

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Health	
<b>Course code:</b> KFYZIO/54F1016W/17	<b>Course title:</b> Physiotherapeutic Diagnostics 2
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 2 <b>hours per semester:</b> 12 / 24 <b>Teaching method:</b> on-site (distance method according to the document Príkaz rektora P-8/2020 since 15. 10. 2020)	
<b>Credits:</b> 3	
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b> KFYZIO/54F1002W/17	
<b>Requirements for passing the course:</b> Prerequisites: Physiotherapeutical diagnostics 1 Conditions for passing the course: The control of self-study takes place by assigning and elaborating the semester work and its presentation, it forms 10% of the evaluation in the final evaluation of the subject. During the semester: there will be practical tests and two theoretical tests. To participate in the exam, it is necessary to obtain 60%. Final evaluation: will be based on the total number of points obtained from the examinations and the oral exam. Course evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% FX – 59%- 0%	
<b>Learning outcomes of the course:</b> <b>Objective of the course:</b> Improve knowledge of skeletal muscle. Gain the ability to use a muscle test to determine the degree of muscle strength. Effectively incorporate muscle testing into functional diagnostics. <b>Theoretical knowledge:</b> The student defines standardized tests to assess the functional condition of skeletal muscles. Distinguishes between shortened and weakened muscles, limited joint mobility and hypermobility. Analyzes the stereotype of walking and prototyping activities. <b>Practical skills:</b> The student effectively measures muscle strength, determines the degree of skeletal muscle weakness. Tests and determines muscle shortening as well as hypermobility of joints. Demonstrates walking with aids. Performs aspiration and palpation of muscles. It documents and interprets the results of the examination.	

**Course contents:**

Course contents:

1. Introduction to muscle strength testing, muscle test of mimic muscles.
2. Muscle fingers and thumbs.
3. Muscle test hip joint and knee joint.
4. Muscle test of ankles, toes.
5. Hypermobility - types of hypermobility, examination and evaluation.
6. Examination of shortened muscles of the upper and lower limbs.
7. Examination of shortened necks, torso.
8. Evaluation of the figure, posture - correct and incorrect. Methods of evaluation.
9. Examination of the spine, evaluation.
10. Basic diagnostic procedures muscle imbalance - upper and lower cross syndrome.
11. Evaluation of gait, types of gait, pathological changes.
12. Training of walking on crutches - types of walking aids, types of walking on crutches, walking up and down stairs.

Exercises

1. Muscle test of mimic muscles.
2. Muscle fingers and thumbs.
3. Muscle test hip joint and knee joint.
4. Muscle test of ankles, toes.
5. Types of hypermobility, examination.
6. Examination of shortened muscles of the upper and lower limbs.
7. Examination of shortened necks, torso.
8. Evaluation of the figure, correct posture.
9. Methods of evaluating incorrect posture.
10. Examination of the spine, evaluation.

Basic diagnostic procedures muscle imbalance - upper cross syndrome.

Basic diagnostic procedures muscle imbalance lower cross syndrome.

11. Evaluation of gait, types of gait, pathological changes.
12. Training of walking on crutches - types of walking aids, types of walking on crutches, walking up and down stairs.

**Recommended or required literature:**

Recommended literature:

1. ČIHÁK, R. : Anatomie I., Grada, Praha: 2002
2. GÚTH, A. a kol.: Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, Bratislava.
3. GÚTH, A. a kol.: Liečebné metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, Bratislava.
4. JANDA, V: Svalové funkční testy, Grada Publishing, Praha 2004
5. KOLÁŘ, P. : Rehabilitace v klinické praxi, Galen, Praha 2010.

**Language of instruction:**

slovak language

**Notes:**

The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

<b>Course evaluation:</b>					
Assessed students in total: 106					
A	B	C	D	E	FX
22.64	11.32	20.75	16.04	24.53	4.72
<b>Name of lecturer(s):</b> Mgr. Peter Kutiš, PhD.					
<b>Last modification:</b> 01.12.2020					
<b>Supervisor(s):</b> doc. PhDr. Zuzana Hudáková, PhD.					