

## Course description form

Teacher name: morjan Hassan alsobh

Knowledge of all types of nerve and muscle injuries and differential diagnosis of pathological conditions  
Applying therapeutic exercises to patients according to the needs of each patient  
Rehabilitating patients to return to normal life-

-Educational institution1	-Al-Zahraa Private University for women
2-Scientific department/center	College of Health and Medical Technologies – Department of Physiotherapy
-Course name/code3	orthopedic devices
-Available attendance forms4	Official studying hours
4-Semester/year	Third stage/second course
-Number of study hours (total)5	60hours
6-Date this description was prepared	2025/3/15
Course objectives	
Course Objectives .1 General: Types of Disability How to Rehabilitate Amputees Understanding Types of Prosthetic Limbs and Their Uses	
.2Special: Learn how to use supports according to the patient's medical condition and the relationship between the use of the support and physical therapy. Fully familiar with the stages of manufacturing the support and how the patient uses	

it.  
Rehabilitation of the disabled.

#### 10-Course outcomes and teaching, learning and evaluation methods

##### A- Cognitive Objectives

Acquire scientific knowledge in dealing with patients after amputations of all types, both upper and lower limbs, and learn about the materials used in manufacturing supports and how to use them.

##### B - Course-specific skill objectives.

For practical training in dealing with patients.

Developing and implementing a rehabilitation program specific to each case.

##### C-Teaching and learning methods

Continuous daily tests

Exercises and activities in the classroom

Guiding students to the best websites and relevant scientific references

Practical training in hospitals

##### Evaluation methods

Participation in the classroom

Evaluation activities and application of clinical tests

##### C- Emotional and value goals

Developing the student's ability to work by completing assignments and submitting them on time

Developing the student's ability to dialogue, research and discuss

Developing the student's ability to develop an appropriate program for different medical conditions

##### Teaching and learning methods

Conducting the lecture theoretically with the application of clinical and practical tests

Conducting some daily tests and assigning students to weekly research sessions

Allocate a percentage of the grade to daily assignments and tests

### Evaluation methods

Evaluating students' active participation during the lesson

Commitment to the lecture date and not being absent

Commitment to submitting assignments and research

Semester and final exams express the extent of commitment and academic achievement

### 11-structureofthecourse/syllabus

The week	Hours	Required learning outcomes	Name of the unit/topic	Teaching method	Evaluation method
1 <sup>st</sup>	4		Introduction to orthotics (Basic Terminology , Historical Background, Factors in Prescription Orthotics, Nomenclature of Orthotic	Theoretical +practical	Quiz+Discussion
2 <sup>nd</sup>	4		Introduction to orthotics (Biomechanical Principles, Materials Used in Orthotics Manufacturing, Methods of Construction .(	Theoretical +practical	Quiz+Discussion
3 <sup>rd</sup>	4		Foot orthopedics	Theoretical +practical	Quiz+Discussion

<b>4<sup>th</sup></b>	4		Ankle foot orthoses (Plastic Ankle Foot Orthoses, Lather Metal Ankle Foot Orthoses ‘  Composite Material	Theoretical +practical	Quiz+Discu ssion
<b>5<sup>th</sup></b>	4		Knee ankle foot orthoses and knee orthoses (Plastic Metal Knee Ankle Foot Orthoses ‘  Knee Immobilizer, Supra- Condylar Knee Ankle Foot Orthoses‘	Theoretical +practical	Quiz+Discu ssion
<b>6<sup>th</sup></b>	6		Knee ankle foot orthoses and knee orthoses (Lather Metal Knee Ankle Foot Orthoses ‘  Knee Orthoses ‘	Theoretical +practical	Quiz+Discu ssion
<b>7<sup>th</sup></b>	4		Othoses for hip	Theoretical +practical	Quiz+Discu ssion
<b>8<sup>th</sup></b>	4		Orthoses for paraplegia and hip disorder (Orthoses Designed for Ambulation, Functional  Electrical Stimulation	Theoretical +practical	Quiz+Discu ssion

<b>9<sup>th</sup></b>	4		Trunk and cervical orthoses (Trunk Orthoses, Trunk Orthoses Evaluation, Scoliosis and Kyphosis Orthoses(	Theoretical +practical	Quiz+Discussion
<b>10<sup>th</sup></b>	4		Trunk and cervical orthoses(Scoliosis And Kyphosis Orthoses Evaluation, Cervical Orthoses ,Cervical Orthoses Evaluation, Guideline For Prescription .(	Theoretical +practical	Quiz+Discussion
<b>11<sup>th</sup></b>	4		Upper limb orthoses	Theoretical +practical	Quiz+Discussion
<b>12<sup>th</sup></b>	4		Upper limb orthoses (Shoulder Orthoses, Fabrication Option, Upper limb Orthoses ‘ Evaluation	Theoretical +practical	Quiz+Discussion
<b>13<sup>th</sup></b>	4		Orthoses for burn	Theoretical +practical	Quiz+Discussion
<b>14<sup>th</sup></b>	4		Orthoses for burn and another soft tissue disorders	Theoretical +practical	Quiz+Discussion
<b>15<sup>th</sup></b>	4		General Revision	Theoretical +practical	Review/

Infrastructure

-1-Required prescribed books	Various sources
<p>2-Main references (sources)</p> <p>1.Orthotics and Prosthetics in Rehabilitation,2nd Edition by Michelle M. Lusardi PhD</p> <p>2.Orthotics and Prosthetics in Rehabilitation,2nd Edition by Michelle M. Lusardi PhD</p> <p>3.Prosthetics &amp; Orthotics in Clinical Practice, Bella J. May, Margery A. Lockard</p> <p>4.Lower-Limb Prosthetics and Orthotics: Clinical Concepts ‘Joan Edelstein, MA, PT, FISPO ‘</p> <p>5.Orthotic Intervention for the Hand and Upper Extremity :Splinting Principles and Process</p> <p>By) author) Marylynn A. Jacobs , By (author) Noelle M. Austin</p>	<p>Orthotics Kindle Edition by AK Agarwal (Author), 1st edition</p>
3-Recommended books and references (scientific journals, reports,...)	Open
4-Electronic references, Internet sites	Open

<p><u>Course development plan</u></p>
<p>Developing academic content with the ability to delete  ‘replace, and add, and access to the latest international references  Using modern methods to suit the subject and students in some lectures  Using modern evaluation methods  Focus on clinical and field training in hospitals and medical centers  Supporting communication methods between female students and the rest of the medical staff members supervising the patient’s treatment</p>

## Course description form

Teacher name: morjan Hassan alsobh

Knowledge of all types of nerve and muscle injuries and differential diagnosis of pathological conditions  
Applying therapeutic exercises to patients according to the needs of each patient  
Rehabilitating patients to return to normal life-

-Educational institution1	-Al-Zahraa Private University for women
2-Scientific department/center	College of Health and Medical Technologies – Department of Physiotherapy
-Course name/code3	Prothesis

-Available attendance forms <sup>4</sup>	Official studying hours
4-Semester/year	Third stage/first course
-Number of study hours (total) <sup>5</sup>	60hours
6-Date this description was prepared	2025/3/15

#### Course objectives

##### Course Objectives

###### .1 General:

Types of Disability

How to Rehabilitate Amputees

Understanding Types of Prosthetic Limbs and Their Uses

###### .2 Specializations:

Learn about the types of amputations, their causes and complications, and how to rehabilitate the remaining amputation and make it suitable for use.

.2 Understand the errors that occur when using prosthetic limbs and how to treat them.

.3 Gain a thorough understanding of the stages of prosthetic limb manufacturing and how the patient uses it.

.4 Train amputees to use and walk with a prosthetic limb.

#### 10-Course outcomes and teaching, learning and evaluation methods

##### A- Cognitive Objectives

Acquire scientific knowledge in dealing with patients after amputations of all types, both upper and lower limbs, and assist the patient in returning to normal life as much as possible.

