

**Annex 3 to the work program of the discipline (module)  
medical rehabilitation**

**Methodological recommendations for students**

**Section I. Organizational bases of medical rehabilitation.**

**Topic 1. Fundamentals of medical rehabilitation.**

**Purpose: to study aspects of the organization of medical rehabilitation in Russia.**

**Tasks:**

- get acquainted with the legislative framework for medical rehabilitation;
- get acquainted with the stages, principles of organization of medical rehabilitation;
- study rehabilitation technologies;
- get acquainted with the international classification of functioning (ICF)
- to get acquainted with the basics of ergotherapy.
- to study the indications and contraindications for the appointment of non-drug methods of treatment

The main concepts that students should learn in the process of studying the topic: medical rehabilitation, stages of rehabilitation, rehabilitation potential, multidisciplinary rehabilitation team, rehabilitation goal, rehabilitation programs, rehabilitation technologies.

**Questions for the lesson**

1. Regulatory documents on medical rehabilitation.
2. Stages of medical rehabilitation, routing.
3. Multidisciplinary approach to rehabilitation.
4. Evaluation scales for medical rehabilitation
5. Rehabilitation potential
6. Features of the application of the international classification of functioning

**Questions for self-control**

1. Define medical rehabilitation.
2. What is a multidisciplinary rehabilitation team?
3. How is rehabilitation potential determined?
4. How are rehabilitation goals formulated?
5. How the ICF is applied in rehabilitation.
6. What rehabilitation technologies do you know?
7. What indications and contraindications do you know for the appointment of non-drug methods of treatment

**Basic and additional literature on the topic**

**Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
2. Общая физиотерапия [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 5-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/book/ISBN9785970454794.html>

3. Лечебная физическая культура [Электронный ресурс] : учеб. пособие / В. А. Епифанов. - 3-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2017. - 656 с : ил. - URL: <http://www.studentlibrary.ru/book/ISBN9785970442579.html>.

**Additional:**

1. Медицинская реабилитация [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2021. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970459454.html>

2. Основы восстановительной медицины и физиотерапии [Электронный ресурс] : учебное пособие / В. В. Александров, А. И. Алгазин. - Москва : ГЭОТАР-Медиа, 2018. - 136 с. - URL: <http://www.studentlibrary.ru/book/ISBN9785970425602.html>

3. Лечебная физическая культура [Электронный ресурс] : учебное пособие / В. А. Епифанов, А. В. Епифанов. - 4-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 704 с. - URL: <https://www.studentlibrary.ru/book/ISBN9785970455760.html>

**The list of resources of the information and telecommunication environment "Internet" necessary for mastering the content of the topic**

**1. Website of the Union of Rehabilitologists of Russia:** <https://rehabrus.ru/> - приказы и нормативные документы

**List of software and information reference systems, specialized programs necessary for mastering the topic**

In the implementation of the educational process, students and faculty use the following software: operating system - MS Windows Vista Starter, MS Windows Prof 7 Upgr; office suite - MS Office 2007; other software - 7-zip, AdobeReader, Kaspersky Endpoint Security

**List of questions and tasks for independent work**

Sections and topics for self-study	Types and content of independent work
Rating scales in medical rehabilitation	abstract message
The order of routing of patients with different nosology	abstract message
Application of the ICF in rehabilitation	Drawing up situational problems using the ICF

**Topic 2. International Classification of Functioning (ICF). Ergotherapy in the rehabilitation system.**

**Purpose:** To study the international classification of functioning and the peculiarities of its application at various stages of rehabilitation. Studying the classification of ergotherapy means, mechanisms of their action and features of application at various stages of rehabilitation.

**Tasks:**

- study the international classification of functioning;
- learn to apply the ICF in solving situational problems;
- get acquainted with the mechanism of action of ergotherapeutic agents on the human body;
- get acquainted with the basic principles of selection and dosage of occupational therapy methods;

- learn to apply the knowledge gained about occupational therapy in solving situational problems.

**The main concepts that should be learned by students in the process of studying the topic:**

International classification of functioning, occupational therapy, activity, participation, adaptation, accessible environment.

**Questions for the lesson**

1. Theoretical foundations of the IFF.
2. Functions and structure of the ICF.
3. Activity and participation in the IFF.
4. Application of the ICF in rehabilitation.
5. Adaptation of the environment.
6. Ergotherapy for children.

**Questions for self-control**

1. What is the principle of ICF diagnostics?
2. Define occupational therapy.
3. What methods of occupational therapy are used in rehabilitation?
4. What general contraindications to ergotherapy do you know?

