

**Thematic plan of independent work of the student  
in the discipline "Medical rehabilitation" for students  
specialty "General medicine"  
in the 7th semester of the 2024-2025 academic year**

№	Topic of independent work	Hours (Acad.)
1	<b>Organizational and methodological bases of medical rehabilitation.</b> Subject and objectives of medical rehabilitation. Structure and form of medical rehabilitation. Stages of medical rehabilitation. Basic principles of rehabilitation. Multi-disciplinary teams. The main tasks of healthcare at the present stage. Relevance of medical rehabilitation at the present time. Preservation and restoration of health as priority directions. Goals and objectives of the ICF. The concept of ICF. The content of the ICF. Overview of ICF. ICF codes. Examples of using ICF.	5
2	<b>Means of medical rehabilitation: physical therapy and physiotherapy.</b> Therapeutic physical culture. Basic means and forms of therapeutic physical culture. Tasks of physical therapy. Means of physical therapy. Methods of therapeutic application of physiotherapy factors: electrotherapy, ultrasound therapy, inhalation therapy, light therapy, heat treatment. Indications and contraindications. Features of patient preparation for procedures, the approximate basis of actions when releasing procedures. Basis of preparation of the complexes of therapeutic exercises, documentation in the appointment of physiotherapy.	5
3	<b>Methods of rehabilitation of patients with cardiovascular diseases, respiratory diseases.</b> Mechanisms of recovery and compensation of functions in ischemic heart disease, myocardial infarction. Physiological bases of physical training of patients with cardiovascular diseases. Physical therapy for myocardial infarction. Clinical and physiological justification of the use of therapeutic physical education in patients with acute myocardial infarction, hypertension, heart disease, neurocirculatory dystonia. Physiotherapy. Physical therapy for respiratory diseases. Clinical and physiological justification of the use of therapeutic physical education in patients with bronchopulmonary pathology. Physiotherapy. Special breathing exercises. Load tests in the justification of the permissible load in therapeutic gymnastics classes and in the appointment of physical rehabilitation programs.	6
4	<b>Methods of rehabilitation of patients with diseases of the nervous system.</b> Physiology and pathophysiology of the nervous system. Basic principles of physical therapy and physiotherapy for Central and peripheral nervous system disorders. Indications and contraindications to the appointment of therapeutic physical training and physiotherapy. Criteria for the effectiveness of physical therapy and physiotherapy. Clinical and physiological justification of the use of physical therapy and physiotherapy in patients with onmc, spinal cord lesions, facial neuritis. Combination of physical therapy with other means of medical rehabilitation.	5
5	<b>Methods of rehabilitation in diseases of the musculoskeletal system.</b> Physiology and pathophysiology of the musculoskeletal system. Physical therapy and	5

	physiotherapy for posture disorders and spinal deformities. Correction and stabilization of the spine with the help of physical therapy. Methods of treatment by means of physical therapy of osteochondrosis of the spine. Methods of physical therapy and physiotherapy in the prevention and treatment of scoliosis of the spine. Physical therapy and physiotherapy for injuries of bones and joints of various origins. Contractures and their treatment by means of physical therapy and physiotherapy. Correction of various types of foot deformities. Evaluation of the effectiveness of physical therapy. Combination of physical therapy with other means of medical rehabilitation.	
6	<b>Physical therapy and physiotherapy in surgery.</b> Basic principles and tasks of therapeutic gymnastics in the preoperative, early and late postoperative periods during operations on the abdominal and thoracic cavities. Means of physical therapy and physiotherapy in the intensive care unit. Criteria for the effectiveness of physical therapy and physiotherapy. Combination of physical therapy with other means of medical rehabilitation in surgery.	5
7	<b>Physical therapy and physiotherapy in traumatology and pediatrics.</b> Basic principles and tasks of therapeutic gymnastics for injuries of various origins (bone fractures, dislocation, subluxation of joints). Criteria for the effectiveness of physical therapy and physiotherapy. Combination of physical therapy with other means of medical rehabilitation. Demonstration of therapeutic gymnastics procedures for operations, injuries and injuries of the chest and abdominal organs at various stages of medical rehabilitation. Basic physiotherapy measures to strengthen the body, temper, prevent and prevent the development of a number of diseases and complications. Means of physical therapy and physiotherapy in Pediatrics. Indications and contraindications to the appointment of therapeutic physical training and physiotherapy.	5
	<b>Total</b>	<b>36</b>

Discussed at the meeting  
of " 31" may 2024

Head of department



the Department Protocol No. 12

E.G. Vershinin