##### –The skills objectives of the course–

Practical training on dealing with patients with neuromuscular injuries

Practical training to teach patients correct movement exercises



Ability to apply manual manipulation to all joints of the body
<u>C-Teaching and learning methods</u>  Continuous daily tests Exercises and activities in the classroom Guiding students to the best websites and relevant scientific references Practical training in hospitals
<u>Evaluation methods</u>  Participation in the classroom Evaluation activities and application of clinical tests
<u>C- Emotional and value goals</u> Developing the student's ability to work by completing assignments and submitting them on time Developing the student's ability to dialogue, research and discuss Developing the student's ability to develop an appropriate program for different medical conditions
<u>Teaching and learning methods</u> Conducting the lecture theoretically with the application of clinical and practical tests Conducting some daily tests and assigning students to weekly research sessions Allocate a percentage of the grade to daily assignments and tests
<u>Evaluation methods</u>  Evaluating students' active participation during the lesson Commitment to the lecture date and not being absent Commitment to submitting assignments and research Semester and final exams express the extent of commitment and academic achievement

### 11-structureofthecourse/syllabus

The week	Hours	Required learning outcomes	Name of the unit/topic	Teaching method	Evaluation method
1 <sup>st</sup>	4		Introduction, Rehabilitation, the handicap ‘concept, taking care, psychological effect of the handicap	Theoretical + practical	Quiz + Discussion
2 <sup>nd</sup>	4		Psychological effect of the handicap, the amputee ‘causes of amputation, level of amputation in the lower limb	Theoretical + practical	Quiz + Discussion
3 <sup>rd</sup>	4		Training program for amputees	Theoretical + practical	Quiz + Discussion
4 <sup>th</sup>	4		Importance of stump, muscular exercise, nursing during prosthesis ‘temporary prosthesis & management	Theoretical + practical	Quiz + Discussion
5 <sup>th</sup>	4		Normal gait & its analysis, gait deviation & its treatment	Theoretical + practical	Quiz + Discussion

<b>6<sup>th</sup></b>	<b>6</b>		Early management (Clinic Team Approach to Rehabilitation, Amputation Surgery :  Osteomyoplastic Reconstructive Technique	Theoretical +practical	Quiz+Discu ssion
<b>7<sup>th</sup></b>	<b>4</b>		Early management (Pain Management, Skin Disorders and Their Management ‘  Psychological Consequences of Amputation	Theoretical +practical	Quiz+Discu ssion
<b>8<sup>th</sup></b>	<b>4</b>		Rehabilitation of adults with lower limb amputation (Partial Foot and Syme's  Amputations and Prosthetic Design	Theoretical +practical	Quiz+Discu ssion
<b>9<sup>th</sup></b>	<b>4</b>		Rehabilitation of adults with lower limb amputation (Trans tibial Prosthetic  Designs(	Theoretical +practical	Quiz+Discu ssion
<b>10<sup>th</sup></b>	<b>4</b>		Rehabilitation of adults with lower limb amputation (Transfemoral Prosthetic  Designs	Theoretical +practical	Quiz+Discu ssion

<b>11<sup>th</sup></b>	4		Rehabilitation of adults with lower limb amputation (Hip Disarticulations and  Trans pelvic Prosthetic Designs, Basic Lower-Limb Prosthetic Training	Theoretical +practical	Quiz+Discussion
<b>12<sup>th</sup></b>	4		Rehabilitation of adults with upper limb amputation (Body-Powered Upper-Limb  Prosthetic Designs(	Theoretical +practical	Quiz+Discussion
<b>13<sup>th</sup></b>	4		Rehabilitation of adults with upper limb amputation (Upper-Limb Externally  Powered Prosthetic Designs(	Theoretical +practical	Quiz+Discussion
<b>14<sup>th</sup></b>	4		Rehabilitation of adults with upper limb amputation (Training Patients with  Upper-Limb Amputations .(	Theoretical +practical	Quiz+Discussion
<b>15<sup>th</sup></b>	4		General Revision	Theoretical +practical	Review/

Infrastructure	
-1-Required prescribed books	Various sources

<b>1.2-Main references (sources)</b> <b>(Author), 1st edition</b> <b>.2Orthotics and Prosthetics in Rehabilitation,2nd Edition by Michelle M. Lusardi PhD</b> <b>PT (Author), Caroline C. Nielsen PhD (Author.(</b> <b>.3Prosthetics &amp; Orthotics in Clinical Practice, Bella J. May, Margery A. Lockard</b> <b>.4Lower-Limb Prosthetics and Orthotics: Clinical Concepts, Joan Edelstein, MA, PT, FISPO ,</b> <b>CPed ; Alex Moroz, MD, FACP,2011</b> <b>.5Orthotic Intervention for the Hand and Upper Extremity: Splinting Principles and Process</b> <b>By (author) Marylynn A. Jacobs , By (author (Noelle M. Austin</b>	<b>Orthotics Kindle Edition by AK Agarwal</b>
3-Recommended books and references (scientific journals, reports,...)	Open
4-Electronic references, Internet sites	Open

### Course development plan

Developing academic content with the ability to delete  
 ‘replace, and add, and access to the latest international references  
 Using modern methods to suit the subject and students in some lectures  
 Using modern evaluation methods  
 Focus on clinical and field training in hospitals and medical centers  
 Supporting communication methods between female students and the rest of the  
 medical staff members supervising the patient’s treatment

## Course description form

Teacher name: Raghad Ahmad

This description provides a summary of the most important course characteristics and the learning outcomes that the student is required to achieve-

-Educational institution <sup>1</sup>	-Al-Zahraa Private University for women
2-Scientific department/center	College of Health and Medical Technologies – Department of Physiotherapy
-Course name/code <sup>3</sup>	<b>Medical Statistics and Methodology</b>
-Available attendance forms <sup>4</sup>	Official studying hours
4-Semester/year	<b>Medical Statistics/ first course Methodology/second course</b>
-Number of study hours (total) <sup>5</sup>	30hours
6-Date this description was prepared	2025/3/15
Course objectives	
Course objectives To learn about research methods and the basics of statistical analysis	
2. Special: Identify the meaning of scientific research and the different types and methods of research Learn about the sampling method and measurement technique Providing the student with the basic concepts of statistical analyses Choosing appropriate statistical questions to address questions of medical	

importance

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## 10-Course outcomes and teaching, learning and evaluation methods

### A- Cognitive objectives

Learn how to deal with statistical samples and be able to analyze them to reach a result that can be applied to scientific research

### B - The skills objectives of the course.

Skills of knowledge and remembering-

-The ability to think about solving a specific problem-

Writing scientific reports-

- - Analytical skills

### C-Teaching and learning methods

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A collection of printed lectures where scientific material is discussed and important notes are made

Additional clarifications

### Evaluation methods

- Participation in the classroom

Evaluating activities within scientific laboratories

-Emotional and value goalsC-

Developing the student's ability to work by completing assignments and submitting them on time

Developing the student's ability to dialogue, research and discuss

-

<u>Teaching and learning methods</u> <u>nConducting the lecture theoretically with the applicatio</u> <u>Conducting some daily tests and assigning students to weekly research sessions</u> -
<u>Evaluation methods</u> Evaluating students' active participation during the lesson -Commitment to the lecture date and not being absent - Commitment to submitting assignments and research Semester and final exams express the extent of commitment and academic achievement