**Basic and additional literature on the topic**

**Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN97859704448434.html>
2. Общая физиотерапия [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 5-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/book/ISBN9785970454794.html>
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**Additional**

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### **List of questions and tasks for independent work**

Sections and topics for self-study	Types and content of independent work
Assessment of the availability of the environment.	abstract message
Assessment of the patient's condition according to the ICF.	Solution of situational problems.
Ergotherapy in the rehabilitation of children.	abstract message

### **Topic 3. Fundamentals of general physiotherapy.**

**Purpose:** To study the classification of physiotherapy agents, their mechanisms of action and features of use at various stages of rehabilitation.

#### **Tasks:**

- get acquainted with the mechanism of action of physiotherapeutic methods on the human body;
- to study the indications and contraindications for the appointment of FT;
- to study the principles of compatibility of physiotherapy procedures;
- to get acquainted with the basic principles of selection and dosage of physiotherapeutic methods;
- learn to apply the acquired knowledge about the appointment of physiotherapy procedures in solving situational problems.

Basic concepts that should be learned by students in the process of studying the topic: physiotherapy, physical factors, electrotherapy, phototherapy, aerosol therapy, electroaerosol therapy, halotherapy, thermotherapy, cryotherapy.

#### **Questions for the lesson**

1. Physical and chemical bases of action of physical factors.
2. Compatibility of physiotherapy, sequence of appointment.
3. Classification of methods of physiotherapy.
4. Basic principles of selection and dosage.
5. Contraindications to the appointment of physiotherapy.
6. Electrotherapy.
7. Mechanical influences.
8. Aerosol and electroaerosol therapy, halotherapy.
9. Heat and cryotherapy.

#### **Questions for self-control**

1. Define physiotherapy.
2. How are physical factors dosed?
3. Name the absolute and relative contraindications to FT.

### Basic and additional literature on the topic

**Main literature**  
1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов, В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>

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### Additional

1. Медицинская реабилитация [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2021. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970459454.html>

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### List of questions and tasks for independent work

Sections and topics for self-study	Types and content of independent work
Aerosol and electroaerosol therapy	abstract message
Features of physiotherapy in pediatrics.	abstract message
Heat and cryotherapy	abstract message

### Topic 4. Fundamentals of physiotherapy exercises.

**Purpose:** To study the classification of exercise therapy, the mechanisms of their action and features of use at various stages of rehabilitation.

#### Tasks:

- get acquainted with the mechanism of action of exercise therapy on the human body;

- to study the indications and contraindications for the appointment of exercise therapy;
- get acquainted with the basic principles of selection and dosage of exercise therapy methods;
- learn to apply the acquired knowledge about the purpose of exercise therapy in solving situational problems.

Basic concepts that should be learned by students in the process of studying the topic: physiotherapy exercises, massage, mechanotherapy, occupational therapy, motor mode, dosage of physical exercises.

### **Questions for the lesson**

1. Classification of means of physical therapy.
2. Mechanisms of the therapeutic effect of physical exercises.
3. Characteristics of motor modes.
4. Massage, classification, contraindications.

### **Questions for self-control**

1. Define physiotherapy exercises.
2. How is exercise dosed?
3. What methods of physical exercises are used?
4. Give a description of motor modes at different stages of rehabilitation.
5. What is mechanotherapy?
6. Occupational therapy, its types.
7. What general contraindications do you know to prescribing physiotherapy exercises and massage?

### **Basic and additional literature on the topic**

#### **Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
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#### **Additional**

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**List of questions and tasks for independent work**

Sections and topics for self-study	Types and content of independent work
The procedure for prescribing therapeutic exercises and paperwork.	Work in small groups in solving situational problems
Basic principles of selection and dosage of physical activity.	Carrying out a complex of therapeutic exercises
Features of exercise therapy in the rehabilitation of children.	abstract message

**Topic 5. Sanatorium-resort treatment as a factor of rehabilitation.**

**Purpose:** To study the organization of sanatorium treatment in Russia.

**Tasks:**

- get acquainted with the basic definitions of spa treatment;
- to get acquainted with the principles of work of the sanatorium;
- to study the indications and contraindications for sanatorium-and-spa treatment;
- get acquainted with the methods used in sanatorium treatment;
- get acquainted with the northern resorts.

Basic concepts that should be learned by students in the process of studying the topic: sanatorium, resort, climatotherapy, balneotherapy, pelotherapy

**Questions for the lesson**

1. Types of resorts.
2. The procedure for selecting patients for sanatorium treatment.
3. Contraindications to spa treatment.
4. Climatotherapy.
5. Balneotherapy.
6. Pelotherapy.

