

**Thematic plan of seminar-type classes  
in discipline «Medical rehabilitation»  
for students of 2023 year of admission  
under the educational programme  
cipher 31.05.03 Dentistry,  
specialisation (profile) Dentistry  
(Specialist's degree),  
form of study full-time  
for the 2025-2026 academic year**

<b>№</b>	<b>Thematic blocks</b>	<b>Hours (academic)</b>
1.	<p>Organizational and methodological foundations of medical rehabilitation<sup>1</sup>. The subject and objectives of medical rehabilitation. Definition of the concept "rehabilitation". The structure and form of medical rehabilitation. 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 institutions. 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 the prevention of disability, increasing life expectancy<sup>2</sup>.</p> <p>Organizational and methodological foundations of medical rehabilitation<sup>1</sup>. 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 rehabilitation. Stages of medical rehabilitation. Basic principles of rehabilitation. Medical personnel of rehabilitation institutions. 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 the prevention of disability, increasing life expectancy<sup>2</sup>.</p> <p>Organizational and methodological foundations of medical rehabilitation<sup>1</sup>. 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 using the ICF. 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 rehabilitation<sup>2</sup>.</p>	6
2.	<p>Means of medical rehabilitation: physical therapy<sup>1</sup>. Therapeutic physical education. The main means and forms of therapeutic physical culture. The tasks of physical therapy. Means of physical therapy: natural factors of nature, physical exercises, massage, hygienic regime, motor regime, mechanotherapy, occupational therapy. Indications and contraindications<sup>2</sup>.</p> <p>Means of medical rehabilitation: physical therapy<sup>1</sup>. Modes of motor load. Therapeutic gymnastics complexes, taking into account the motor regime and the</p>	6

	<p>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<sup>2</sup>.</p> <p>Means of medical rehabilitation: physiotherapy<sup>1</sup>. Physical therapy. Methods of therapeutic use of physiotherapeutic factors: electrotherapy, ultrasound therapy, inhalation therapy, light therapy, heat therapy 2. Indications and contraindications. Features of the patient's preparation for procedures, an indicative basis for actions during the release of procedures. Sanatorium-resort business<sup>2</sup>.</p>	
3.	<p>Medical rehabilitation for inflammatory processes of the maxillofacial region (part 1)<sup>1</sup>. Anatomical and physiological characteristics of the maxillofacial region. Examination of the patient for the purpose of physical therapy and physiotherapy, indications, contraindications. Stages of medical rehabilitation: goals, objectives, content. Physical therapy in dentistry: goals, objectives, indications, contraindications, basic means and forms of physical therapy<sup>2</sup>.</p> <p>Medical rehabilitation for inflammatory processes of the maxillofacial region (part 2)<sup>1</sup>. The main techniques (means, forms and methods) of medical rehabilitation in inflammatory processes of the maxillofacial region. Justification of the choice of therapeutic techniques: passive, active. Criteria for the effectiveness of medical rehabilitation measures. Indications for therapeutic massage in inflammatory diseases of the maxillofacial region. Combination of physical therapy with other means of medical rehabilitation<sup>2</sup>.</p>	6
4.	<p>Medical rehabilitation for injuries of the maxillofacial region (part 1)<sup>1</sup>. Anatomical and physiological characteristics of the maxillofacial region. Examination of the patient for the purpose of physical therapy and physiotherapy, indications, contraindications. Stages of medical rehabilitation: goals, objectives, content<sup>2</sup>.</p> <p>Medical rehabilitation for injuries of the maxillofacial region (part 2)<sup>1</sup>. Physical therapy for injuries of the maxillofacial region: goals, objectives, indications, contraindications, basic means and forms of physical therapy. Basic techniques (means, forms, methods) of medical rehabilitation for injuries of the maxillofacial region. Justification of the choice of therapeutic techniques: passive, active<sup>2</sup>.</p> <p>Medical rehabilitation for injuries of the maxillofacial region (part 3)<sup>1</sup>. Criteria for the effectiveness of medical rehabilitation measures. Indications for the appointment of therapeutic massage for injuries of the maxillofacial region. Combination of physical therapy with other means of medical rehabilitation<sup>2</sup>.</p>	6
5	<p>Medical rehabilitation for prosopalgia (part 1)<sup>1</sup>. Anatomical and physiological characteristics of the maxillofacial region. Examination of the patient for the purpose of prescribing physical therapy and physiotherapy, indications, contraindications<sup>2</sup>.</p> <p>Medical rehabilitation for prosopalgia (part 2)<sup>1</sup>. Stages of medical rehabilitation: goals, objectives, content. Physical therapy in dentistry: goals, objectives, indications, contraindications, basic means and forms of physical therapy. Basic techniques (means, forms and methods) of medical rehabilitation for prosopalgia<sup>2</sup>.</p> <p>Medical rehabilitation for prosopalgia (part 3)<sup>1</sup>. Justification of the choice of therapeutic techniques: passive, active. Criteria for the effectiveness of medical rehabilitation measures. Indications for prescribing therapeutic massage for prosopalgia. Combination of physical therapy with other means of medical rehabilitation<sup>2</sup>.</p>	6
6	<p>Medical rehabilitation in the clinic of internal diseases, diseases of the musculoskeletal system, surgery, neurology, traumatology (part 1)<sup>1</sup>. Physiology and pathophysiology of the nervous system. The basic principles of prescribing physical therapy and physiotherapy for damage to the central and</p>	6

	peripheral nervous system. Indications and contraindications for the appointment of physical therapy and physiotherapy. Criteria for the effectiveness of physical therapy and physiotherapy <sup>2</sup> .	
	Medical rehabilitation in the clinic of internal diseases, diseases of the musculoskeletal system, surgery, neurology, traumatology (part 2)1. 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. Physical therapy and physiotherapy for bone and joint injuries of various origins. Evaluation of the effectiveness of physical therapy. Combination of physical therapy with other means of medical rehabilitation2.	
	Total	36

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