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Medical Statistics



المفردات النظرية والعملية	
تفاصيل المفردات	الاسبوع
Introduction: Meaning, definition, characteristics of statistics. Importance of the study of statistics, Branches of statistics, Statistics and health science , Parameters and Estimates, Variables and their types, Measurement scales.	الاول
Tabulation of Data: Basic principles of graphical representation, Types of diagrams – histograms, frequency polygons, smooth frequency polygon, cumulative frequency curve, Normal probability curve.	الثاني
the Same lecture as the last week	الثالث
Measures of Central Tendency: Need for measures of central Tendency, Definition and calculation of Mean – ungrouped and grouped, interpretation and calculation of Median- ungrouped and grouped, Meaning and calculation of Mode, Geometric mean & Harmonic mean, Guidelines for the use of various measures of central tendency	الرابع
the Same lecture as the last week	الخامس
Measures of Dispersion: Range, mean deviation, standard deviation & variance	السادس
Probability and Standard Distributions: Meaning of probability of standard distribution, the binomial distribution, the normal distribution, Divergence from normality – skewness, kurtosis.	السابع
the Same lecture as the last week	الثامن
Correlation & regression: Significance, correlation coefficient, linear regression and Regression equation.	التاسع
Testing of Hypotheses , Level of significance, Degrees of freedom	العاشر
Chi-square test, test of Goodness of fit & student t-test.	الحادي عشر
Analysis of variance & covariance: Analysis of variance (ANOVA), what is ANOVA? Basic principle of ANOVA, ANOVA technique, Analysis of Co variance (ANACOVA)	الثاني عشر
Sampling: Definition, Types- simple, random, stratified, cluster and double sampling. Need for sampling - Criteria for good samples, Application of sampling in community, Procedures of sampling and sampling designs errors.	الثالث عشر
the Same lecture as the last week	الرابع عشر
General Revision	الخامس عشر

#### المصادر العلمية

1. Research Methodology: Methods and Techniques 3 Edition by C. R. Kothari
2. Comprehensive Textbook of Biostatistics And Research Methodology, DR.S. Kartikeyan , R.M. Chaturvedi , R.M.Bhosale, 1st Edition,2016
3. Research Methodology: The Aims, Practices and Ethics of Science by Peter Pruzan, 1st edition. 2016
4. Elements of Health Statistics: Rao.N.S.N
5. An introduction of Biostatistics: Sunder Rao.P.S.S.
6. Methods in Bio-Statistics 6th Edn. 1997: B.K. Mahajan
7. Biostatistics : A manual of Statistics Methods: K. Visweswara Rao
8. Elementary Statistics 1st Edn, 1990. in Medical Workers: Inderbir Singh
9. Statistics in Psychology and education: Great and Henry
10. An Introduction to Gupta C.B. Statistical Methods, 1972: Ram Prasad & Sons
11. Basic Statistics, 3rd Edn.: Simpsory G. Kaftha. P
12. Research; Principles and Methods:L Denise F. Poli & Hungler
13. Fundamentals of Research, 4th Edn.: David J. fox

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Methodology/second course

المفردات النظرية والعملية	
الاسبوع	تفاصيل المفردات
الاول	Introduction to Research methodology: Meaning of research, objectives of research, Motivation in research, Types of research & research approaches, Research methods vs methodology, Criteria for good research.
الثاني	Research problem: Statement of research problem., Statement of purpose and objectives of research problem, Necessity of defining the problem
الثالث	Research design: Meaning of research design, Need for research design, Features for good design, Different research designs, Basic principles of research design
الرابع	Sampling Design: Criteria for selecting sampling procedure, Implications for sample design, steps in sampling design, characteristics of good sample design, Different types of samples design
الخامس	the Same lecture as the last week
السادس	Measurement and scaling techniques: Measurement in research- Measurement scales, sources of error in measurement, Technique of developing measurement tools, Meaning of scaling, its classification., Important scaling techniques.
السابع	the Same lecture as the last week
الثامن	Methods of data collection: collection of primary data, collection data through questionnaires & Schedules, Difference between questionnaires & schedules.
التاسع	Sampling fundamentals, need for sampling & some fundamental definitions, Important sampling distributions
العاشر	Processing & analysis of data: Processing operations, problems in processing, Types of analysis, Statistics in research, Measures of central tendency, Dispersion, Asymmetry, relationship.
الحادي عشر	the Same lecture as the last week
الثاني عشر	Testing of hypothesis: What is hypothesis? Basic concepts concerning testing of hypothesis, Procedure of hypothesis testing, measuring the power of hypothesis test, Tests of hypothesis, limitations of the tests of hypothesis
الثالث عشر	the Same lecture as the last week
الرابع عشر	Computer technology: Introduction to Computers, computer application in research, computers & researcher.
الخامس عشر	General Revision

#### المصادر العلمية

1. Elements of Health Statistics: Rao.N.S.N
2. An introduction of Biostatistics: Sunder Rao.P.S.S.
3. Methods in Bio-Statistics 6th Edn. 1997: B.K. Mahajan
4. Biostatistics: A manual of Statistics Methods: K. Visweswara Rao
5. Elementary Statistics 1st Edn, 1990. in Medical Workers: Inderbir Singh
6. Statistics in Psychology and education: Great and Henry
7. An Introduction to Gupta C.B. Statistical Methods, 1972: Ram Prasad & Sons
8. Basic Statistics, 3rd Edn.: Simpsory G. Kaftha. P
9. Research; Principles and Methods:L Denise F. Poli & Hungler
10. Fundamentals of Research, 4th Edn.: David J. fox

## course description

This course description provides a succinct summary of the most important course characteristics and the learning outcomes, the students is expected to achieve Demonstrating whether they have made the most of the learning opportunities available for them. It must be linked to a description of the program

<b>1. Educational institution</b>	<b>Al- Zahra university</b>
<b>2. Scientific department/center</b>	<b>College of Health and Medical Technologies - Department of Physiotherapy</b>
<b>3. Course name/code</b>	<b>Surgical rehabilitation</b>
<b>4.attendance forms</b>	<b>Official presence</b>
<b>5.Semester/year</b>	<b>First and second semester /third stage</b>
<b>6.Number of study hours (weekly)</b>	<b>2hour for theory and 2 for practice</b>
<b>7.Date this description was prepared</b>	<b>2025/3/15</b>
<b>8- course goals</b> General: To provide the student with knowledge about the subjects of surgical rehabilitation, along with knowledge of the types and complications of surgical operations	

Specific:

- Knowing the surgical cases that require physical therapy and conducting an evaluation before starting treatment
- Preparing and implementing physical therapy programs for various surgical cases
- Learn how to follow up on patients' condition before, during and after surgical operations and monitor the progress in improvement of each disease
- Directing students to make seminars on cases in the curriculum and discuss them within practical training centers

9. Course outcomes and teaching, learning and evaluation method

A- Cognitive objectives

- Knowing the types and complications of surgical operations

B - The skills objectives of the course.

- Developing a rehabilitation program for the stages before, during and after surgical interventions
- The ability to understand the basic steps for the purpose of developing a surgical rehabilitation program

Methods of teaching and learning

- Continuous daily tests
- Exercises and activities in the classroom
- Guiding students to the best websites and relevant scientific references
- Show explanatory videos

### Methods of evaluation:

- Participation in the classroom
- Evaluating activities and applying clinical tests

### C- Emotional and value goals

- Developing the student's ability to work by performing assignments and submitting them on time
- Developing the student's ability to dialogue, research and discuss
- Developing the student's ability to develop an appropriate program for various surgical cases
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### Teaching and learning methods

- Conducting the lecture theoretically and applying clinical and practical tests
- Conducting some daily tests and assigning students to weekly research sessions
- Allocating a percentage of the grade to daily assignments and tests
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### Evaluation methods

- Evaluating students' active participation during the lesson
  - Commitment to the lecture date and not being absent
  - Commitment to submitting assignments and research
  - Semester and final exams express the extent of commitment and academic achievement
-

D - Transferable general and qualifying skills (other skills related to employability and personal development).

