

**Thematic plan of seminar-type classes
in discipline «Medical rehabilitation»
for students of 2022 year of admission
under the educational programme
cipher 31.05.01 Medical business,
specialisation (profile) Medical business
(Specialist's degree),
form of study full-time
for the 2025-2026 academic year**

№	Thematic blocks	Hours (academic)
1.	<p>Organizational and methodological foundations of medical rehabilitation¹. The subject and objectives of medical rehabilitation. The structure and form of medical rehabilitation. Definition of the concept of "rehabilitation". Types of rehabilitation. Assessment of the consequences of the disease (illness, injury, defect – functional disorders – disability – social insufficiency – disability). A category of people in need of rehabilitation².</p> <p>Organizational and methodological foundations of medical rehabilitation¹. Stages of medical rehabilitation². Basic principles of rehabilitation. Medical personnel of rehabilitation institutions².</p> <p>Organizational and methodological foundations of medical rehabilitation¹. The peculiarities of the work of the staff of the multidisciplinary team during the medical rehabilitation of the patient. Definition of the concept of "rehabilitation". Types of rehabilitation. A category of people in need of rehabilitation. Stages of medical rehabilitation. Basic principles of rehabilitation. Medical personnel of rehabilitation institutions².</p>	6
2.	<p>Organizational and methodological foundations of medical rehabilitation¹. The peculiarities of the work of the staff of the multidisciplinary team during the medical rehabilitation of the patient. Multidisciplinary teams. The main tasks of healthcare at the present stage. The relevance of medical rehabilitation at the present time. Preservation and restoration of health as priority areas. The role of medical rehabilitation in disability prevention and life expectancy prolongation².</p> <p>Organizational and methodological foundations of medical rehabilitation¹. International classification of functioning, disability, and health. The conceptual basis of medical rehabilitation at the present time. The biopsychosocial model of the disease, reflected in the "International Classification of Functioning, Disability and Health" - abbreviated ICF. The difference between ICF and ICD-10, their joint use. The goals and objectives of the ICF. The concept of the International Film Festival. The content of the ICF. An overview of the International Film Festival. ICF codes. Examples of using ICF².</p> <p>Organizational and methodological foundations of medical rehabilitation¹: International classification of functioning, disability, and health. Ethical guidelines. The importance of ICF in the medical rehabilitation system. The relevance of using the ICF. Advantages of using ICF. The role of the ICF in the preservation and restoration of health as priorities in medical rehabilitation².</p>	6
3.	Means of medical rehabilitation: physical therapy ¹ . Therapeutic physical education. The main means and forms of therapeutic physical culture. The tasks of physical	6

