

**CLASS CARD** Clinical basics of physiotherapy in orthopedics, traumatology and sports medicine

Basic classes	Code in the study plan	ECTS
Nazwa zajęć	FV-62	2

Education profile	Practical
Faculty and field of study	Rehabilitation
Studies program in which the subject is realized	Physiotherapy
Professor's name	Aleksandra Truszczyńska-Baszak
Level of studies (eg. bachelor, master)	5 year linear master study
Study year and semester	4/ VII
Language	English
Method of realization (stationary/ distance learning)	Stationary
Lectures/classes hours	30
Form of passing classes	Practical
Type of subject (obligatory/ facultative)	Obligatory
Prerequisites	knowledge of: functional anatomy, kinesiotherapy, kinesiology, clinical biomechanics, pathomechanics

**DETAILED INFORMATION****Course aims and objectives**

A1	Familiarize students with the role of clinical examination in physiotherapy in orthopedics
A2	Preparing the student for examination, selection of therapeutic agents and performing procedures in the field of physiotherapy in orthopedics
A3	To familiarize the student with the treatment of selected injuries in the field of orthopedics

**LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES**

Learning outcome	Subject's learning outcomes
<b>KNOWLEDGE</b>	
<b>O.W.10</b>	1. Understands the cause and effect relationships of pathological processes

	2. Can plan the therapeutic procedure depending on the type of injury or dysfunction
<b>SKILLS</b>	
<b>O.U1,3 4,5, D.U1,46</b>	1. Can perform an examination of the patient for the needs of physiotherapy, taking into account the specificity and type of injury 2. Can verify the effects of his work in the field of therapeutic activities
<b>SOCIAL COMPETENCES</b>	
<b>OK.06,7,9</b>	1. Can combine knowledge from various scientific disciplines 2. Can look at the patient holistically, taking into account various aspects of the development and treatment of dysfunctions 3. Follows scientific reports on the use and treatment effects of various physiotherapeutic methods in orthopedics, traumatology and sports medicine

## SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

<b>FORM OF CLASSES – LECTURE - subject</b>		<b>Reference to subject-specific learning outcomes</b>
<b>1-2</b>	Imaging diagnostics methods in orthopedics, traumatology and sports medicine	O.W1/1,2,3 O.W10/1,2,3,4
<b>3-4 5-6</b>	Overload and degenerative disease of peripheral joints - methods of treatment (including hip, knee arthroplasty) with particular emphasis on physiotherapy.	O.W1/1,2,3 O.W10/1,2,3,4 D.W1/1,2,3,4 DW2/1234 O.U3/1,2,3,4,5,6,7,8 O.U4/5,6 O.U5/7
<b>7-8 9-10 11-12 13-14</b>	Overload-degenerative disease of the spine - methods of treatment in particular types of damage (including: - cervical disc disease - lumbar disc disease - lumbar stenosis, - instability, - spondylolisthesis with particular emphasis on physiotherapy.	D.U1/4,5,6 D.U4/1/2,3,4,5,6 D.U6/1,2,3,4,5,6 O.K61,2,3 O.K71,2,3,4,5 O.K91,2
<b>FORM OF CLASSES – CLASSES – subject</b>		<b>Reference to subject-specific learning outcomes</b>
<b>15-16 17-18</b>	Patients examination with overload and degenerative disease of peripheral joints - methods of treatment (including hip, knee arthroplasty) with particular emphasis on physiotherapy.	

<b>19-20</b> <b>21-22</b> <b>23-24</b> <b>25-26</b> <b>27-28</b>	Examination of patients with overload-degenerative disease of the spine - methods of treatment in particular types of damage (including: - cervical disc disease - lumbar disc disease - lumbar stenosis, - instability, - spondylolisthesis with particular emphasis on physiotherapy	O.W1/1,2,3 O.W10/1,2,3,4 D.W1/1,2,3,4
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## PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
<b>1-14</b>	<b>lectures</b>
<b>15-28</b>	<b>Discussion, Practical activities, Conducting part of the classes by the students</b>
<b>Teaching resources: physiotherapy equipment, PP presentation, endoprosthesis presentation</b>	

## METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
<b>1-28</b>	<b>Attendance at classes</b>
<b>29-30</b>	<b>Written theoretical and practical exam</b>

## CONDITIONS FOR PASSING CLASSES:

Attendance, written exam with patients case presentation

## SAMPLE ASSESSMENT/EXAMINATION TOPICS

Examine clinical case of patients with acute cervical disc disease and plan physiotherapy

Examine clinical case of patients with lumbar spinal stenosis and plan physiotherapy

## ENGLISH BIBLIOGRAPHY

<b>Basic</b>	McKenzie R: 1. Treat your own back 2. Treat your own neck 3. Treat your own knee 4. Treat your own hip
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<b>Additional</b>	
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## SELF STUDY

<b>Full-time studies</b>		<b>Type of activity</b>
<b>Number of hours to complete the activity</b>	<b>ECTS</b>	
<b>30</b>	<b>1</b>	Active presence at the classes
<b>4</b>		Preparing for a practical test, familiarize with the bibliography

**Number of ECTS points that a student obtains in classes developing practical skills: 2**

<b>Author of the class card:</b>	<b>Name, surname and email</b>
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