- Developing the student's ability to deal with various surgical cases
- Developing the student's ability to use scientific research methods
- Developing the student's ability to dialogue and discuss and gain self-confidence
- The ability to think about all the possibilities and complications that occur after operations
- Developing the student's ability to deal with information as a solution method

الكورس الاول: العلاج الطبيعي لاصابات الرياضيين



المقررات النظرية والعملية	
الاسبوع	تفاصيل المقررات
الاول	Introduction to sport injury management, physiological effects of exercise.
الثاني	Shoulder injuries in sport, Shoulder Separation, Shoulder Dislocation,
الثالث	Shoulder injuries in sport, rotator cuff tendonitis and supraspinatus tendonitis.
الرابع	The elbow and forearm, tennis and golfer elbow (medial and lateral epicondylitis), Olecranon Bursitis (Draftsman's Elbow)
الخامس	The elbow and forearm, Little League Elbow, Anterior Interosseous Nerve Syndrome (Kiloh Nevin Syndrome), Triceps Tendinitis
السادس	Hand and Wrist Injuries, De Quervain's Tenosynovitis, Wrist Sprain
السابع	Hand and Wrist Injuries, Trigger Finger (Flexor Tenosynovitis), Jersey Finger
الثامن	Lower Back Injuries, Lumbar Sprain and Strain,
التاسع	Hip Injuries, Acetabular Labral Tears, Groin Strain or Hip Adductor Strain
العاشر	Hip Injuries Piriformis Syndrome, Hamstring Strain, Greater Trochanter Bursitis
الحادي عشر	Knee injuries, Anterior and posterior Cruciate Ligaments injuries
الثاني عشر	Knee injuries, Medial and lateral Collateral Ligament injuries.
الثالث عشر	Knee injuries Medial and Lateral Meniscus, Osgood-Schlatter Disease
الرابع عشر	Ankle and foot injuries, Ankle Sprains, Achilles Tendon Rupture Plantar Fasciitis
الخامس عشر	Ankle and foot injuries, Tibialis Anterior Tendinopathy, Tibialis Posterior Tendon Injuries, Sprain of the First Metatarsophalangeal Joint

## الكورس الثاني: العلاج الطبيعي في الجراحة العامة

المقررات النظرية والعملية	
الاسبوع	تفاصيل المقررات
الاول	Introduction to sport injury management, physiological effects of exercise.
الثاني	Shoulder injuries in sport, Shoulder Separation, Shoulder Dislocation,
الثالث	Shoulder injuries in sport, rotator cuff tendonitis and supraspinatus tendonitis.
الرابع	The elbow and forearm, tennis and golfer elbow (medial and lateral epicondylitis), Olecranon Bursitis (Draftsman's Elbow)
الخامس	The elbow and forearm, Little League Elbow, Anterior Interosseous Nerve Syndrome (Kiloh Nevin Syndrome), Triceps Tendinitis
السادس	Hand and Wrist Injuries, De Quervain's Tenosynovitis, Wrist Sprain
السابع	Hand and Wrist Injuries, Trigger Finger (Flexor Tenosynovitis), Jersey Finger
الثامن	Lower Back Injuries, Lumbar Sprain and Strain,
التاسع	Hip Injuries, Acetabular Labral Tears, Groin Strain or Hip Adductor Strain
العاشر	Hip Injuries Piriformis Syndrome, Hamstring Strain, Greater Trochanter Bursitis
الحادي عشر	Knee injuries, Anterior and posterior Cruciate Ligaments injuries
الثاني عشر	Knee injuries, Medial and lateral Collateral Ligament injuries.
الثالث عشر	Knee injuries Medial and Lateral Meniscus, Osgood-Schlatter Disease
الرابع عشر	Ankle and foot injuries, Ankle Sprains, Achilles Tendon Rupture Plantar Fasciitis
الخامس عشر	Ankle and foot injuries, Tibialis Anterior Tendinopathy, Tibialis Posterior Tendon Injuries, Sprain of the First Metatarsophalangeal Joint

<p><b>1- Required</b> prescribed books</p>	<p><b>Bailey &amp; Love's Short Practice of Surgery, 26th Edition 27th Edition. By P. Ronan O'Connell</b></p> <p><b>)Editor), Andrew McCaskie (Editor (Norman S. Williams (Editor.(</b></p> <p><b>.2Handbook of Physical Medicine and Rehabilitation Hardcover – October, 1982 by F.H .</b></p> <p><b>Krusen (Editor), etc. (Editor), F.J. Kottke) Editor.(</b></p> <p><b>.3Management of Common Musculoskeletal Disorder by: Hertling, D, and Kessler RM Physical</b></p> <p><b>Therapy Principles and Methods. 3rd ed .Philadelphia.PA: WB Sunders .</b></p> <p><b>.4Orthopaedic Physical Therapy By :Donatelli &amp; Michael J. Wooden 4th Edition .</b></p> <p><b>.5Physiotherapy in Orthopedics, A problem-solving approach By: Atkinson, Coutts &amp; Hassenkamp</b></p> <p><b>2nd Edition .</b></p> <p><b>.6Physical Rehabilitation's Assessments and Treatment". By Susan B,O'Sullivan&amp; Thomas J. Schmitz</b></p> <p><b>4 'th edition .</b></p> <p><b>.7Tidy's Physiotherapy by Thomas A Skinner &amp; Piercy .</b></p> <p><b>.1Sports Injury Prevention and Rehabilitation: Integrating Medicine and Science for</b></p> <p><b>Performance Solutions 1st Edition by David Joyce )Editor), Daniel Lewindon (Editor.(</b></p> <p><b>.2Sports Injuries Prevention, Diagnosis 'Treatment and Rehabilitation Editors: Doral '</b></p> <p><b>M.N., Tandoğan, R.N., Mann, G., Verdonk, R) .Eds),2012</b></p>
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	<p><b>.3Rehabilitation of Sports Injuries Current Concepts</b>  <b>Editors: Puddu, G., Giombini ‘</b>  <b>A., Selvanetti, A. (Eds.),2001</b></p> <p><b>.4Textbook of Sports Medicine: Basic Science and Clinical Aspects of Sports Injury and</b>  <b>Physical Activity Michael Kjaer, Michael Krogsgaard ‘</b>  <b>Peter Magnusson, Lars Engebretsen ‘</b>  <b>Harald Roos, Timo Takala, Savio L-Y. Woo</b></p> <p><b>.5SPORTS MEDICINE Just the Facts by Francis G. O’Connor,Robert E. Sallis ,Robert P .</b>  <b>Wilder ,Patrick St. Pierre.</b></p> <p><b>.6Essential sports medicine. HERRERA ‘Joseph E., et al. New York: Humana Press, 2008</b></p>
<b>2-main references</b>	
<b>3-recommended books and references</b>	<b>open</b>
<b>4- Electronic references, Internet sites</b>	<b>open</b>

12. Course development plan
<ul style="list-style-type: none"> <li>Developing academic content with the ability to delete, replace, and add, and access to the latest international references</li> </ul>

- Using modern methods to suit the subject and students in some lectures
- Using modern evaluation methods
- Supporting communication methods between female students and the rest of the medical staff members supervising the patient's treatment

Course description form

Teacher name: morjan Hassan alsobh

Course name: Therapeutic exercise 3

Knowledge of all types of nerve and muscle injuries and differential diagnosis of pathological conditions Applying therapeutic exercises to patients according to the needs of each patient Rehabilitating patients to return to normal life-
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-Educational institution1	-Al-Zahraa Private University for women
2-Scientific department/center	College of Health and Medical Technologies – Department of Physiotherapy
-Course name/code3	Therapeutic methods3
-Available attendance forms4	Official studying hours
4-Semester/year	Third stage/first semester
-Number of study hours (total)5	60hours

6-Date this description was prepared	2025/3/15
Course objectives	
1.General: The student learns about the rehabilitation of all medical conditions that require physical therapy	
-Knowledge of manual manipulation techniques for all joints of the Knowledge of Maitland and Mulcahn principles in manipulation therapy. Knowing the stages of injury and therapeutic exercises to treat soft tissue injuries.	

