

Course Description

Department: Physical Therapy

1439-1440 H Academic Year – Semester-II

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Course name	Physical Therapy Practice and Procedures
Course number	PTH-318
Credit Hours (teaching units)	2 Credit Units = 1 Theory + 1 Practical
College	College of Applied Medical Sciences
Targeted Students	2019 Year (level 5)
Pre-requisite	Introduction to Physical Therapy(PTH 214)
Name of Coordinator	Dr. S. Paul Silvian

Course Description

This course intends to teach the students on methods of assessment\measurement of range of motion for body joints, postural assessment and functional activity training. This course will teach the techniques and clinical uses of the various Massages, Manipulations and Traction through demonstration and clinical practice sessions. This course introduces the theory, scientific principles, and evidence for the use of various types of exercise employed by physical therapists for the promotion, maintenance, and restoration of optimal health and physical function

Main Textbook

1. Therapeutic Exercise: Foundations and Techniques (Therapeutic Exercise: Foundations and Techniques) Hardcover –by Carolyn Kisner PT MS (Author), Lynn Allen Colby PT MS (Author) ISBN-13: 978-0803625747 ISBN-10: 080362574X Edition: 6th
2. The Principles of Exercise Therapy, Fourth Edition M. Dena Gardiner Published by CBS Publishers & Distributors Pvt. Ltd., 2005 ISBN 10: 8123908938 / ISBN 13: 9788123908939

Mark Distribution

Assessment Tasks for Students during the course

#	Assessment task*	Week Due	Proportion of Total Assessment
1	Midterm -1 THEORY	5th week	10%
2	Midterm -1 PRACTICAL	5th week	10%
3	Midterm -2 THEORY	10th week	10%
4	Midterm -2 PRACTICAL	10th week	10%
5	Discussion\Assignments	15th week	10%
6	Final Practical	16th week	25%
7	Final Theory		25%
	Total		100

Distribution of Course Lectures and Practical Classes

Topics to be covered

List of Topics		Contact Hours
Measurement of Joint range 1	Measurement of Joint range 1	1
Measurement of Joint range	Measurement of Joint range	1
Introduction to Manual Therapy	Introduction to Manual Therapy	1
Manual Therapy-Introduction	Manual Therapy-Introduction	1
Peripheral Joint Mobilization & Manipulation	Peripheral Joint Mobilization & Manipulation	1
Manual Therapy, Peripheral Joint Mobilization & Manipulation	Manual Therapy, Peripheral Joint Mobilization & Manipulation	1
PNF	PNF	1
PNF	PNF	1
Therapeutic massage	Therapeutic massage	1
Therapeutic massage	Therapeutic massage	1
Posture	Posture	1
Posture	Posture	1
Traction	Traction	1
Functional Re-education	Functional Re-education	1
Functional Re-education	Functional Re-education	1
Practical topics		
Measurement of Joint range		2
Measurement of Joint range		2
Manual Therapy		2
Schools of Manual Therapy, Principles and Grades		2
Indications and Contraindications, Effects and Uses.		2
Effects and Uses, Principles of mobilization		2
PNF		2
PNF- Diagonal Patterns		2
History and Classification of Massage Technique		2
Principles		
Indications and Contraindications of massage		2
Technique of Massage Manipulations		
Physiological and Therapeutic Uses of Specific Manipulations		
Definition, Active and Inactive Postures, Postural Mechanism.		2
Patterns of Posture, Principles of re-education: corrective methods and techniques, Patient education		2
Different Mobilization Techniques		2
Manual and Mechanical Traction		2
Functional Re-education –Activities		2