

الخطه الدراسية لقسم العلاج الطبيعي للجهاز العضلي الهيكلي
للعام الدراسي 2022-2023

Theoretical lectures of Clinical Reasoning in Orthopedics

<i>Date</i>	Subject
<i>1st week</i>	Introduction to clinical reasoning in orthopedics
<i>2nd week</i>	Why do we need to study and practice clinical reasoning
<i>3rd week</i>	Integrating clinical reasoning and evidence based practice
<i>4th week</i>	Guide for search strategies in different online databases
<i>5th week</i>	The influence of Psychological Factors in Musculoskeletal Practice
<i>6th week</i>	Understanding pain in order to treat patients in pain
<i>7th week</i>	Mid-term exam
<i>8th week</i>	Developments of clinical prediction rules (the benefits and limitations in clinical reasoning).
<i>9th week</i>	Application of clinical reasoning concepts: 1 st case (Shoulder pain to operate or not to operate?)

<i>10th week</i>	Application of clinical reasoning concepts: 2 nd case (Shoulder arthrofibrosis: how to differentiate?)
<i>11th week</i>	Application of clinical reasoning concepts: 3rd case (Targeting Treatment Distally at the Foot for Bilateral Persistent Patellofemoral Pain?)
<i>12th week</i>	Application of clinical reasoning concepts: 4th case (Neck and Upper Extremity Pain in a Female Office Assistant: Where Does the Problem Lie?)

Physical therapy for musculoskeletal disorders

plan (2022/2023 1st semester)

Theoretical lectures of physical therapy for musculoskeletal disorders

Date	Subject
1 st week	Anatomical and biomechanical basis for shoulder joint rehabilitation
2 nd week	Examination for shoulder joint
3 rd week	Shoulder impingement
4 th week	Frozen shoulder
5 th week	Physical therapy for rotator cuff repair
6 th week	Shoulder instability
7 th week	Mid-term exam
8 th week	Tennis elbow+ golfer elbow
9 th week	Neck pain part 1
10 th week	Neck pain part 2
11 th week	Thoracic outlet syndrome
12 th week	Hand pain

Hospital Demonstrations (2022/2023 1st semester)

Date	Outpatient clinics	Inpatient departments
1 st week	sheet	Sheet+ gait training
2 nd week	Shoulder impingement+ clinical application for sheet	Fracture fixation+ physical therapy in ward
3 rd week	Frozen shoulder+ case presentation	Hospital visit
4 th week	Physical therapy for cervical pain+ case presentation	Hospital visit
5 th week	thoracic outlet syndrome+ case presentation	Hospital visit
6 th week	Case presentation	Hospital visit
7 th week	Mid-term exam	
8 th week	Shoulder impingement+ case presentation	Fracture fixation
9 th week	Frozen shoulder + case presentation	Gait training + physical therapy in ward
10 th week	Physical therapy for cervical pain+ case presentation	Hospital visit
11 th week	thoracic outlet syndrome+ case presentation	Hospital visit
12 th week	Case presentation	Hospital visit

Applied sections of physical therapy for musculoskeletal disorders

Date	Subject
1 st week	Physical examination for shoulder joint
2 nd week	Physical examination for cervical spine
3 rd week	mobilization of cervical spine
4 th week	Physical examination for elbow joint
5 th week	inspection & bony palpation for wrist joint
6 th week	Soft tissue palpation and special tests for wrist joint
7 th week	Maitland upper limb mobilization (shoulder girdle+ proximal and distal radioulnar joint)
8 th week	Mid-term exam
9 th week	Maitland upper limb mobilization (elbow+ wrist+ thumb+ fingers)
10 th week	Mulligan upper limb mobilization
11 th week	Mulligan upper limb mobilization continued
12 th week	Stretching exercise

