, posterior, lateral and medial surfaces of the lower limb. Palpation of bones, muscles, ligaments, tendons, blood vessels and nerves.	
21.	Goniometry. Joint end feel types. Examination and evaluation.	
22.	Examination and evaluation of the amplitudes of the neck, torso, upper limb movements.	
23.	Investigation and evaluation of lower limb motion amplitudes.	
24.	MMT: Neck and trunk.	
25.	MMT: shoulder and upper limb.	
26.	MMT: lower limb.	

Teaching/learning methods:

Lectures, seminars, practical classes, case studies, group and individual tasks of different extent, discussions

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Stropus, R., Tamašauskas, K.A., Paužienė, N. (2005). Žmogaus anatomija. Vitae Litera, Kaunas, p. 512.	611 Ta75	80	Yes	
2.	Neumann, D. A. (2013). Kinesiology of the musculoskeletal system: foundations for rehabilitation. Elsevier Health Sciences.			No	1
3.	Dreeben-Irimia, O. (2013). Physical therapy clinical handbook for PTAs. Jones & Bartlett Publishers. 2nd edition.			No	1
4.	O'Sullivan, S. B., Schmitz, T. J., & Fulk, G. (2013). Physical rehabilitation. FA Davis.			No	1
5.	Kendall, F. P., McCreary, E. K., Provance, P. G., Rodgers, M. M., & Romani, W. A. (2005). Muscles: Testing and Function, with Posture and Pain (Kendall, Muscles). Philadelphia: Lippincott Williams & Wilkins.			No	1
6.	Muscolino, J. E. (2013). Know the Body: Muscle, Bone, and Palpation Essentials-E-Book. Elsevier Health Sciences.			No	1
7.	Reese, N. B., & Bandy, W. D. (2016). Joint Range of Motion and Muscle Length Testing-E-Book. Elsevier Health Sciences.			No	1
8.	Muntianaitė, Inga (2018). Pečių lanko kineziologija ir kineziterapija : mokomoji knyga	615.825 Mu59	1	Yes	1

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
9.	Lenčiauskienė, Daiva. Sąnarių paslankumą ir raumenų jėgą lavinamosios metodikos : metodinė knyga 2017	616.7 Le201	6	Yes	
10.	Šakalienė, Rasa Išsėtinė sklerozė ir kineziterapija : studijų knyga 2014	615.825 Ša38	8	Yes	1
11.	Klubo sąnario artrozė ir endoprotezavimas. Kineziologija ir kineziterapija : mokomoji knyga, 2014	616.7 K1-168	12	Yes	1
12.	Norkin, C. C., & White, D. J. (2016). Measurement of joint motion: a guide to goniometry. FA Davis.			No	1

Additional literature

№.	Title
1.	Abu Bakar, Y. I., Hassan, A., Yusoff, M. S. B., Kasim, F., Abdul Manan@ Sulong, H., & Hadie, S. N. H. (2022). A scoping review of effective teaching strategies in surface anatomy. <i>Anatomical sciences education</i> , 15(1), 166-177.
2.	Horler, C., Hebron, C., & Martyn, K. (2022). Personalizing education: The clinical reasoning processes of physiotherapists using education for the treatment of people with chronic low back pain. <i>Physiotherapy Theory and Practice</i> , 38(3), 412-421.
3.	Perner, S., & Danielsson, L. (2021). Exploring clinical reasoning in Austrian mental health physiotherapy: the physiotherapist's perspective. <i>Physiotherapy Theory and Practice</i> , 1-14.
4.	Abrandt Dahlgren, M., Valeskog, K., Johansson, K., & Edelbring, S. (2021). Understanding clinical reasoning: A phenomenographic study with entry-level physiotherapy students. <i>Physiotherapy Theory and Practice</i> , 1-10.
5.	Molloy, E., Saunders, P., & Koo, A. (2022). Effects of rotation errors on goniometric measurements. <i>Metrologia</i> , 59(2), 025002.
6.	Fan, J., Gu, F., Lv, L., Zhang, Z., Zhu, C., Qi, J., ... & Zhu, Q. (2022). Reliability of a human pose tracking algorithm for measuring upper limb joints: comparison with photography-based goniometry. <i>BMC Musculoskeletal Disorders</i> , 23(1), 1-10.
7.	Uysal, Ö., Demirci, S., Kara, D., Yıldız, T. İ., Sevinç, C., Eraslan, L. S., ... & Düzgün, İ. (2022). Tender point examination with palpation in different shoulder pathologies: A retrospective study. <i>Journal of Orthopaedic Science</i> , 27(2), 366-371.
8.	Davidson, M. J., Nielsen, P. M., Taberner, A. J., & Kruger, J. A. (2020). Is it time to rethink using digital palpation for assessment of muscle stiffness?. <i>Neurourology and urodynamics</i> , 39(1), 279-285.
9.	Oliveira, D. G., Oliveira, G. M., & Kirkwood, R. N. (2022). Clinimetric Properties of the Applied Kinesiology Manual Muscle Test in Adults With and Without Pain: A Methodological Study. <i>Journal of Chiropractic Medicine</i> .
10.	Roman, N. A., Miclaus, R. S., Nicolau, C., & Sechel, G. (2022). Customized Manual Muscle Testing for Post-Stroke Upper Extremity Assessment. <i>Brain Sciences</i> , 12(4), 457.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor		43

Subdivision

Entitlement	Code
Department of Health Promotion and Rehabilitation	2006

Study module teaching form №. 1

Semester	Mode of studies	Structure	Credits
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