

Subject: Special Methods in Physiotherapy

GENERAL INFORMATION

Organization unit	Faculty of: Rehabilitation Chair of: Physiotherapy Fundamentals Chairman: Katarzyna Kaczmarczyk PHD, associate Professor
Course name	SPECIAL METHODS IN PHYSIOTHERAPY
Subject code	FV-56
Teaching language	English
Type of subject (obligatory/ facultative)	Facultative
Level of studies (eg. bachelor, master)	Both levels are eligible
Study year	II+
Semester	3+
ECTS points	1
Professor	Karol Jaskulski MSc PT / karol.jaskulski@awf.edu.pl
Studies program in which the subject is realized	Physiotherapy
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Students must have basic understanding of human anatomy and physiology for the purpose of understanding tissue healing. Some previous experience with manual therapy may be an additional gain for students.

DETAILED INFORMATION

Course aims and objectives

1. Review of human anatomy and physiology in relation to tissue healing
2. Overview of therapeutic effects and modalities on tissue healing (heat, electrotherapy, pressure, friction)
3. Familiarize students with different approaches to the same ailments

4. Acquiring knowledge of critical thinking in choosing methods and discussions among professionals.

Main topics

No	Topic
Lectures/classes	
1.	Course introduction and overview. Review of information on therapeutic effect and tissue healing. Overview of M.E.A.T. vs P.R.I.C.E. protocols. What is the difference between EBM and non-EBM treatment?
2.	Introduction into fascial work and concepts. Anatomy Trains method, overview and introduction
3.	Fascial and myofascial work. Stecco Fascial Manipulation method, overview and introduction
4.	Fascial and myofascial work. Fascial Distortion Model (FDM) introduction and overview
5.	IASTM – Instrumentally assisted soft tissue manipulation introduction and overview
6.	FRSC/Pinothrapy basic introduction and concepts
7.	Final test and course overview
8.	
9.	
10.	

CONDITIONS FOR PASSING CLASSES:

1. Active presence during classes
2. Pre-class reading in preparation
3. Participation in oxford debate



1 ECTS point =15..... hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	15
2. Students' preparations of the presentations	5
3. Self study as preparation to the written exam	5
4. Self study as reading text prepared by the teacher	5
Total = 30 hours- ECTS points1.....	

Author of the class card:	Name, surname and email
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