**Questions for self-control**

1. Give a definition of spa treatment and a sanatorium.
2. What documents are filled out for sanatorium treatment?
3. What are the climatic factors?
4. Characteristics of climates.
5. Classification of mineral waters.
6. Types of peloids.
7. Indications and contraindications for mud therapy.

## Basic and additional literature on the topic

### Main literature

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
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### Additional

1. Медицинская реабилитация [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2021. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970459454.html>
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## List of questions and tasks for independent work

Sections and topics for self-study	Types and content of independent work
Recommendations for taking mineral waters	abstract message
Mud treatment methods	abstract message

## Section of discipline II. Medical rehabilitation in various nosological forms

### Topic 1. Medical rehabilitation in diseases of the cardiovascular system



**Purpose:** To study the features of rehabilitation of patients with diseases of the cardiovascular system.

**Tasks:**

- get acquainted with the stages of rehabilitation of patients with diseases of the cardiovascular system;
- to study the indications and contraindications for the appointment of rehabilitation in diseases of the cardiovascular system;
- get acquainted with the basic principles of selection and dosage of exercise therapy methods for diseases of the cardiovascular system;
- to study the use of physiotherapy and massage in diseases of the cardiovascular system.

Basic concepts that should be learned by students in the process of studying the topic: stages of physical activity, special exercises, aerobic training, dosed walking, stress tests.

**Questions for the lesson**

1. Rehabilitation programs for acute myocardial infarction and coronary artery disease.
2. Rehabilitation for hypertension.
3. Rehabilitation of vegetative-vascular dystonia.
4. The use of physiotherapy, massage and other non-drug methods of treatment for diseases of the cardiovascular system.

**Questions for self-control**

1. List the contraindications to exercise therapy for diseases of the cardiovascular system.
2. The content of the stages and steps of physical activity in acute myocardial infarction.
3. What special exercises are used for hypertension?
5. What kind of massage is prescribed for cardiovascular diseases?
6. What physical factors are prescribed for diseases of the cardiovascular system?

**Basic and additional literature on the topic**

**Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
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**Additional**

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### List of questions and tasks for independent work

Sections and topics for self-study	Types and content of independent work
Exercise therapy for hypertension.	Drawing up a complex of therapeutic exercises, solving situational problems.
Exercise therapy for myocardial infarction.	Drawing up a complex of therapeutic exercises, solving situational problems.

## Topic 2. Medical rehabilitation in diseases of the respiratory system.

**Purpose:** To study the methods of rehabilitation of patients with respiratory diseases.

### Tasks:

- get acquainted with the mechanism of action of exercise therapy and physiotherapy in diseases of the respiratory system;
- to study the indications and contraindications for the appointment of exercise therapy and physiotherapy for diseases of the respiratory system;
- to get acquainted with the basic principles of selection and dosage of methods of exercise therapy and physiotherapy for diseases of the respiratory system;
- learn to apply the knowledge gained about the appointment of exercise therapy and physiotherapy for diseases of the respiratory system in solving situational problems.

The basic concepts that students should learn in the process of studying the topic are: static breathing exercises, dynamic breathing exercises, with increased inhalation / exhalation phases, paradoxical breathing, Strelnikova gymnastics, Buteyko gymnastics, drainage gymnastics, sound gymnastics.

### Questions for the lesson

1. Clinical and physiological rationale for the use of physiotherapy exercises in the complex treatment of diseases of the respiratory system.
2. Features of the method of therapeutic exercises for diseases of the respiratory system.
3. Methods for evaluating the effectiveness of exercise therapy.
4. The use of physiotherapy, massage and other non-drug methods of treatment for diseases of the respiratory system.

### Questions for self-control

1. List the contraindications to exercise therapy for diseases of the respiratory system.
2. Give a clinical and physiological justification for the use of physical therapy in diseases of the respiratory system.

3. What functional tests and studies should be carried out in patients with respiratory diseases?
4. Provide a list of basic and additional means of physical therapy and physiotherapy used in the rehabilitation of patients with diseases of the respiratory system.

### **Basic and additional literature on the topic**

#### **Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
2. Общая физиотерапия [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 5-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/book/ISBN9785970454794.html>
3. Лечебная физическая культура [Электронный ресурс] : учеб. пособие / В. А. Епифанов. - 3-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2017. - 656 с : ил. - URL: <http://www.studentlibrary.ru/book/ISBN9785970442579.html>.

