

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 № 12: Physical training for newborns. Rehabilitation in
pediatrics.***

MODULE I. PHYSICAL REHABILITATION, SPORT MEDICINE

Thematic module 2: Physical rehabilitation

Theme № 12: Physical training for newborns. Rehabilitation in pediatrics.

1. Theme urgency:

There are a lot of pediatric diseases and complications in Ukraine. Physical rehabilitation and manual therapy is as common the main method of treatment in pediatric patients. Well time and adequate physical rehabilitation significantly enhances lost function recovery.

2. **Theme duration:** 2 hours.

3. **The educational aim:** To study physical rehabilitation methods as a part of complex therapy in neurological practice.

Concrete aims:

To know:

1. General indications and contraindications to the use of exercise therapy in infants.
2. Physiological effects of massage on the body of children, indications and contraindications for its use.
3. Basic methodological principles of the application DF in pediatrics.

Objectives and features techniques physiotherapist and massage in infants with acute pneumonia.

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 qestions:

4. Features of physical education healthy babies.
5. Types of exercise that are used in physical education healthy babies.
6. General indications and contraindications to the use of exercise therapy in infants.
7. Physiological effects of massage on the body of children, indications and contraindications for its use.
8. Basic methodological principles of the application DF in pediatrics.
9. Objectives and features techniques physiotherapist and massage in infants with acute pneumonia.
10. Objectives and features techniques physiotherapist in infants with rickets, malnutrition. Congenital muscular torticollis, congenital dislocation of the hip.
11. Indications and contraindications for the use of DF with orthopedic disorders in children.

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 glicolitic, Oxidative-glicolitic and oxidativecapacity in human muscals.
4. Calculate the maximal oxygen consumption factor by PWC_{170} value.

5.4. Theme content:

5.3 Self-control materials:

1) *self-control questiones:*

1. Features of physical education healthy babies.
2. Types of exercise that are used in physical education healthy babies.
3. General indications and contraindications to the use of exercise therapy in infants.
4. Physiological effects of massage on the body of children, indications and contraindications for its use.
5. Basic methodological principles of the application DF in pediatrics.
6. Objectives and features techniques physiotherapist and massage in infants with acute pneumonia.
7. Objectives and features techniques physiotherapist in infants with rickets, malnutrition. Congenital muscular torticollis, congenital dislocation of the hip.
8. Indications and contraindications for the use of DF with orthopedic disorders in children.

2) *Tests:*

1) Contradictions for exercise therapy in ill children are:

- A. Severe general condition of a child,
- B. Toxicosis,
- C. High temperature of a body,
- D. Blood disease,
- E. All the mentioned above.

2) Gymnastics for infants implies:

- A. Reflex, passive, active exercises and massage,
- B. Crawling,
- C. Swimming,
- D. Gymnastics is not carried out,
- E. Gymnastics is carried out after 1 month.

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

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

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