

## Course Description

Department: Medical Rehabilitation Sciences

### 1439-1440 H Academic Year – Semester-II

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Course name	Physical Therapy in Obstetrics and Gynecological disorders
Course number	(PTH 422)
Credit Hours (teaching units)	2+1
College	Medical Rehabilitation Sciences Department
Targeted Students	Level-8
Pre-requisite	(PTH- 317), ( PTH -211)
Name of Coordinator	Venkata Nagaraj Kakaraparathi

## Course Description

### Course Objectives

#### General Objectives:

Students must able to know the normal and abnormal physiological changes during antenatal and postnatal period

Students must able to understand the various types of Obstetric and Gynecological problems.

#### Specific Objectives:

Know the normal and abnormal physiological changes before, during and after pregnancy.

Describe the various types of Obstetric and Gynecological problems.

Discuss the proper medical management of Obstetric and Gynecological disorders

### Course Learning Outcomes:

By the end of this course the student should be able to:

1. Ability to manage of patients with various obstetric and gynecological conditions within the scope of the patient's needs illness.
2. Antenatal and post natal care
3. Selection of various electrotherapy modalities in O.B.G disorders

4. Postural correction during pregnancy
5. Physical Therapy program for Normal and cesarean delivery.

### Main Textbook

Physiotherapy in Obstetrics and Gynaecology, 2<sup>nd</sup> Edition, Margaret Polden and Jill Mantle

### Mark Distribution

Continuous	Theory exam	28	Lab exam	17
	Discussion	2	Assignments	3
	Total	30	Total	20
Final	70% MCQs	25	Final Lab	20
	30% Written type questions	5		
	Total	30	Total	20

### Assessment Tasks for Students during the course

#	Assessment task*	Week Due	Proportion of Total Assessment
1	1 <sup>st</sup> C.A Theory and Lab examination, Discussion	5th	25%
2	2 <sup>nd</sup> C.A Theory and Lab examination, Discussion	12th	25%
3	Final Lab examination	15th	20%
4	Final theory examination	16th	30%
	<b>Total</b>		<b>100</b>

### Distribution of Course Lectures and Practical Classes

#### Topics to be covered

List of Topics	Contact Hours
1 Anatomy of the pelvis and pelvic floor	2
2 Anatomy of Anterior abdominal wall	2
3 Role of Physiotherapy – Antenatal care	2

4	Role of Physiotherapy during pregnancy	2
5	Role of Physiotherapy – Post partum care- Part-1	2
6	Role of Physiotherapy – Post partum care- Part-2	2
7	Dysmenorrhea	2
8	Role of P.T in Polycystic ovarian syndrome	2
9	Episiotomy	2
10	Hysterectomy	2
11	Electrotherapeutic modalities used during pregnancy	2
12	Menopause	2
13	Genital prolapse	2
14	Postural correction during pregnancy	2
<b>Practical topics</b>		
	Anatomy of the pelvis and pelvic floor- Identification of pelvic floor muscles	2
	Anatomy of Anterior abdominal wall- Anterior, Posterior and Medial layers, Muscles of anterior abdomen	2
	Role of Physiotherapy – Antenatal care- Pelvic rocking exercises	2
	Role of Physiotherapy during pregnancy- Pelvic floor exercises	2
	Role of Physiotherapy – Post partum care – Stretching exercises	2
	Dysmenorrhea – Strengthening exercises	2
	Role of P.T in Polycystic ovarian syndrome	2
	Episiotomy – Circulatory exercises, Respiratory exercises	
	Hysterectomy – Leg and arm exercises, Kegels exercises	2
	Electrotherapeutic modalities used during pregnancy- Part-1	2
	Electrotherapeutic modalities used during pregnancy- Part-1	2
	Menopause	2
	Postural correction during pregnancy –Crook lying and Supine lying positions	2
	Postural correction during pregnancy –Sitting and Standing positions	2