#### **Additional**

1. Медицинская реабилитация [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2021. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970459454.html>
2. Основы восстановительной медицины и физиотерапии [Электронный ресурс] : учебное пособие / В. В. Александров, А. И. Алгазин. - Москва : ГЭОТАР-Медиа, 2018. - 136 с. - URL: <http://www.studentlibrary.ru/book/ISBN9785970425602.html>
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### **The list of resources of the information and telecommunication environment "Internet" necessary for mastering the content of the topic**

1. Website of the Union of Rehabilitologists of Russia: <https://rehabrus.ru/> - [приказы и нормативные документы](#)

### **List of software and information reference systems, specialized programs necessary for mastering the topic**

In the implementation of the educational process, students and faculty use the following software: operating system - MS Windows Vista Starter, MS Windows Prof 7 Upgr; office suite - MS Office 2007; other software - 7-zip, AdobeReader, Kaspersky Endpoint Security

### **List of questions and tasks for independent work**

<b>Sections and topics for self-study</b>	<b>Types and content of independent work</b>
Exercise therapy for pneumonia.	Solution of situational problems.
Exercise therapy for bronchial asthma.	Solution of situational problems.
Drainage gymnastics.	Solution of situational problems.
Sound gymnastics.	Solution of situational problems.

### **Topic 3. Medical rehabilitation in the pathology of the gastrointestinal tract and diseases caused by metabolic disorders.**

**Purpose:** to study methods of rehabilitation for diseases of the digestive system.

**Tasks:**

- to study the use of medical rehabilitation for gastritis, peptic ulcer and biliary dyskinesia.
- to study the indications and contraindications for the appointment of exercise therapy and physiotherapy for diseases of the gastrointestinal tract
- to study the indications and contraindications for the appointment of exercise therapy and physiotherapy for metabolic disorders.
- to study the use of physiotherapy exercises, physiotherapy for prolapse of the abdominal organs

The main concepts that should be learned by students in the process of studying the topic: gastritis, peptic ulcer, biliary dyskinesia, visceroptosis, diaphragmatic breathing, exercises for the muscles of the pelvic floor and abdominals.

#### **Questions for the lesson**

1. Therapeutic exercise and physiotherapy for gastritis and peptic ulcer of the stomach and duodenum.
2. Therapeutic exercise and physiotherapy for dysfunctions of the biliary tract.
3. Therapeutic exercise for prolapse of the abdominal organs.
4. Features of massage for diseases of the gastrointestinal tract.
5. Features of rehabilitation for obesity and diabetes

#### **Questions for self-control**

1. Give a definition, classification and clinic of gastritis, gastric ulcer, biliary dyskinesia, visceroptosis, diabetes mellitus and obesity
2. What are the main contraindications to the appointment of exercise therapy and physiotherapy for these diseases.
3. Clinical and physiological rationale for the use of exercise therapy in these diseases.
4. Explain the applied methods of physical therapy and massage in this pathology.

#### **Basic and additional literature on the topic**

##### **Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. – URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
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3. Лечебная физическая культура [Электронный ресурс] : учеб. пособие / В. А. Епифанов. - 3-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2017. - 656 с : ил. - URL: <http://www.studentlibrary.ru/book/ISBN9785970442579.html>.

##### **Additional**

1. Медицинская реабилитация [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2021. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970459454.html>

2. Основы восстановительной медицины и физиотерапии [Электронный ресурс] : учебное пособие / В. В. Александров, А. И. Алгазин. - Москва : ГЭОТАР-Медиа, 2018. - 136 с. - URL: <http://www.studentlibrary.ru/book/ISBN9785970425602.html>

3. Лечебная физическая культура [Электронный ресурс] : учебное пособие / В. А. Епифанов, А. В. Епифанов. - 4-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 704 с. - URL: <https://www.studentlibrary.ru/book/ISBN9785970455760.html>

### **The list of resources of the information and telecommunication environment "Internet" necessary for mastering the content of the topic**

**1. Website of the Union of Rehabilitologists of Russia:** <https://rehabrus.ru/> - [приказы и нормативные документы](#)

### **List of software and information reference systems, specialized programs necessary for mastering the topic**

In the implementation of the educational process, students and faculty use the following software: operating system - MS Windows Vista Starter, MS Windows Prof 7 Upgr; office suite - MS Office 2007; other software - 7-zip, AdobeReader, Kaspersky Endpoint Security

### **List of questions and tasks for independent work**

Sections and topics for self-study	Types and content of independent work
Mechanisms of the therapeutic effect of physical exercises in diseases of the digestive system.	abstract message
Therapeutic exercise for intestinal dysfunctions	abstract message

### **Topic 4. Medical rehabilitation in traumatology and surgery.**

**Purpose:** To study the methods of rehabilitation for surgical interventions in the abdominal and thoracic cavities and for various injuries.

