

MANIPULATIVE THERAPY I

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| 1 | Course Title: | MANIPULATIVE THERAPY I |
| 2 | Course Code: | FTR2007 |
| 3 | Type of Course: | Compulsory |
| 4 | Level of Course: | First Cycle |
| 5 | Year of Study: | 2 |
| 6 | Semester: | 3 |
| 7 | ECTS Credits Allocated: | 3.00 |
| 8 | Theoretical (hour/week): | 1.00 |
| 9 | Practice (hour/week): | 2.00 |
| 10 | Laboratory (hour/week): | 0 |
| 11 | Prerequisites: | FTR1001 ANATOMY I |
| 12 | Language: | Turkish |
| 13 | Mode of Delivery: | Face to face |
| 14 | Course Coordinator: | Uzman MAHMUT ÇALIK |
| 15 | Course Lecturers: | - |
| 16 | Contact information of the Course Coordinator: | Uzm. Fizyoterapist Mahmut ÇALIK mahmutcalik@uludag.edu.tr |
| 17 | Website: | |
| 18 | Objective of the Course: | To give the student the basic theoretical and practical knowledge of massage techniques, to provide the learning of the basic concepts of evaluation and application of different situations that the massage can be used to improve ability to apply and to develop problem-solving skills in these issues in the field of physiotherapy and rehabilitation. |
| 19 | Contribution of the Course to Professional Development: | Students will gain theoretical and practical skills about classical and connective tissue massage techniques that they will use frequently in the profession. |
| 20 | Learning Outcomes: | |
| | 1 | Defines massage therapy. |
| | 2 | Learns about basic information of reflex, mechanical, physiological and clinical effects of massage methods and techniques. |
| | 3 | Learns to make the necessary evaluation and plan as a treatment option in cases indicated in massage. |
| | 4 | Learns to pathologies that may be contraindicated to massage. |
| | 5 | Applies the methods and techniques being taught. |
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| 21 | Course Content: | |
| | Course Content: | |

| Week | Theoretical | Practice | | |
|--|--|--|--|------------------------|
| 1 | Functional anatomy, biomechanics and pathomechanics of joints and soft tissues and principals of basic evaluation | Functional anatomy, biomechanics and pathomechanics of joints and soft tissues and principals of basic evaluation | | |
| 2 | Mode of action and principals of application of transvers friction technique | Mode of action and principals of application of transvers friction technique | | |
| 3 | Application of transvers friction massage for the treatment of tendon, ligament and muscle injuries of upper extremity | Application of transvers friction massage for the treatment of tendon, ligament and muscle injuries of upper extremity | | |
| 4 | Application of transvers friction massage for the treatment of tendon, ligament and muscle injuries of lower extremity | Application of transvers friction massage for the treatment of tendon, ligament and muscle injuries of lower extremity | | |
| 5 | Transvers friction technique -Decision making and treatment applications | Transvers friction technique -Decision making and treatment applications | | |
| 6 | Review of regional functional anatomy applied to manual medicine | Review of regional functional anatomy applied to manual medicine | | |
| 7 | Repetition of practical applications | Repetition of practical applications | | |
| 8 | Cervical disk lesions and manipulation procedure | Cervical disk lesions and manipulation procedure | | |
| 9 | Lumbar disk lesions and manipulation procedure | Lumbar disk lesions and manipulation procedure | | |
| 10 | Clinical models and treatment principals of cervical and lumbar disk lesions | | | |
| 11 | | | | |
| 12 | | | | |
| Activites | | Number | Duration (hour) | Total Work Load (hour) |
| 22 | Textbooks, References and/or Other Materials: | 1 | Massage Techniques, Youssel, Alp Publishing House, Ankara, 2007 | 1.00 |
| Practicals/Labs | | 14 | | 28.00 |
| Self study and preperation | | 14 | Classic, and Emerging Methods" Appleton & Lange, Connecticut, 1988 | 28.00 |
| Homeworks | | 2 | | 10.00 |
| Projects | | 1 | Lippincott Williams&Wilkins, Philadelphia, 2001 | 0.00 |
| Field Studies | | 0 | 4. Fritz S. "Mosby's Fundamentals of Therapeutic | 0.00 |
| Midterm exams | | 1 | | 1.00 |
| Others | | 0 | | 0.00 |
| TERM LEARNING ACTIVITIES | | NUMBER | WEIGHT | |
| Final Exams | | 1 | | 1.00 |
| Total Work Load | | | | 93.00 |
| Total work load/ 30 hr | | 0 | 0.00 | 3.07 |
| ECTS Credit of the Course | | | | 3.00 |
| Final Exam | | 1 | 60.00 | |
| Total | | 2 | 100.00 | |
| Contribution of Term (Year) Learning Activities to Success Grade | | 40.00 | | |
| Contribution of Final Exam to Success Grade | | 60.00 | | |
| Total | | 100.00 | | |
| Measurement and Evaluation Techniques Used in the Course | | Multiple choice tests, matching items, true-false tests, open-ended questions | | |
| 24 | ECTS / WORK LOAD TABLE | | | |

| 25 | CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS | | | | | | | | | | | | | | | |
|---|---|-----|-------|-----|-----|----------|-----|-----|--------|------|------|-------------|------|------|------|------|
| | PQ1 | PQ2 | PQ3 | PQ4 | PQ5 | PQ6 | PQ7 | PQ8 | PQ9 | PQ10 | PQ11 | PQ12 | PQ13 | PQ14 | PQ15 | PQ16 |
| ÖK1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| LO: Learning Objectives PQ: Program Qualifications | | | | | | | | | | | | | | | | |
| Contribution Level: | 1 very low | | 2 low | | | 3 Medium | | | 4 High | | | 5 Very High | | | | |