

STATE ESTABLISHMENT 'DNIPROPETROVSK MEDICAL ACADEMY OF MINISTRY
OF HEALTH OF UKRAINE'

Chair of physical rehabilitation, sport medicine and valeology

«Is confirmed»

At methodical meeting of physical
rehabilitation, sports medicine and
valeology chair

_____ (the chair name)

The head of the chair

_____ Nekhanevich O. B.

« ____ » _____ 20 ____ p.

METHODICAL INSTRUCTIONS

TO STUDENTS OF IV course medical faculty

FOR INDEPENDENT WORK

BY PREPARATION FOR THE PRACTICAL TRAINING

MODULE № 1: PHYSICAL REHABILITATION, SPORT MEDICINE

Thematic module 1: Physical rehabilitation

***Theme № 11: Physical rehabilitation in obstetrics and
gynecology.***

MODULE I. PHYSICAL REHABILITATION, SPORT MEDICINE

Thematic module 2: Physical rehabilitation

Theme № 11: Physical rehabilitation in obstetrics and gynecology.

1. Theme urgency:

Functional diagnostics is the way to indicate the problems in functional state of organism. It is equally important to professional sport, general physical education and remedial gymnastics. General and specific adaptive facilities are controlled with functional tests. The test can be held on the functional diagnostics center or during the physical training activity. The results contain information about functional state of organism, the adaptive abilities and physical training tolerance at the exact time.

2. Theme duration: 4 hours.

3. The educational aim: To study physical rehabilitation methods as a part of complex therapy in obstetrics and gynecologic practice.

Concrete aims:

To know:

- Theoretic basement, administration and evaluation principles of functional loading tests. Their features and practical use in functional diagnostics.
- Main tasks and features techniques psychophysical training for women with normal pregnancies, depending on trimester
- Main tasks and features techniques psychophysical training for women with pathological pregnancies, depending on trimester;
- Indications and contraindications for the purpose of physical rehabilitation in gynecological practice;

To be able:

- To choose the moving activity mood;
- To compose the rehabilitation program;
- To indicate forms and methods of rehabilitation;
- Change patient`s activity mood;
- Work with medical documents.

To develop practical skills:

- Estimate the moving mood according to complications;
- To estimate physical rehabilitation efficiency;
- Improve patient`s moving activity;
- To choose the moving mood in case of complications.
- To evaluate the level of physical exertion.

4. Basic knowledge, skills (interdisciplinary integration) – (table 4.1):

Table 4.1

The names of previous disciplines	Practical skills
Normal physiology	To be able to registrate main physiologic features, to know the loading test methodic.
Pathologic physiology	To define the development process of prepathologic and pathologic organic changes, non-adequate physical exertion impact
Propedeutics of internal disease	To take blood pressure, heart rate, describe pulsus. To be able to take electrocardiography, to hold the loading test. To evaluate the medical data.
Pediatric Propedeutics	To know the specifics of physical development in children according to different age.

5. Students advice.

5.1 Theoretic questions:

1. Features techniques and specific exercises for flat feet, posture and scoliosis depending on the degree.
2. Physiological changes in a woman's body during pregnancy.
3. Main tasks and features techniques psychophysical training for women with normal pregnancies, depending on trimester.
4. Features of the method of application of exercise in childbirth and the postpartum period. as well as operative delivery.
5. The main task, especially gymnastics techniques and specific exercises in the wrong position and breech fetus.
6. Indications and contraindications for the purpose of physical rehabilitation in gynecological practice.
7. Objectives and features of EF in chronic inflammatory diseases of female genital anomalies of the provisions of the uterus, and disorders of menstrual function and functional incontinence.

5.2 Practical part:

1. describe Harvard step-test methodic and result evaluation.
2. describe Kuper test methodic and result evaluation
3. Describe the estimation of glycolitic, Oxidative-glycolitic and oxidativecapacity in human muscils.
4. Calculate the maximal oxygen consumption factor by PWC₁₇₀ value.

5.3 Self-control materials:

1) self-control questions:

8. Features techniques and specific exercises for flat feet, posture and scoliosis depending on the degree.
9. Physiological changes in a woman's body during pregnancy.
10. Main tasks and features techniques psychophysical training for women with normal pregnancies, depending on trimester.
11. Features of the method of application of exercise in childbirth and the postpartum period. as well as operative delivery.
12. The main task, especially gymnastics techniques and specific exercises in the wrong position and breech fetus.
13. Indications and contraindications for the purpose of physical rehabilitation in gynecological practice.
14. Objectives and features of EF in chronic inflammatory diseases of female genital anomalies of the provisions of the uterus, and disorders of menstrual function and functional incontinence.

2) Tests:

- 1) Clinical indications of reaching tolerance threshold to physical load is:
 - A. increased sweating
 - B. Intensified and deep breathing
 - C. Appearance of internal chest pain
 - D. Insignificant hyperemia
 - E. *heartbeat.
- 2) While calculating powerfulness of physical load in case of stepergometry all indices are used except one:
 - A. *Height while standing tall
 - B. Mass of a body
 - C. height of a stair
 - D. Pace of going up
 - E. Correcting coefficient

3) Clinical mind improvement

The pregnant women, 24 week, age 28. The condition is normal. What are the tasks and features techniques psychophysical training for women with normal pregnancies on this trimester?

literature:

the main

1. Remedial gymnastics and sport medicine: textbook/ Klapchuk V.V., Dsiak G.V., Mutavov V.I.; red. Klapchuk V.V., Dsiak G.V. – K.: Zdorov'e, 1995. – 312 p.
2. Remedial gymnastics and sport medicine: Tests for knowlage control in students of medical and stomatological faculties of universitie IY level of acreditation / Abramov B.B., Klapchuk B.B., Magl'ovanuy A.V., Smirnova O.L.,; red. Ph. Klapchuk V.V., Ph. Magl'ovanuy A.V. – Dnipropetrovsk: medical academy, 2006. – 124 p.
3. Remedial gymnastics and sport medicine (Lections) / Abramov B.B., Klapchuk V.V Smirnova O.L.,; red. Ph. Klapchuk V.V.,– Dnipropetrovsk: medical academy, 2006. – 179 p
4. Medical control in physical training and sports: medical recommendations for students of medical and stomatological faculties of universitie IY level of acreditation / V.S. Sokolovskyy, N.A. Romanova, V.S. Vladova, I.I. Bondarev. – Odessa: osmu, 2001. – 93p.
5. Sport medicine. textbook / Makarova G.A. – M.: Soviet sport, 2003. – 480 p.
6. Textbook «Remedial gymnastics and medical control» red. Epifanova and G. L. Apanasenko – p.14-16, 25-37.
7. Functional tests in sport medicine (methodical recomendations) /Mychaluk E. L. –Kyiv. –2005. – 37p.

Discussed on cathedral meeting «____»_____20__p. (Protocol № ____)

The head of the cathedra, Phd. _____ O.B.Nekhanevich

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