#### **Tasks:**

- get acquainted with the mechanism of action of exercise therapy and physiotherapy in surgical interventions in the abdominal and chest cavities and in various injuries;
- to study the indications and contraindications for the appointment of medical rehabilitation for surgical interventions in the abdominal and thoracic cavities and for various injuries;
- get acquainted with the basic principles of selection and dosage of exercise therapy and physiotherapy methods for surgical interventions in the abdominal and thoracic cavities and for various injuries;
- learn to apply the acquired knowledge about medical rehabilitation in surgical interventions in the abdominal and thoracic cavities and in various injuries in solving situational problems.

The main concepts that students should learn in the process of studying the topic are: preoperative period, postoperative period, recovery period, immobilization period, post-immobilization period, breathing exercises, ideomotor exercises, passive and active exercises, learning to walk on crutches, mechanotherapy, gymnastics in water.

### **Questions for the lesson**

1. Periods of management of surgical patients, their characteristics.
2. Features of the exercise therapy technique after surgical interventions on the abdominal cavity.
3. Features of the exercise therapy technique in different periods after surgical interventions on the chest cavity.
4. Periods of management of trauma patients, their characteristics, features of rehabilitation programs.

### **Questions for self-control**

1. Contraindications, features of rehabilitation programs in various periods after surgical interventions on the abdominal cavity.
2. Contraindications, features of rehabilitation programs at various periods after surgical interventions on the chest cavity (heart, lungs).
3. Rehabilitation programs for fractures of tubular bones.
4. Rehabilitation programs for spinal fractures.
5. Rehabilitation programs for skull fractures.
6. The use of physiotherapy and massage in traumatology and surgery.

### **Basic and additional literature on the topic**

#### **Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов, В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
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#### **Additional**

1. Медицинская реабилитация [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2021. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970459454.html>
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### **The list of resources of the information and telecommunication environment "Internet" necessary for mastering the content of the topic**

1. Website of the Union of Rehabilitologists of Russia: <https://rehabrus.ru/> - [приказы и нормативные документы](#)

### **List of software and information reference systems, specialized programs necessary for mastering the topic**

In the implementation of the educational process, students and faculty use the following software: operating system - MS Windows Vista Starter, MS Windows Prof 7 Upgr; office suite - MS Office 2007; other software - 7-zip, AdobeReader, Kaspersky Endpoint Security

### **List of questions and tasks for independent work**

<b>Sections and topics for self-study</b>	<b>Types and content of independent work</b>
Medical rehabilitation during surgical operations on the vessels	Preparation of abstract messages.
Medical rehabilitation for compression fractures of the spine.	Drawing up a complex of LG, solving situational problems.
Medical rehabilitation for pelvic fractures.	Drawing up a complex of LG, solving situational problems.

### **Topic 5. Medical rehabilitation in orthopedics.**

**Purpose:** To study the methods of rehabilitation of patients with diseases of the musculoskeletal system.

**Tasks:**

- get acquainted with the mechanism of action of exercise therapy and physiotherapy in diseases of the musculoskeletal system;
- to study the indications and contraindications for medical rehabilitation in diseases of the musculoskeletal system;
- to get acquainted with the basic principles of selection and dosage of methods of exercise therapy and physiotherapy for diseases of the musculoskeletal system;
- to learn how to apply the acquired knowledge for the preparation of programs for medical rehabilitation in diseases of the musculoskeletal system in solving situational problems.

The main concepts that students should learn in the process of studying the topic: posture, posture disorders, scoliosis, flat feet, osteochondrosis, arthritis, arthrosis, corrective symmetrical, asymmetric, detorsion exercises, spinal traction.

**Questions for the lesson**

1. Types of posture disorders, their characteristics.
2. Programs of medical rehabilitation for violations of posture and scoliosis.
3. Medical rehabilitation programs for flat feet.
4. Medical rehabilitation programs for osteochondrosis of the spine.
5. Medical rehabilitation programs for arthritis and arthrosis.
6. The use of physiotherapy and massage in orthopedics.