Theoretical lectures for sports injuries

Date	Subject
1 st week	Acute & chronic sports injuries
2 nd week	Acute & chronic sports injuries continued
3 rd week	Risk factors for sports injuries
4 th week	Sports injury prevention
5 th week	Muscle injuries
6 th week	Sports injuries affecting hip joint
7 th week	Mid-term exam
8 th week	Sports injuries affecting hip joint continued
9 th week	Ligamentous injuries
10 th week	Ligamentous injuries continued
11 th week	Meniscal injuries
12 th week	Overuse injures of knee and leg

Applied sections of sports injuries

Date	Subject
1 st week	Special tests for stress fracture & muscle strain
2 nd week	Special tests for stress fracture & muscle strain
3 rd week	Special tests for ACL & PCL injuries
4 th week	Special tests for ACL & PCL injuries
5 th week	Special tests for meniscal injuries
6 th week	Special tests for meniscal injuries
7 th week	Special tests for knee effusion
8 th week	Mid-term exam
9 th week	Special tests for knee effusion
10 th week	Functional assessment
11 th week	Special tests for PFJ
12 th week	Special tests for PFJ

Theoretical lectures for orthosis and prosthesis

Date	Subject
1 st week	Shoe modification
2 nd week	Lower limb orthosis
3 rd week	Lower limb orthosis continued
4 th week	Upper limb orthosis
5 th week	Upper limb orthosis continued
6 th week	Spinal orthosis
7 th week	Mid-term exam
8 th week	Walking aids and wheelchair
9 th week	Lower limb prosthesis
10 th week	Lower limb prosthesis continued
11 th week	Upper limb prosthesis
12 th week	Upper limb prosthesis continued

Physical therapy for musculoskeletal disorders

plan (2022/2023 2nd semester)

Theoretical lectures of physical therapy for musculoskeletal disorders

Date	Subject
1 st week	Hip arthroplasty
2 nd week	Hip dislocation
3 rd week	Anatomical and biomechanical considerations of lumbar and sacroiliac regions
4 th week	Back pain (assessment)
5 th week	Back pain (treatment)
6 th week	Sacroiliac pain
7 th week	Mid-term exam
8 th week	Patellofemoral pain syndrome
9 th week	Knee osteoarthritis
10 th week	Knee arthroplasty
11 th week	Ankle instability
12 th week	Common disorders affecting wrist and hand

Hospital Demonstrations (2022/2023 2nd semester)

Date	Outpatient clinics		Inpatient clinics
1 st week	Patellofemoral syndrome+ presentation	pain case	Hip arthroplasty+ hospital visit
2 nd week	Patellofemoral syndrome+ presentation	pain case	Hip arthroplasty+ hospital visit
3 rd week	Knee OA+ presentation	case	Hip dislocation+ hospital visit
4 th week	Knee OA+ presentation	case	Hip dislocation+ hospital visit
5 th week	Back pain+ presentation	case	Knee arthroplasty+ hospital visit
6 th week	Back pain+ presentation	case	Knee arthroplasty+ hospital visit
7 th week	Back pain+ presentation	case	Hip arthroplasty+ hospital visit
8 th week	Back pain+ presentation	case	Hip arthroplasty+ hospital visit
9 th week	Patellofemoral syndrome+ presentation	pain case	Hip dislocation+ hospital visit
10 th week	Patellofemoral syndrome+ presentation	pain case	Hip dislocation+ hospital visit
11 th week	Knee OA+ presentation	case	Knee arthroplasty+ hospital visit
12 th week	Knee OA+ presentation	case	Knee arthroplasty+ hospital visit

Applied sections of physical therapy for musculoskeletal disorders

Date	Subject
1st week	Physical examination for hip and lumbar spine+ Mobilization of lumbar spine
2nd week	Physical examination for hip and lumbar spine+ Mobilization of lumbar spine
3rd week	Physical examination of knee joint
4th week	Physical examination of knee joint
5th week	Maitland mobilization of lower limb
6th week	Maitland mobilization of lower limb
7th week	Mid-term exam (group A)
8th week	Mid-term exam (group B)
9th week	Physical examination of ankle
10th week	Physical examination of ankle
11th week	Core stability exercise+ traction
12th week	Core stability exercise+ traction