	therapy. Means of physical therapy: natural factors of nature, physical exercises, massage, hygienic regime, motor regime, mechanotherapy, occupational therapy. Indications and contraindications ² .	
	Means of medical rehabilitation: physical therapy ¹ . Modes of motor load. Therapeutic gymnastics complexes, taking into account the motor regime and the patient's state of health. Physical activity of the patient in various motor modes. Basic principles of selection and dosage of exercises. The scheme of construction of therapeutic gymnasts ² .	
4.	Means of medical rehabilitation: physiotherapy ¹ . Physical therapy. Methods of therapeutic use of physiotherapeutic factors: electrotherapy, ultrasound therapy, inhalation therapy, light therapy, heat therapy ² .	6
5.	Means of medical rehabilitation: physiotherapy ¹ . Indications and contraindications. Features of the patient's preparation for procedures, an indicative basis for actions during the release of procedures. Sanatorium-resort business ² .	6
6.	Methods of rehabilitation of patients with cardiovascular diseases ¹ . Mechanisms of recovery and compensation of functions in ischemic heart disease, myocardial infarction. The physiological basis of physical training in patients with cardiovascular diseases. The use of exercise tests for coronary heart disease. Physical therapy for myocardial infarction. Clinical and physiological justification of the use of physical therapy in patients with acute myocardial infarction, hypertension, heart defects, neurocirculatory dystonia ² .	6
	Methods of rehabilitation of patients with cardiovascular diseases ¹ . Motor regimes in acute myocardial infarction, hypertension, heart defects, neurocirculatory dystonia, the rationale for their expansion. Features of the method of early rehabilitation of patients with myocardial infarction. Load tests to justify the permissible load in therapeutic gymnastics classes and in the appointment of physical rehabilitation programs. Severity classes of patients with myocardial infarction, functional classes. The timing of the appointment of therapeutic gymnastics. Contraindications to the appointment of therapeutic gymnastics. Justification of the choice of physical rehabilitation programs. Methods of dynamic monitoring of the adequacy of rehabilitation measures at various stages of patient activation. Massage in the pathology of the cardiovascular system ² .	
7	Methods of rehabilitation of patients with respiratory diseases ¹ . Physiology and pathophysiology of respiratory organs. Mechanisms of recovery and compensation of functions in lung diseases. Examination of the patient for the purpose of physical therapy and physiotherapy, indications, contraindications. Basic techniques (means, forms and methods) of medical rehabilitation for respiratory diseases. Justification of the choice of therapeutic techniques: passive, active ² .	6
	Methods of rehabilitation of patients with respiratory diseases ¹ . Criteria for the effectiveness of medical rehabilitation measures. Clinical analysis of patients with respiratory diseases. Indications for the appointment of therapeutic massage for respiratory diseases, types of massage used. Combination of physical therapy with other means of medical rehabilitation ² .	
8	Methods of rehabilitation for diseases of the nervous system ¹ . Physiology and pathophysiology of the nervous system. The basic principles of prescribing physical therapy and physiotherapy for damage to the central and peripheral nervous system. Indications and contraindications for the appointment of physical therapy and physiotherapy ² .	6
	Methods of rehabilitation for diseases of the nervous system ¹ . Criteria for the effectiveness of physical therapy and physiotherapy. Clinical and	

	physiological justification of the use of physical therapy and physiotherapy in patients with cancer, spinal cord lesions, and facial neuritis. Combination of physical therapy with other means of medical rehabilitation ² .	
9	<p>Methods of rehabilitation for diseases of the musculoskeletal system¹. Physiology and pathophysiology of the musculoskeletal system. Physical therapy and physiotherapy for postural disorders and spinal deformities. Correction and stabilization of the spine with the help of physical therapy. Methods of physical therapy treatment for osteochondrosis of the spine. Methods of physical therapy and physiotherapy in the prevention and treatment of spinal scoliosis².</p> <p>Methods of rehabilitation for diseases of the musculoskeletal system¹. Physical therapy and physiotherapy for bone and joint injuries of various origins. Contractures and their treatment by means of physical therapy and physiotherapy. Correction of various types of foot deformity. Evaluation of the effectiveness of physical therapy. Combination of physical therapy with other means of medical rehabilitation².</p>	6
10	<p>Physical therapy and physiotherapy in surgery¹. The 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 unit².</p> <p>Physical therapy and physiotherapy in surgery¹. Criteria for the effectiveness of physical therapy and physiotherapy. The combination of physical therapy with other means of medical rehabilitation in surgery².</p>	
11	<p>Physical therapy and physiotherapy in traumatology¹. The basic principles and objectives of therapeutic gymnastics for injuries of various origins (bone fractures, dislocations, joint subluxations). Criteria for the effectiveness of physical therapy and physiotherapy².</p> <p>Physical therapy and physiotherapy in traumatology¹. Combination of physical therapy with other means of medical rehabilitation. Demonstration of therapeutic gymnastics procedures for operations, injuries and wounds of the chest and abdominal organs at various stages of medical rehabilitation².</p>	6
12	<p>Physical therapy and physiotherapy in pediatric¹. Physioprophyllaxis. 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 for the appointment of physical therapy and physiotherapy².</p> <p>Physical therapy and physiotherapy in pediatric¹. Clinical and physiological justification of the use of physical therapy in pediatrics. Motor modes and principles of their expansion in children. Criteria for the effectiveness of physical therapy and physiotherapy. Combination of physical therapy with other means of medical rehabilitation².</p>	6
	Total	72

1 – topic

2 – essential content

3 – one thematic block includes several classes, the duration of one lesson is 45 minutes, with a break between classes of at least 5 minutes

Considered at the department meeting of Medical Rehabilitation and Sports

Medicine protocol of «30» May 2025 г. №13.

Head of the Department



E. G. Vershinin