**Questions for self-control**

1. Name the methods of passive and active correction for spinal deformities.
2. Name the methods for diagnosing flat feet.
3. What methods of treatment and prevention are used for flat feet?
4. How is the effectiveness of rehabilitation methods for patients with pathology of the musculoskeletal system evaluated?
5. Methods of exercise therapy, depending on the location and period of the course of osteochondrosis of the spine.

6. Methods of exercise therapy for arthrosis, depending on the stage and period of the disease.

### **Basic and additional literature on the topic**

#### **Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
2. Общая физиотерапия [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 5-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/book/ISBN9785970454794.html>
3. Лечебная физическая культура [Электронный ресурс] : учеб. пособие / В. А. Епифанов. - 3-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2017. - 656 с : ил. - URL: <http://www.studentlibrary.ru/book/ISBN9785970442579.html>.

#### **Additional**

1. Медицинская реабилитация [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2021. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970459454.html>
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3. Лечебная физическая культура [Электронный ресурс] : учебное пособие / В. А. Епифанов, А. В. Епифанов. - 4-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 704 с. - URL: <https://www.studentlibrary.ru/book/ISBN9785970455760.html>

### **The list of resources of the information and telecommunication environment "Internet" necessary for mastering the content of the topic**

1. Website of the Union of Rehabilitologists of Russia: <https://rehabrus.ru/> - [приказы и нормативные документы](#)

### **List of software and information reference systems, specialized programs necessary for mastering the topic**

In the implementation of the educational process, students and faculty use the following software: operating system - MS Windows Vista Starter, MS Windows Prof 7 Upgr; office suite - MS Office 2007; other software - 7-zip, AdobeReader, Kaspersky Endpoint Security

### **List of questions and tasks for independent work**

<b>Sections and topics for self-study</b>	<b>Types and content of independent work</b>
Exercise therapy for violations of posture and scoliosis.	Drawing up a complex of therapeutic exercises, solving situational problems.
Exercise therapy for flat feet.	Drawing up a complex of therapeutic exercises, solving situational problems.
Exercise therapy for arthritis.	Drawing up a complex of therapeutic exercises, solving situational problems.

## **Topic 6. Medical rehabilitation in neurology.**



**Purpose:** To study the methods of rehabilitation of patients with neurological diseases.

**Tasks:**

- get acquainted with the mechanism of action of exercise therapy and physiotherapy in neurological diseases;
- to study the indications and contraindications for the appointment of medical rehabilitation for neurological diseases;
- get acquainted with the phased organization of the rehabilitation of patients who have had a stroke;
- to learn how to apply the acquired knowledge in the preparation of a rehabilitation program for neurological diseases in solving situational problems.

The main concepts that students should learn in the process of studying the topic: positioning, verticalization, occupational therapy, mimic gymnastics, articulation exercises, anti-friendly exercises, idiomotor, passive, active exercises.

**Questions for the lesson**

1. Etiology, pathogenesis and clinic of diseases of the peripheral nervous system.
2. Etiology, pathogenesis and clinic of neuropathy of the facial nerve.
3. Classification of acute cerebrovascular accident, types of disorders.
4. Medical rehabilitation programs for diseases of the peripheral nervous system.
5. Medical rehabilitation programs for neuropathy of the facial nerve.
6. Phased rehabilitation in acute cerebrovascular accident.

**Questions for self-control**

1. Contraindications for exercise therapy in diseases of the peripheral nervous system.
2. Tasks of exercise therapy in diseases of the peripheral nervous system.
3. Treatment with position, special exercises, massage for diseases of the peripheral nervous system.
4. Features of the exercise therapy technique and massage for neuropathies of the facial nerve, depending on the period of the disease.
5. Stages of rehabilitation and tasks in acute cerebrovascular accident.
6. Evaluation of the effectiveness of ongoing therapeutic measures.

**Basic and additional literature on the topic**

**Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
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3. Лечебная физическая культура [Электронный ресурс] : учеб. пособие / В. А. Епифанов. - 3-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2017. - 656 с : ил. - URL: <https://www.studentlibrary.ru/book/ISBN9785970442579.html>.