10-Course outcomes and teaching, learning and evaluation methods
<p>A- Cognitive objectives</p> <p>Gain the ability to differentially diagnose pathological conditions Gain skill and experience in choosing appropriate exercises Develop appropriate rehabilitation programs for each case Train patients to adhere to appropriate exercises and postures</p> <p>–The skills objectives of the courseb- Practical training on dealing with patients with neuromuscular injuries Practical training to teach patients correct movement exercises Ability to apply manual manipulation to all joints of the body</p>
<p><u>C-Teaching and learning methods</u></p> <p>Continuous daily tests Exercises and activities in the classroom Guiding students to the best websites and relevant scientific references Practical training in hospitals</p>
<p><u>Evaluation methods</u></p> <p>Participation in the classroom Evaluation activities and application of clinical tests</p>
<p><u>C- Emotional and value goals</u></p> <p>Developing the student's ability to work by completing assignments and submitting them on time Developing the student's ability to dialogue, research and discuss</p>

Developing the student's ability to develop an appropriate program for different medical conditions

#### Teaching and learning methods

Conducting the lecture theoretically with the application of clinical and practical tests

Conducting some daily tests and assigning students to weekly research sessions

Allocate a percentage of the grade to daily assignments and tests

#### Evaluation methods

Evaluating students' active participation during the lesson

Commitment to the lecture date and not being absent

Commitment to submitting assignments and research

Semester and final exams express the extent of commitment and academic achievement

### **11-structureofthecourse/syllabus**

<b>The week</b>	<b>Hours</b>	<b>Required learning outcomes</b>	<b>Name of the unit/topic</b>	<b>Teaching method</b>	<b>Evaluation method</b>
<b>1<sup>st</sup></b>	4		Joint mobilization: Definitions of terms ' Mobilization, Manipulation, Self Mobilization (Auto-mobilization' (	Theoretical + practical	Quiz+ Discussion

2 <sup>nd</sup>	4		<p>Joint mobilization: indications, contraindications and precautions, procedures</p> <p>for applying passive joint Mobilization technique:- Examination and Evaluation to various joints</p>	Theoretical +practical	Quiz+Discussion
3 <sup>rd</sup>	4		<p>Joint mobilization peripheral joint, Principles, Manipulation techniques</p> <p>M.W.M define, principle, indication, contraindication</p>	Theoretical +practical	Quiz+Discussion
4 <sup>th</sup>	4		<p>int mobilization of shoulder joint complex:- the mechanical movement of</p> <p>joint, accessory joint (A.C joint, C.S joint, SUB scapular joint‘</p>	Theoretical +practical	Quiz+Discussion

5 <sup>th</sup>	4		<p>Joint mobilization of elbow joint complex, mechanical movement of joint</p> <p>methods of application joint mobilization to increase all physiological movement of the elbow joint</p>	Theoretical +practical	Quiz+Discussion
6 <sup>th</sup>	4		<p>Joint mobilization of wrist joint and hand complex, mechanical movement of joint, methods of application mechanical movement of the joint, wrist joint</p> <p>phalangeal joints</p>	Theoretical +practical	Quiz+Discussion
7 <sup>th</sup>	4		<p>oint mobilization of knee joint complex, mechanical movement of joint</p> <p>methods of application mechanical movement of the join</p>	Theoretical +practical	Quiz+Discussion

<b>8<sup>th</sup></b>	4		<p>Joint mobilization of the ankle joint complex &amp; foot, mechanical movement of joint</p> <p>methods of application mechanical movement of the joi</p>	Theoretical +practical	Quiz+Discussion
<b>9<sup>th</sup></b>	4		<p>Joint mobilization for an axial part, define, Mulligan Principles , Manipulation</p> <p>techniques M.W.M &amp;NAGs, SNAGs, indication, contraindication</p>	Theoretical +practical	Quiz+Discussion
<b>10<sup>th</sup></b>	4		<p>Joint mobilization of the cervical spine, M.W.M &amp; NAGs, SNAGs</p> <p>•</p> <p>Joint mobilization of lumbar spine, M.W.M &amp;NAGs, SNAGs</p>	Theoretical +practical	Quiz+Discussion



<b>11<sup>th</sup></b>	4		<ul style="list-style-type: none"> <li>• Positional Release Technique: Introduction Keywords, three further PRT</li> <li>related modalities – each with a different fascial connection – are outlined:</li> <li>•</li> <li>Strain–counterstrain (SCS,(</li> <li>•</li> <li>•Facilitated positional release (FPR(</li> <li>•Functional positional release (FuPR(</li> </ul>	Theoretical +practical	Quiz+Discussion
<b>12<sup>th</sup></b>	4		<p>Mechanisms that may explain SCS effects Neurological changes</p> <p>General SCS guidelines for achieving tender-point ea</p>	Theoretical +practical	Quiz+Discussion

<b>13<sup>th</sup></b>	4		Myofascial Release technique: define, properties of soft tissue, mechanical and neurophysiologic properties of connective tissue	Theoretical +practical	Quiz+Discussion
<b>14<sup>th</sup></b>	4		of stretching, precautions, general applications of stretching technique	Theoretical +practical	Quiz+Discussion
<b>15<sup>th</sup></b>	4		Myofascial Release technique for trigger points.  •  Myofascial Release technique for axial part	Theoretical +practical	Review/

Infrastructure	
-1-Required prescribed books	Various sources
2-Main references (sources)	1. Maitland's Peripheral Manipulation /2014 2. Manual Of Mulligan Concept/2014 3. Fascial Dysfunction Manual Therapy Approaches 4. Muscle Energy Techniques 5. Umphred's NEUROLOGICAL REHABILITATION/2020

	6. Physical Rehabilitation/2019 7. Positional Release Technique/200
3-Recommended books and references (scientific journals, reports,...)	Open
4-Electronic references, Internet sites	Open

<u>Course development plan</u>
<p>Developing academic content with the ability to delete          replace, and add, and access to the latest international references          Using modern methods to suit the subject and students in some lectures          Using modern evaluation methods          Focus on clinical and field training in hospitals and medical centers          Supporting communication methods between female students and the rest of the medical staff members supervising the patient's treatment</p>

Course description form

Teacher name: morjan Hassan alsobh

Course name: Therapeutic exercise

<p>Knowledge of all types of nerve and muscle injuries and differential diagnosis of pathological conditions          Applying therapeutic exercises to patients according to the needs of each patient          Rehabilitating patients to return to normal life-</p>
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-Educational institution1	-Al-Zahraa Private University for women
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2-Scientific department/center	College of Health and Medical Technologies – Department of Physiotherapy
-Course name/code <sup>3</sup>	Therapeutic exercises 4
-Available attendance forms <sup>4</sup>	Official studying hours
4-Semester/year	/third academic second sem
-Number of study hours (total) <sup>5</sup>	60 hours
6-Date this description was prepared	2025/3/15
Course objectives	
1.General: The student learns about the rehabilitation of all medical conditions that require physical therapy	
<b>Special</b> Learn the technique of using muscle energy for the patient - Learn about adhesive tape and its importance in therapeutic exercises- Learn about dry needling and acupuncture and how to use them - Learn about the technique of nerve mobilization through joint movement-	

10 -Course outcomes and teaching, learning and evaluation methods
A- Cognitive objectives  Gain the ability to differentially diagnose pathological conditions- bilitation programeDevelop appropriate reha- Train patients to adhere to appropriate exercises and postures-

<p>The skills objectives of the courseb-.</p> <p>Practical training on dealing with patients with neuromuscular injuries-</p> <p>Practical training to teach patients correct movement exercises-</p> <p>Implementing the motor rehabilitation program and the resulting rehabilitation of- collateral injuries associated with the main problem</p>
<p><u>C-Teaching and learning methods</u></p> <p>Continuous daily tests-</p> <p>Exercises and activities in the classroom-</p> <p>Guiding students to the best websites and relevant scientific references-</p> <p>Practical training in hospitals-</p>
<p><u>Evaluation methods</u></p> <p>Participation in the classroom</p> <p>Evaluation activities and application of clinical tests</p>
<p><u>C- Emotional and value goals</u></p> <p>Developing the student's ability to work by completing assignments and submitting them on time</p> <p>Developing the student's ability to dialogue, research and discuss</p> <p>Developing the student's ability to develop an appropriate program for different medical conditions</p>
<p><u>Teaching and learning methods</u></p> <p>Conducting the lecture theoretically with the application of clinical and practical tests</p> <p>Conducting some daily tests and assigning students to weekly research sessions</p> <p>Allocate a percentage of the grade to daily assignments and tests</p>
<p><u>Evaluation methods</u></p> <p>Evaluating students' active participation during the lesson</p> <p>Commitment to the lecture date and not being absent</p> <p>Commitment to submitting assignments and research</p> <p>Semester and final exams express the extent of commitment and academic achievement</p>

