

**THEMATIC PLAN OF PRACTICAL CLASSES**  
**6th YEAR STUDENTS FACULTY OF FOREIGN STUDENTS**  
**(11,12th SEMESTER)**  
**(2021-2022 ACADEMIC YEAR)**

**TOPIC № 1.**

**Methods and means of medical rehabilitation.** Overview of medical rehabilitation with the position of evidence based medicine. Types of rehabilitation. The definition of medical rehabilitation. The concept of the impact of the disease. Types of functional disorders of the model on the ICIDH. The aims of medical rehabilitation. The concept of «quality of life», the definition of the components. Differences of rehabilitation and treatment. Principles of rehabilitation. Indications and contraindications to the appointment of rehabilitation measures. Criteria of disability.

**TOPIC № 2.**

**Kinesitherapy.** Classification of funds kinesitherapy, their brief characteristic. Contraindications to the appointment of exercise therapy, massage, mechanotherapy, manual therapy. Dietotherapy. General characteristics of the method. WHO recommendations on rational nutrition for developing countries. **Acupuncture** in internal diseases, possible complications and their prophylaxis. Reflexotherapy contraindications. **Psychotherapy.** Psychotherapy methods, used in rehabilitation of somatic patients. Medico-technical means. Ergotherapy.

**TOPIC № 3.**

**Medical rehabilitation in neurology.** The main contingents of patients subject to rehabilitation (patients with impaired cerebral circulation, osteochondrosis of the spine). Estimation of a functional condition of life of patients with impaired cerebral circulation and osteochondrosis of the spine. Means and methods of medical rehabilitation used in neurology. Development of individual program of rehabilitation of patients after stroke. Mechanisms of influence of physical exercise on the vegetative and regulating links of the functional systems of the body. Assessment of their functional state, vital activity. Means and methods of medical rehabilitation applicable to these categories of patients.

**TOPIC № 4.**

**Medical rehabilitation in cardiology.** The main contingents of patients subject to rehabilitation (patients with ischemic heart disease, arterial hypertension). Assessment of the functional condition and the vital activity of this category of

patients. Stress tests used in cardiology. Means and methods of medical rehabilitation, used for patients with cardiovascular diseases. Development of individual rehabilitation programs for patients with coronary heart disease and arterial hypertension.

**Medical rehabilitation in pulmonology.** The main contingents of patients subject to rehabilitation (patients with chronic obstructive pulmonary disease, bronchial asthma). Assessment of the functional condition and the vital activity of this category of patients. Stress tests used in pulmonology. Means and methods of medical rehabilitation used in pulmonology. Development of individual rehabilitation programs for patients with chronic obstructive pulmonary disease, bronchial asthma.

#### **TOPIC № 5.**

**Medical rehabilitation in surgery. Medical rehabilitation in traumatology.** The main contingents of patients subject to rehabilitation (patients after surgical interventions on the organs of the chest and abdominal cavity). Methods of evaluation of their functionality and the vital activity. Resources and methods of medical rehabilitation used in surgery. Medical rehabilitation in traumatology. The main contingents of patients subject to rehabilitation (patients with consequences of injuries of the upper and lower extremities, patients with impaired posture). Methods of evaluation of their functionality and the vital activity.

**Medical rehabilitation in orthopedic.** Fundamentals of physical rehabilitation of patients. Rehabilitation of patients with diseases of the joints. Basic laws of self-improvement of the organism. The dominant of the motor system. Classification of physical exercises. The main contingents of patients subject to rehabilitation in arthrology (patients with rheumatoid arthritis, primary osteoarthritis). Development of the individual program of rehabilitation for the patient with a disease of the joints.

Head of department,  
Associate Professor  
31.08.2021



Vasileuski S.