**Additional**

1. Медицинская реабилитация [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2021. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970459454.html>

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3. Лечебная физическая культура [Электронный ресурс] : учебное пособие / В. А. Епифанов, А. В. Епифанов. - 4-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 704 с. - URL: <https://www.studentlibrary.ru/book/ISBN9785970455760.html>

### **The list of resources of the information and telecommunication environment "Internet" necessary for mastering the content of the topic**

**1. Website of the Union of Rehabilitologists of Russia:** <https://rehabrus.ru/> - [приказы и нормативные документы](#)

### **List of software and information reference systems, specialized programs necessary for mastering the topic**

In the implementation of the educational process, students and faculty use the following software: operating system - MS Windows Vista Starter, MS Windows Prof 7 Upgr; office suite - MS Office 2007; other software - 7-zip, AdobeReader, Kaspersky Endpoint Security

### **List of questions and tasks for independent work**

Sections and topics for self-study	Types and content of independent work
Medical rehabilitation for children with cerebral palsy	Preparation of abstract messages.
Exercise therapy for peripheral neuritis.	Drawing up a complex of therapeutic exercises, solving situational problems.

### **Topic 7. Medical rehabilitation during pregnancy and in the postpartum period. Medical rehabilitation in gynecology.**

**Purpose:** To study methods of rehabilitation during pregnancy, in the postpartum period and in gynecological diseases.

#### **Tasks:**

- get acquainted with the methods of exercise therapy in different trimesters of pregnancy;
- to study the indications and contraindications for the appointment of exercise therapy and physiotherapy during pregnancy;
- get acquainted with the methods of exercise therapy for inflammatory gynecological diseases and anomalies in the position of the uterus;
- learn to apply the knowledge gained about the appointment of exercise therapy, massage and physiotherapy during pregnancy, in the postpartum period and gynecological diseases in solving situational problems.

Basic concepts that should be learned by students in the process of studying the topic: trimesters of pregnancy, prolapse of the uterus, retroflexion of the uterus.

#### **Questions for the lesson**

1. Features of the functional state of the body of a pregnant woman in different trimesters of pregnancy.

2. Features of the exercise therapy technique in different trimesters of pregnancy.
3. Features of the method of exercise therapy, massage and physiotherapy for inflammatory gynecological diseases.
4. Features of the method of exercise therapy, massage and physiotherapy for anomalies in the position of the uterus.

### **Questions for self-control**

1. Contraindications, features of the exercise therapy technique in different trimesters of pregnancy.
2. Contraindications, features of the exercise therapy technique in the postpartum period
3. Features of massage and physiotherapy for anomalies in the position of the uterus
4. Features of the appointment of starting positions in exercise therapy for anomalies in the position of the uterus.
5. What is contraindicated in case of anomalies in the position of the uterus.

### **Basic and additional literature on the topic**

#### **Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
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#### **Additional**

1. Медицинская реабилитация [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2021. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970459454.html>
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### **The list of resources of the information and telecommunication environment "Internet" necessary for mastering the content of the topic**

1. Website of the Union of Rehabilitologists of Russia: <https://rehabrus.ru/> - [приказы и нормативные документы](#)

### **List of software and information reference systems, specialized programs necessary for mastering the topic**

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## List of questions and tasks for independent work

Sections and topics for self-study	Types and content of independent work
Exercise therapy at different stages of pregnancy	Drawing up a complex of therapeutic exercises, solving situational problems.

### Section III. Medical supervision of those involved in physical culture and sports.

#### Topic 1. Organization, main tasks and sections of medical control.

**Purpose:** To teach students to conduct a medical examination of athletes and athletes for their admission to classes.

**Tasks:**

1. Assess physical development, identify deviations and disturbances in its condition.
2. Conduct and evaluate the results of functional tests.
3. Carry out a comprehensive assessment of the physical condition, draw up honey. conclusion and distribute to medical groups for physical education

The main concepts that students should learn in the process of studying the topic: anthropometry, somatoscopy, physical development, body mass index, life index, anthropometric profile, posture, Chizhin index, Stange test, Genchi test, Martinet test, PWC170 test, maximum oxygen consumption, introversion, extraversion, neuroticism.

**Questions for the lesson**

1. Medical control, tasks and content.
2. Methods for determining and evaluating physical development.
3. Assessment of the functional state and physical performance.
4. Medical conclusion according to the examination.

**Questions for self-control**

1. List the methods for assessing the physical development of a person.
2. Methods for assessing the level of physical development and harmony according to the anthropometric profile.
3. List tests to evaluate the function of the respiratory system.
4. Methodology and evaluation of the Martinet test.
5. Describe the methodology for conducting the PWC 170 test and evaluating its results.
6. Characteristics of medical groups.

**Basic and additional literature on the topic**

**Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
2. Общая физиотерапия [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 5-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/book/ISBN9785970454794.html>
3. Лечебная физическая культура [Электронный ресурс] : учеб. пособие / В. А. Епифанов. - 3-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2017. - 656 с : ил. - URL: <http://www.studentlibrary.ru/book/ISBN9785970442579.html>.