## 11-structureofthecourse/syllabus

The week	Hours	Required learning outcomes	Name of the unit/topic	Teaching method	Evaluation method
1 <sup>st</sup>	4		MUSCLE ENERGY TECHNIQUE (MET) Definition, properties of soft tissue  mechanical and neurophysiologic properties of connective tissue	Theoretical + practical	Quiz + Discussion
2 <sup>nd</sup>	4		Muscle energy technique for neck muscles, principle, indication, contraindication	Theoretical + practical	Quiz + Discussion
3 <sup>rd</sup>	4		Muscle energy technique for trunk muscles, principle, indication, contraindication	Theoretical + practical	Quiz + Discussion
4 <sup>th</sup>	4		ensiotapping technique:- Definition, properties of soft tissue, mechanical and neurophysiologic properties of connective tissue	Theoretical + practical	Quiz + Discussion
5 <sup>th</sup>	4		Kensiotapping technique theory, inhibit theory & facilitate theory	Theoretical + practical	Quiz + Discussion

<b>6<sup>th</sup></b>	4		Postural Drainage, Exercises to mobilize the chest, Manual Technique used in  Postural Drainage, Postural Drainage Positions, Modified Postural Drainage.	Theoretical +practical	Quiz+Discussion
<b>7<sup>th</sup></b>	4		Physiotherapy tests for lower limb, hip joint, knee joint, ankle & foot	Theoretical +practical	Quiz+Discussion
<b>8<sup>th</sup></b>	4		Physiotherapy tests for upper limb, shoulder joint, elbow joint ‘wrist &hand‘	Theoretical +practical	Quiz+Discussion
<b>9<sup>th</sup></b>	4		Physiotherapy tests for axial parte, cervical& lumbar spin	Theoretical +practical	Quiz+Discussion
<b>10<sup>th</sup></b>	4		Neurodynamic technique, define, effect, Indications and Contra indications‘  precaution, side effects	Theoretical +practical	Quiz+Discussion
<b>11<sup>th</sup></b>	4		Neurodynamic technique, for brachial plexus, Radial N, Median N, Ulna N ,Axial N	Theoretical +practical	Quiz+Discussion
<b>12<sup>th</sup></b>	4		Neurodynamic technique, for lumber plexus, sciatic N., femoral . ‘Perennial N	Theoretical +practical	Quiz+Discussion

<b>13<sup>th</sup></b>	4		Acupuncture: Definitions, Principles, General direction , Mechanism of action‘  Acupuncture points‘	Theoretical +practical	Quiz+Discu ssion
<b>14<sup>th</sup></b>	4		Acupuncture: Assessment and examination, Insertion of the needle	Theoretical +practical	Quiz+Discu ssion
<b>15<sup>th</sup></b>	4		Acupuncture: Techniques, Physiological and Therapeutic effects ‘Indications and  Contra indications, precaution, side effects	Theoretical +practical	Review/

Infrastructure	
-1-Required prescribed books	Various sources
2-Main references (sources)	<p>Chaitow_Leon_- _Muscle_energy_techniques2014/</p> <p>-Joint Mobilization and manipulation2017/</p> <p>Neurological Exam made easy 6th/2020</p> <p>Therapeutic Exercise for Physical Therapist Assistants/2014</p> <p>-Butler book for neurodynamic technique/2012</p>



3-Recommended books and references (scientific journals, reports,...)	Open
4-Electronic references, Internet sites	Open

<u>Course development plan</u>
<p>Developing academic content with the ability to delete          replace, and add, and access to the latest international references          Using modern methods to suit the subject and students in some lectures          Using modern evaluation methods          Focus on clinical and field training in hospitals and medical centers          Supporting communication methods between female students and the rest of the medical staff members supervising the patient's treatment</p>

### Course description form

<p>Knowledge of all types of nerve and muscle injuries and differential diagnosis of pathological conditions          Applying therapeutic exercises to patients according to the needs of each patient          Rehabilitating patients to return to normal life-</p>
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-Educational institution <sup>1</sup>	-Al-Zahraa Private University for women
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2-Scientific department/center	College of Health and Medical Technologies – Department of Physiotherapy
-Course name/code <sup>3</sup>	Physical therapy for spinal cord injuries
-Available attendance forms <sup>4</sup>	Official studying hours
4-Semester/year	<b>Third stage/first course</b>
-Number of study hours (total) <sup>5</sup>	100 hours
6-Date this description was prepared	2025/3/15
Course objectives	
<p>Course Objectives</p> <p>.1 General:</p> <p>To learn about the anatomy, structure, and function of the spinal cord and the most common injuries it is exposed to.</p>	
<p><b>.2 Special:</b></p> <p><b>Identify spinal cord injuries and diseases.</b></p> <p><b>Identify the most important pathological causes of diseases and disorders affecting the spinal cord.</b></p> <p><b>Identify clinical symptoms, differential diagnosis, and assessment of the disorders.</b></p> <p><b>Identify medical treatments and clinical interventions for these conditions.</b></p> <p><b>Identify the role and importance of physical therapy and the necessary medical rehabilitation for each condition.</b></p>	

10
-Course outcomes and teaching, learning and evaluation methods
<p>A- Cognitive objectives</p> <p>Acquire scientific knowledge in determining the role of physical therapy for spinal cord injuries and the ability to develop a successful rehabilitation program.</p>

<p>The skills objectives of the courseb-.</p> <p>Practical training on dealing with patients with neuromuscular injuries-</p> <p>Practical training to teach patients correct movement exercises-</p> <p>Implementing the motor rehabilitation program and the resulting rehabilitation of-</p> <p>collateral injuries associated with the main problem</p>
<p><u>C-Teaching and learning methods</u></p> <p>Continuous daily tests-</p> <p>Exercises and activities in the classroom-</p> <p>Guiding students to the best websites and relevant scientific references-</p> <p>Practical training in hospitals-</p>
<p><u>Evaluation methods</u></p> <p>Participation in the classroom</p> <p>Evaluation activities and application of clinical tests</p>
<p><u>C- Emotional and value goals</u></p> <p>Developing the student's ability to work by completing assignments and submitting them on time</p> <p>Developing the student's ability to dialogue, research and discuss</p> <p>Developing the student's ability to develop an appropriate program for different medical conditions</p>
<p><u>Teaching and learning methods</u></p> <p>Conducting the lecture theoretically with the application of clinical and practical tests</p> <p>Conducting some daily tests and assigning students to weekly research sessions</p> <p>Allocate a percentage of the grade to daily assignments and tests</p>
<p><u>Evaluation methods</u></p> <p>Evaluating students' active participation during the lesson</p> <p>Commitment to the lecture date and not being absent</p> <p>Commitment to submitting assignments and research</p> <p>Semester and final exams express the extent of commitment and academic achievement</p>

## 11-structureofthecourse/syllabus

The week	Hours	Required learning outcomes	Name of the unit/topic	Teaching method	Evaluation method
1 <sup>st</sup>	7		Introduction to the rehabilitation of SCI ‘effective system of SCI care, types of paralysis in  SCI, etiology, complications	Theoretical + practical	Quiz + Discussion
2 <sup>nd</sup>	7		Anatomy and physiology of spinal column and spinal cord: the spinal curvature functions, the  spinal ligaments & disks functions	Theoretical + practical	Quiz + Discussion
3 <sup>rd</sup>	7		ASIA classification and definitions: ASIA classification system ‘basic definitions of  completeness with sacral sparing, sensory exam, motor exam ‘ neurological level of injury ‘  ASIA impairment scale.	Theoretical + practical	Quiz + Discussion

<b>4<sup>th</sup></b>	7		<p>ASIA motor index score and guide: manual muscle testing, purposes of muscle test, factors affecting 'strength, preparation and information, assessment ' , contraindication and precautions ' ,</p> <p>grading system in SCI, 10 key muscles</p>	Theoretical +practical	Quiz+Discussion
<b>5<sup>th</sup></b>	7		<p>ASIA sensory index score and guide: types of sensory receptors ' , sensory nerves pathways' ,</p> <p>dermatome – sensory level' ,</p>	Theoretical +practical	Quiz+Discussion
<b>6<sup>th</sup></b>	7		<p>SCI management at the scene of the accident: general rules, the unconscious patient: position &amp;alignment correction</p>	Theoretical +practical	Quiz+Discussion

