



## Rehabilitation

1. IMPRINT	
Academic Year	2024/2025
Department	Faculty of Medicine and Dentistry
Field of study	English Dentistry Division
Main scientific discipline	Medical Sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Stationary
Type of module / course	Obligatory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Rehabilitation, Trojdena 2C St., 02-109 Warsaw 22 57 20 920 e-mail: zakladrehabilitacji@wum.edu.pl www.zakladrehabilitacji.wum.edu.pl
Head of Educational Unit / Heads of Educational Units	dr hab. n. med. i n. o zdr. Anna Hadamus
Course coordinator	Weronika Woźniak-Czekierda, PT, PhD, weronika.wozniak-czekierda@wum.edu.pl
Person responsible for syllabus	Weronika Woźniak-Czekierda, PT, PhD, weronika.wozniak-czekierda@wum.edu.pl
Teachers	Weronika Woźniak-Czekierda, PT, PhD, weronika.wozniak-czekierda@wum.edu.pl

2. BASIC INFORMATION			
Year and semester of studies	II year, IV semester	Number of ECTS credits	1.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			

**Załącznik nr 4A do Procedury opracowywania i okresowego przeglądu programów studiów  
(stanowiącej załącznik do zarządzenia nr 68/2024 Rektora WUM z dnia 18 kwietnia 2024 r.)**

Lecture (L)	1	0,04
Seminar (S)	14	0,56
Discussions (D)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
<b>Unassisted student's work</b>		
Preparation for classes and completions	10	0,4

### 3. COURSE OBJECTIVES

O1	Preparation for clinical classes for further years of studies through the gradual introduction of clinical concepts covering different aspects of the musculoskeletal system in health and disease
O2	Get knowledge about methods used in medical rehabilitation, especially rehabilitation of the masticatory system, objectives of rehabilitation and methodology of planning
O3	Get knowledge about methods of physiotherapy which can diminish or eliminate the pain and methods to reduce fear and stress

### 4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of effect of learning in accordance with standards of learning	Effects in time
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**Knowledge – Graduate\* knows and understands:**

A.W2.	the structures of the human body: cells, tissues, organs and systems, with particular emphasis on the dental system
A.W4.	the role of the nervous system in the functioning of individual organs
A.W6.	the anatomical explanation for the physical examination
B.W8.	the mechanics of the masticatory system
B.W10.	the principles of ultrasound devices
B.W12.	the principles of lasers in dentistry
D.W5.	the functioning of the entities of the health care system and the social role of the doctor and the dentist
E.W19.	the methods used in medical rehabilitation, its objectives and planning methodology

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F.W14.	the methods of masticatory system rehabilitation
F.W15.	the therapeutic methods of pain reduction and pain relief as well as anxiety and stress reduction

**Skills– Graduate\* is able to:**

B.U3.	use physical processes at dentist work
D.U2.	identify and respond appropriately to signs of anti-health and self-destructive behavior
D.U3.	select treatment that minimizes the social consequences for the patient
F.U8.	treat acute and chronic, tooth-like and non-tooth-like inflammatory processes of soft tissues in the mouth, periodontium and jaw bones

### 5. ADDITIONAL EFFECTS OF LEARNING

Number of effect of learning	Effects of learning i time
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**Knowledge – Graduate knows and understands:**

K1	-
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**Skills– Graduate is able to:**

S1	-
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**Social Competencies – Graduate is ready for:**

SC1	-
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### 6. CLASSES

Form of class	Class contents	Effects of Learning
Lecture	Lecture – Physiotherapy, rehabilitation – definitions. ICF model and its use in physiotherapy. General information on physiotherapy methods and its use in the craniomandibular and the craniofacial regions treatment.	D.W5., E.W19., F.W14., F.W15.
Seminar	S1 – Seminar 1 – Anamnesis, Physical examination in physiotherapy. Assessment and analysis of the posture of the patient with regard to the dental system.	A.W2., A.W4., A.W6., B.W8., D.W5., E.W19., D.U2.
	S2 – Seminar 2 – Assessment of the dental system and cervical spine. Planning of the therapy based on the anamnesis and assessment of the patient. Kinesiotherapy and manual therapy - the impact on the human body and the use in the craniomandibular and the craniofacial regions treatment.	A.W6., B.W8., E.W19., F.W14., F.W15., D.U2., D.U3.

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S3 – Seminar 3 – Trigger points therapy, myofascial release. Pain reduction and stress reduction with use of physiotherapy methods.	D.W5., E.W19., F.W14., F.W15., D.U2.
S4 – Seminar 4 – Autotherapy – use of manual therapy and kinesiotherapy methods for an autotherapy treatment in the patients with craniomandibular and the craniofacial problems. Autotherapy for dentists.	D.W5., F.W14., F.W15., D.U2.
S5 – Seminar 5 – Physiotherapy with use of physical agents. Impact of physical agents on the human body. Use of physical agents in the craniomandibular and the craniofacial regions treatment. Overview of electrotherapy, ultrasound, laser therapy, thermotherapy, cryotherapy.	B.W10., B.W12., E.W19., F.W14., F.W15., F.U8.
S6 – Seminar 6 – The impact of impaired primary functions on the stomatognathic system. The myofunctional therapy.	B.W8., E.W19., F.W14., F.W15., D.U2.
S7 – Seminar 7 – Discussion of clinical cases based on scientific articles. Discussion of physiotherapy options in some selected clinical cases.	E.W19., F.W14., F.W15., D.U3.

## 7. LITERATURE

### Obligatory

1. Maitland's Clinical Companion: An Essential Guide for Students, Kevin Banks, Elly Hengeveld, Churchill Livingstone
2. Physical Agents in Rehabilitation, Michelle H. Cameron, 3rd Edition

### Supplementary

1. Richter P, Hebgem E. „Trigger Points and Muscle Chains In Osteopathy”. Thieme 2009
2. Robinson AJ, Snyder-Mackler L. „Clinical Electrophysiology”, Lippincott Williams&Wilkins, a Wolters Kluwer business.
3. Lewitt K. “Manipulative Therapy. Musculoskeletal Medicine”, Elsevier 2010

## 8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
A.W2., A.W4., A.W6., B.W8., B.W10., B.W12., D.W5., E.W19., F.W14., F.W15., B.U3., D.U2., D.U3., F.U8.	The activity during seminars. The involvement of the student in the activities. The preparation of a clinical case based on a scientific article and discussion in the group. Evaluation.	100% of attendance  The evaluation is based on the content, the presentation and discussion skills.

## 9. ADDITIONAL INFORMATION

Consultation hours are announced at Department of Rehabilitation or on the website [www.zakladrehabilitacji.wum.edu.pl](http://www.zakladrehabilitacji.wum.edu.pl)

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### ATTENTION

The final 10 minutes of the last class in the block/semester/year should be allocated to students' Survey of Evaluation of Classes and Academic Teachers