### **Additional**

1. Медицинская реабилитация [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2021. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970459454.html>

2. Основы восстановительной медицины и физиотерапии [Электронный ресурс] : учебное пособие / В. В. Александров, А. И. Алгазин. - Москва : ГЭОТАР-Медиа, 2018. - 136 с. - URL: <http://www.studentlibrary.ru/book/ISBN9785970425602.html>

3. Лечебная физическая культура [Электронный ресурс] : учебное пособие / В. А. Епифанов, А. В. Епифанов. - 4-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 704 с. - URL: <https://www.studentlibrary.ru/book/ISBN9785970455760.html>

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1. Website of the Union of Rehabilitologists of Russia: <https://rehabrus.ru/> - приказы и нормативные документы

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### **List of questions and tasks for independent work**

Sections and topics for self-study	Types and content of independent work
Methods for determining and evaluating physical development.	Work in small groups in solving situational problems.
Assessment of the functional state and physical performance.	Work in small groups in solving situational problems.

## **Topic 2. Medical support for physical culture and sports.**

**Purpose:** To acquaint students with the work of sports medicine doctors at the Arkhangelsk Center for Physical Therapy and Sports Medicine JSC.

### **Tasks:**

1. Introduce students to the structure of the center.
2. To teach the maintenance of forms 061-у, 062-у.
3. To form an idea about the medical support for physical education and sports.

The main concepts that students should learn in the process of studying the topic: primary, repeated in-depth medical examinations, additional, current, milestone examinations, anthropometry, somatoscopy, functional testing, admission to training, admission to competitions, medical groups.

### **Questions for the lesson**

1. In-depth medical examination, tasks and content.
2. Methods for determining and evaluating the functional state.

3. Samples for assessing physical performance, depending on the qualifications of the athlete.
4. Medical conclusion according to the examination.

### **Questions for self-control**

1. List ULV methods.
2. Methods for assessing the level of physical performance, depending on the qualifications of the athlete.
3. List tests to assess the function of the cardio-respiratory system.
4. Methodology and assessment of bicycle ergometry.
5. Describe the methodology for conducting the Letunov test and evaluating its results.
6. Age norms for admission to training and competitions.

### **Basic and additional literature on the topic**

#### **Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. – URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
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#### **Additional**

1. Медицинская реабилитация [Электронный ресурс] : учебник / Г. Н. Пономаренко. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2021. - 368 с. : ил. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970459454.html>
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### **List of questions and tasks for independent work**

Sections and topics for self-study	Types and content of independent work
Methods for determining and evaluating the functional state.	Work in small groups in solving situational problems.
Evaluation of access to training and competition.	Work in small groups in solving situational problems.

### **Topic 3. Pre-pathological and pathological conditions arising from irrational physical education and sports. Rehabilitation in sports.**

**Purpose:** To study pre-pathological and pathological conditions that occur during irrational physical education and sports and means of rehabilitation in sports.

#### **Tasks:**

- To study the causes of pre-pathological and pathological conditions during physical education and sports.
- To acquaint with the main clinical manifestations of these conditions.
- Explore the means of rehabilitation in sports.

The basic concepts that students should learn in the process of studying the topic are: fatigue, acute and chronic physical overstrain, adaptogens, energy drinks, antihypoxants, antioxidants, immunomodulators, hepatoprotectors.

#### **Questions for the lesson**

1. The incidence of athletes.
2. Causes of pathological conditions.
3. Etiology, pathogenesis and clinic of acute physical overstrain.
4. Etiology, pathogenesis and clinic of chronic physical overstrain.
5. Correction of pathological conditions.

#### **Questions for self-control**

1. What is acute and chronic physical overstrain.
2. Factors limiting physical performance.
3. Pharmacological rehabilitation.
4. Physiotherapy in sports.
5. Nutrition in sports.

#### **Basic and additional literature on the topic**

##### **Main literature**

1. Епифанов А. В. Медицинская реабилитация [Электронный ресурс] : учебник / А.В. Епифанов, Е. Е. Ачкасов , В. А. Епифанов. - 2-е изд., испр. и доп. - Москва : ГЭОТАР-Медиа, 2020. - 736 с. - URL: <https://www.studentlibrary.ru/ru/book/ISBN9785970448434.html>
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**List of questions and tasks for independent work**

Sections and topics for self-study	Types and content of independent work
Drinking regimen during sports	abstract message
Nutrition in sports	abstract message