<b>7<sup>th</sup></b>	7		Initial management of acute traumatic SCI: spinal shock, acute manifestations of spinal injury  the primary medical procedures of the acute or unstable SCI.	Theoretical +practical	Quiz+Discussion
<b>8<sup>th</sup></b>	7		Respiratory rehabilitation functions for SCI: chest physical therapy definition, process of respiration	Theoretical +practical	Quiz+Discussion
<b>9<sup>th</sup></b>	7		Respiratory rehabilitation plans the goals: exercises of respiratory muscles according to the level of injury, bronchial hygiene	Theoretical +practical	Quiz+Discussion
<b>10<sup>th</sup></b>	7		Respiratory rehabilitation functions for pressure ulcer: definition ‘stages and classification  pressure ulcer causes locations	Theoretical +practical	Quiz+Discussion
<b>11<sup>th</sup></b>	7		Rehabilitation of the spasticity: definition, types of SCI according to reflexes “	Theoretical +practical	Quiz+Discussion

<b>12<sup>th</sup></b>	7		Deep vein thrombosis	Theoretical +practical	Quiz+Discussion
<b>13<sup>th</sup></b>	7		Contracture definition. Causes	Theoretical +practical	Quiz+Discussion
<b>14<sup>th</sup></b>	7		Heterotopic ossification HO, causes .	Theoretical +practical	Quiz+Discussion
<b>15<sup>th</sup></b>	7		Revision	Theoretical +practical	Review/

Infrastructure	
-1-Required prescribed books	Various sources
2-Main references (sources)	<p>.1 Handbook of Physical Medicine and Rehabilitation Hardcover – October, 1982</p> <p>.2 Neurological Rehabilitation, 6e (Umphreds Neurological Rehabilitation) 6th Edition</p> <p>.3 Neurological Physiotherapy: A Problem-Solving Approach, 2e Paperback – 8 Oct 2001</p> <p>.4 Physical Management in Neurological Rehabilitation, 2e (Physiotherapy Essentials) 2nd Edition</p> <p>.5 Brain's Diseases of Nervous System</p> <p>.6 Textbook of Neurology- Victor Adams</p> <p>.7 Neurology &amp; Neuro surgery By Lindsay</p>
3-Recommended books and references (scientific journals, reports,...)	Open
4-Electronic references, Internet sites	Open

<u>Course development plan</u>
<p>Developing academic content with the ability to delete •replace, and add, and access to the latest international references Using modern methods to suit the subject and students in some lectures Using modern evaluation methods Focus on clinical and field training in hospitals and medical centers Supporting communication methods between female students and the rest of the medical staff members supervising the patient's treatment</p>



### Course description form

Knowledge of all types of nerve and muscle injuries and differential diagnosis of pathological conditions Applying therapeutic exercises to patients according to the needs of each patient Rehabilitating patients to return to normal life-
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-Educational institution <sup>1</sup>	-Al-Zahraa Private University for women
2-Scientific department/center	College of Health and Medical Technologies – Department of Physiotherapy

-Course name/code <sup>3</sup>	Physical therapy for musculoskeletal diseases
-Available attendance forms <sup>4</sup>	Official studying hours
4-Semester/year	<b>Third stage/first course</b>
-Number of study hours (total) <sup>5</sup>	75hours
6-Date this description was prepared	2025/3/15
Course objectives	
.1 General: Identify diseases affecting the musculoskeletal system.	
<b>.2 Special:</b>  <b>Learn about medical terms related to the musculoskeletal system.</b> <b>Learn about the causes of diseases affecting the musculoskeletal system and their associated symptoms.</b> <b>Learn about the field of medical rehabilitation and its role in treating these conditions.</b> <b>Learn about therapeutic methods and rehabilitation programs for musculoskeletal disorders.</b>	

10
-Course outcomes and teaching, learning and evaluation methods
A- Cognitive objectives Acquire scientific knowledge in determining the role of physical therapy for musculoskeletal injuries and their consequences including motor impairment and impact on muscle strength in patients.

<p>The skills objectives of the courseb-.</p> <p>Practical training on dealing with patients with neuromuscular injuries-</p> <p>Practical training to teach patients correct movement exercises-</p> <p>Implementing the motor rehabilitation program and the resulting rehabilitation of-</p> <p>collateral injuries associated with the main problem</p>
<p><u>C-Teaching and learning methods</u></p> <p>Continuous daily tests-</p> <p>Exercises and activities in the classroom-</p> <p>Guiding students to the best websites and relevant scientific references-</p> <p>Practical training in hospitals-</p>
<p><u>Evaluation methods</u></p> <p>Participation in the classroom</p> <p>Evaluation activities and application of clinical tests</p>
<p><u>C- Emotional and value goals</u></p> <p>Developing the student's ability to work by completing assignments and submitting them on time</p> <p>Developing the student's ability to dialogue, research and discuss</p> <p>Developing the student's ability to develop an appropriate program for different medical conditions</p>
<p><u>Teaching and learning methods</u></p> <p>Conducting the lecture theoretically with the application of clinical and practical tests</p> <p>Conducting some daily tests and assigning students to weekly research sessions</p> <p>Allocate a percentage of the grade to daily assignments and tests</p>
<p><u>Evaluation methods</u></p> <p>Evaluating students' active participation during the lesson</p> <p>Commitment to the lecture date and not being absent</p> <p>Commitment to submitting assignments and research</p> <p>Semester and final exams express the extent of commitment and academic achievement</p>

## 11-structureofthecourse/syllabus

The week	Hours	Required learning outcomes	Name of the unit/topic	Teaching method	Evaluation method
1 <sup>st</sup>	5		Cervical pain: Definition, Acute and Chronic ‘ Etiology, Clinical presentation ‘  Physiotherapy.	Theoretical + practical	Quiz + Discussion
2 <sup>nd</sup>	5		Adhesive capsulitis	Theoretical + practical	Quiz + Discussion
3 <sup>rd</sup>	5		Rotator cuff tendonitis and tear: Definition, Etiology, Pathology ‘Clinical presentation ‘  Physiotherapy	Theoretical + practical	Quiz + Discussion
4 <sup>th</sup>	5		Lateral and medial epicondylitis: Definition, Etiology, Pathology ‘Clinical presentation ‘  Physiotherapy	Theoretical + practical	Quiz + Discussion
5 <sup>th</sup>	5		Carpal tunnel syndrome: Definition, Etiology, Pathology, Clinical presentation ‘  Physiotherapy	Theoretical + practical	Quiz + Discussion
6 <sup>th</sup>	5		De Quervains and trigger fingers	Theoretical + practical	Quiz + Discussion

<b>7<sup>th</sup></b>	5		Low Back Pain	Theoretical +practical	Quiz+Discussion
<b>8<sup>th</sup></b>	5		Scoliosis. Definition. Causes aetiology	Theoretical +practical	Quiz+Discussion
<b>9<sup>th</sup></b>	5		Coccydynia definition.. Pathology. Etiology	Theoretical +practical	Quiz+Discussion
<b>10<sup>th</sup></b>	5		Diffuse Idiopathic Skeletal Hyperostosis: Definition, Etiology ‘ Pathology, Clinical  presentation, Physiotherapy	Theoretical +practical	Quiz+Discussion
<b>11<sup>th</sup></b>	5		Plantar fasciitis: Definition, Etiology, Pathology, Clinical presentation ‘ Physiotherapy.	Theoretical +practical	Quiz+Discussion
<b>12<sup>th</sup></b>	5		Patellofemoral pain syndrome: Definition, Etiology, Pathology ‘Clinical presentation ‘  Physiotherapy	Theoretical +practical	Quiz+Discussion
<b>13<sup>th</sup></b>	5		Meralgia Paresthetica: Definition, Etiology, Pathology, Clinical presentation ‘  Physiotherapy	Theoretical +practical	Quiz+Discussion

