



## Rehabilitation

### 1. IMPRINT

|                                                              |                                                                                                                                                                 |
|--------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Academic Year</b>                                         | 2026/2027                                                                                                                                                       |
| <b>Department</b>                                            | Faculty of Medicine and Dentistry                                                                                                                               |
| <b>Field of study</b>                                        | English Dentistry Division                                                                                                                                      |
| <b>Main scientific discipline</b>                            | Medical Sciences                                                                                                                                                |
| <b>Study Profile</b>                                         | General academic                                                                                                                                                |
| <b>Level of studies</b>                                      | Uniform MSc                                                                                                                                                     |
| <b>Form of studies</b>                                       | Stationary                                                                                                                                                      |
| <b>Type of module / course</b>                               | Obligatory                                                                                                                                                      |
| <b>Form of verification of learning outcomes</b>             | Completion                                                                                                                                                      |
| <b>Educational Unit / Educational Units</b>                  | Department of Rehabilitation,<br>Trojdena 2C St., 02-109 Warsaw<br>22 57 20 920<br>e-mail: zakladrehabilitacji@wum.edu.pl<br>www.zakladrehabilitacji.wum.edu.pl |
| <b>Head of Educational Unit / Heads of Educational Units</b> | dr hab. n. med. i n. o zdr. Anna Hadamus                                                                                                                        |
| <b>Course coordinator</b>                                    | Weronika Woźniak-Czekierda, PT, PhD, weronika.wozniak-czekierda@wum.edu.pl                                                                                      |
| <b>Person responsible for syllabus</b>                       | Weronika Woźniak-Czekierda, PT, PhD, weronika.wozniak-czekierda@wum.edu.pl                                                                                      |
| <b>Teachers</b>                                              | Weronika Woźniak-Czekierda, PT, PhD, weronika.wozniak-czekierda@wum.edu.pl                                                                                      |

### 2. BASIC INFORMATION

| 2. BASIC INFORMATION                   |                      |                 |                          |     |
|----------------------------------------|----------------------|-----------------|--------------------------|-----|
| Year and semester of studies           | II year, IV semester |                 | Number of ECTS credits   | 1.5 |
| FORMS OF CLASSES                       |                      | Number of hours | ECTS credits calculation |     |
| Contacting hours with academic teacher |                      |                 |                          |     |
| Lecture (L)                            |                      | 1               | 0,1                      |     |
| Seminar (S)                            |                      | 14              | 0,8                      |     |

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

|                                         |    |     |
|-----------------------------------------|----|-----|
| Discussions (D)                         |    |     |
| e-learning (e-L)                        |    |     |
| Practical classes (PC)                  |    |     |
| Work placement (WP)                     |    |     |
| <b>Unassisted student's work</b>        |    |     |
| Preparation for classes and completions | 20 | 0,6 |

### 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 |
|--------------------------------------------------------------------------------|-----------------|
|--------------------------------------------------------------------------------|-----------------|

**Knowledge – Graduate\* knows and understands:**

|        |                                                                                   |
|--------|-----------------------------------------------------------------------------------|
| A.W2.  | organ and organism development, with special emphasis on the masticatory organ    |
| A.W4.  | the role of the nervous system in the functioning of individual organs            |
| A.W6.  | anatomical justification for the physical examination                             |
| B.W9.  | principles of the functioning of ultrasonic equipment                             |
| B.W11. | principles of the functioning of lasers in dentistry                              |
| C.W30. | biomechanics of the masticatory organ                                             |
| D.W14. | the principles of the interdisciplinary therapeutic team                          |
| E.W27. | methods used in medical rehabilitation, its goals and the methodology of planning |
| F.W19. | therapeutic methods used to reduce dental anxiety and stress                      |
| F.W21. | methods of rehabilitation of the masticatory organ                                |

**Skills– Graduate\* is able to:**

|       |                                                        |
|-------|--------------------------------------------------------|
| B.U2. | use physical processes essential in the dentist's work |
|-------|--------------------------------------------------------|

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|        |                                                                                                                                                                             |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| D.U2.  | select treatment that reduces social consequences for the patients                                                                                                          |
| F.U4.  | identify social determinants of oral health, signs of anti-health and self-destructive behaviours and discuss these with the patient, and make a note in the medical record |
| F.U11. | conduct treatment of acute and chronic, odontogenic, and non-odontogenic inflammatory processes of oral soft tissues, periodontium, and jawbone                             |

## 5. ADDITIONAL EFFECTS OF LEARNING

| Number of effect of learning                        | Effects of learning i time |
|-----------------------------------------------------|----------------------------|
| <b>Knowledge – Graduate knows and understands:</b>  |                            |
| K1                                                  | -                          |
| <b>Skills– Graduate is able to:</b>                 |                            |
| S1                                                  | -                          |
| <b>Social Competencies – Graduate is ready for:</b> |                            |
| SC1                                                 | -                          |

## 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.W14., E.W27., F.W19., F.W21.                      |
| 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., C.W30., D.W14., E.W27., F.U4.  |
|               | 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., C.W30., E.W27., F.W19., F.W21., D.U2., F.U4. |
|               | S3 – Seminar 3 – Trigger points therapy, myofascial release. Pain reduction and stress reduction with use of physiotherapy methods.                                                                                                                                                             | D.W14., E.W27., F.W19., F.W21., F.U4.               |
|               | 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.W14., F.W19., F.W21., F.U4.                       |
|               | 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.W9., B.W11., E.W27., F.W19., F.W21., F.U11.       |

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|                                                                                                                                                  |                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| S6 – Seminar 6 – The impact of impaired primary functions on the stomatognathic system. The myofunctional therapy.                               | C.W30., E.W27., F.W19., F.W21., F.U4. |
| S7 – Seminar 7 – Discussion of clinical cases based on scientific articles. Discussion of physiotherapy options in some selected clinical cases. | E.W27., F.W19., F.W21., D.U2.         |

## 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, Hebgen 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<br>effect of learning                                                                               | Ways of verifying the effect of learning                                                                  | Completion criterion                                                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| A.W2., A.W4., A.W6.,<br>B.W9., B.W11.,<br>C.W30., D.W14.,<br>E.W27., F.W19.,<br>F.W21., B.U2., D.U2.,<br>F.U4., F.U11. | The activity during seminars. The involvement of the student in the activities.                           | 100% of attendance.<br>In the event of absence students are obliged to complete the missed course work in the manner and by the deadline designated by the lecturer or to submit a medical certificate.                        |
|                                                                                                                        | The preparation of a clinical case based on a scientific article and discussion in the group. Evaluation. | The evaluation is based on the content, the presentation and discussion skills.<br>In the event of receiving a failing grade for the course assessment, the student is entitled to two opportunities to retake the assessment. |

## 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