14 <sup>th</sup>	5		Bursitis and anserine bursitis: Definition, Etiology, Pathology ‘Clinical presentation ‘  Physiotherapy	Theoretical +practical	Quiz+Discussion
15 <sup>th</sup>	5		Metatarsalgia pathology. Etiology. Physiotherapy	Theoretical +practical	Review/

Infrastructure	
-1-Required prescribed books	Various sources
2-Main references (sources)	<p>.1Primer on the Rheumatic Diseases / Edition 13 by John H. Klippel, John H. Stone, Leslie J . Crofford ‘Patience H. White.</p> <p>.2Handbook of Physical Medicine and Rehabilitation Hardcover – October, 1982 by F.H . Krusen) Editor), etc. (Editor), F.J. Kottke (Editor.(</p> <p>.3Management of Common Musculoskeletal Disorder by: Hertling, D, and Kessler RM Physical Therapy Principles and Methods. 3rd ed. Philadelphia.PA: WB Saunders .</p> <p>.4Orthopaedic Physical Therapy By: Donatelli &amp;Michael J. Wooden 4th Edition .</p> <p>.5Physiotherapy in Orthopedics, A problem-</p>

	<p>solving approach By: Atkinson, Coutts &amp; Hassenkamp</p> <p>2nd Edition .</p> <p>.6Physical Rehabilitation's Assessments and Treatment". By Susan B,O'Sullivan&amp; Thomas J. Schmitz</p> <p>4 'th edition .</p> <p>.7Tidy's Physiotherapy by Thomas A Skinner &amp;Piercy .</p>
3-Recommended books and references (scientific journals, reports,...)	Open
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### Course development plan

Developing academic content with the ability to delete  
 'replace, and add, and access to the latest international references  
 Using modern methods to suit the subject and students in some lectures  
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 medical staff members supervising the patient's treatment

### Course description form

Knowledge of all types of nerve and muscle injuries and differential diagnosis of pathological conditions Applying therapeutic exercises to patients according to the needs of each patient Rehabilitating patients to return to normal life-
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-Educational institution <sup>1</sup>	-Al-Zahraa Private University for women
2-Scientific department/center	College of Health and Medical Technologies – Department of Physiotherapy
-Course name/code <sup>3</sup>	Physical therapy for medical diseases
-Available attendance forms <sup>4</sup>	Official studying hours
4-Semester/year	<b>Third stage/second course</b>



-Number of study hours (total) <b>5</b>	75hours
6-Date this description was prepared	2025/3/15
Course objectives	
General: Identify diseases that affect certain human systems.	
<b>.2Special:</b>  <b>Learning about medical terms related to internal medicine</b> <b>Recognizing the causes of internal medicine, signs, and symptoms</b>  <b>Understanding the field of medical rehabilitation and its role in treating internal medicine</b>	

10 -Course outcomes and teaching, learning and evaluation methods
A- Cognitive objectives Acquire scientific knowledge in determining the role of physical therapy and medical rehabilitation for internal diseases, and understand the symptoms associated with each medical condition, enabling the appropriate rehabilitation program to be determined.
The skills objectives of the courseb-. Practical training on dealing with patients with neuromuscular injuries- Practical training to teach patients correct movement exercises- Implementing the motor rehabilitation program and the resulting rehabilitation of- collateral injuries associated with the main problem
<u>C-Teaching and learning methods</u>  Continuous daily tests- Exercises and activities in the classroom- Guiding students to the best websites and relevant scientific references- Practical training in hospitals-

<u>Evaluation methods</u>  Participation in the classroom Evaluation activities and application of clinical tests
<u>C- Emotional and value goals</u>  Developing the student's ability to work by completing assignments and submitting them on time Developing the student's ability to dialogue, research and discuss Developing the student's ability to develop an appropriate program for different medical conditions
<u>Teaching and learning methods</u>  Conducting the lecture theoretically with the application of clinical and practical tests Conducting some daily tests and assigning students to weekly research sessions Allocate a percentage of the grade to daily assignments and tests
<u>Evaluation methods</u>  Evaluating students' active participation during the lesson Commitment to the lecture date and not being absent Commitment to submitting assignments and research Semester and final exams express the extent of commitment and academic achievement

<b><u>11-structureofthecourse/syllabus</u></b>					
<b>The week</b>	<b>Hours</b>	<b>Required learning outcomes</b>	<b>Name of the unit/topic</b>	<b>Teaching method</b>	<b>Evaluation method</b>
<b>1<sup>st</sup></b>	5		History taking	Theoretical + practical	Quiz + Discussion

2 <sup>nd</sup>	5		<p>Hypertension: Definition, Etiology , Pathophysiology, Signs &amp; symptoms, Prevention ,</p> <p>Effects of exercises on blood pressure</p>	Theoretical +practical	Quiz+Discussion
3 <sup>rd</sup>	5		<p>Diabetes mellitus: Definition, Etiology, Classification , Pathophysiology, Signs &amp;</p> <p>symptoms, Prevention, Complications, Role of physiotherapy .</p>	Theoretical +practical	Quiz+Discussion
4 <sup>th</sup>	5		<p>Human deficiency syndrome: Definition, Epidemiology, Etiology , Pathophysiology,</p> <p>Staging</p>	Theoretical +practical	Quiz+Discussion
5 <sup>th</sup>	5		<p>Hepatitis: Definition, Etiology, Classification, Pathophysiology , Signs &amp; symptoms ,</p> <p>Prevention, Complications</p>	Theoretical +practical	Quiz+Discussion

<b>6<sup>th</sup></b>	5		Anemia: Definition, Epidemiology, Etiology, Signs & symptoms ‘ Prevention ‘  Complications	Theoretical +practical	Quiz+Discu ssion
<b>7<sup>th</sup></b>	5		Leukemia: Definition, Etiology, Classification ‘ Staging, Signs & symptoms ‘  Complications, Role of physiotherapy.	Theoretical +practical	Quiz+Discu ssion
<b>8<sup>th</sup></b>	5		Multiple myeloma and lymphoma: Definition, Etiology, Pathophysiology ‘ Signs &  symptoms, Complications, Role of physiotherapy	Theoretical +practical	Quiz+Discu ssion
<b>9<sup>th</sup></b>	5		Deep venous thrombosis: Definition, Etiology, Pathophysiology, Signs & symptoms ‘  Prevention, Physiotherapy.	Theoretical +practical	Quiz+Discu ssion

<b>10<sup>th</sup></b>	5		Renal failure: Definition, Etiology, Classification, Signs & symptoms, Complications ‘  Physiotherapy	Theoretical +practical	Quiz+Discu ssion
<b>11<sup>th</sup></b>	5		Gastroesophageal reflux, irritable bowel syndrome: Definition ‘ Etiology, Signs &  symptoms, Prevention, Physiotherapy.	Theoretical +practical	Quiz+Discu ssion
<b>12<sup>th</sup></b>	5		Liver cirrhosis: Definition, Etiology, Pathophysiology, Signs & symptoms, Complications ‘  Physiotherapy.	Theoretical +practical	Quiz+Discu ssion
<b>13<sup>th</sup></b>	5		Hypo and hyperthyroidism: Definition, Etiology, Signs & symptoms ‘ Complications ‘  Physiotherapy	Theoretical +practical	Quiz+Discu ssion

<b>14<sup>th</sup></b>	5		Adrenal gland disorders: Definition, Etiology, Signs & symptoms ‘ Complications ‘  Physiotherapy .	Theoretical +practical	Quiz+Discussion
<b>15<sup>th</sup></b>	5		Revision	Theoretical +practical	Review/

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	<p>Hassenkamp</p> <p>2nd Edition .</p> <p>.6Physical Rehabilitation's Assessments and Treatment". By Susan B,O'Sullivan&amp; Thomas J. Schmitz</p> <p>4 ,th edition .</p> <p>.7Tidy's Physiotherapy by Thomas A Skinner &amp;Piercy</p>
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