

Physical therapy for musculoskeletal disorders

plan (2021/2022 2nd semester)

Theoretical lectures of physical therapy for musculoskeletal disorders

Date	Subject
1 st week	Hip arthroplasty
2 nd week	Hip dislocation
3 rd week	Anatomical and biomechanical considerations of lumbar and sacroiliac regions
4 th week	Back pain (assessment)
5 th week	Back pain (treatment)
6 th week	Mid-term exam
7 th week	Patellofemoral pain syndrome
8 th week	Knee osteoarthritis
9 th week	Knee arthroplasty
10 th week	Common disorders affecting wrist and hand
11 th week	Ankle instability
12 th week	Physical therapy post amputation

Hospital Demonstrations (2021/2022 2nd semester)

Date		Outpatient clinics	Inpatient departments
1 st week	Monday (group A)	Back pain	Hip arthroplasty
	Tuesday (group B)	Back pain	Hip arthroplasty
2 nd week	Monday (group A)	Hospital visit	Hospital visit
	Tuesday (group B)	Hospital visit	Hospital visit
3 rd week	Monday (group A)	Patellofemoral pain syndrome	Hip dislocation
	Tuesday (group B)	Patellofemoral pain syndrome	Hip dislocation
4 th week	Monday (group A)	Hospital visit	Hospital visit
	Tuesday (group B)	Hospital visit	Hospital visit
5 th week	Monday (group A)	Knee osteoarthritis	Knee arthroplasty
	Tuesday (group B)	Knee osteoarthritis	Knee arthroplasty
6 th week	Monday (group A)	Hospital visit	Hospital visit
	Tuesday (group B)	Hospital visit	Hospital visit
7 th week	Monday (group A)	Back pain	Hip arthroplasty
	Tuesday (group B)	Back pain	Hip arthroplasty
8 th week	Monday (group A)	Hospital visit	Hospital visit
	Tuesday	Hospital visit	Hospital visit

	(group B)		
9 th week	Monday (group A)	Patellofemoral pain syndrome	Hip dislocation
	Tuesday (group B)	Patellofemoral pain syndrome	Hip dislocation
10 th week	Monday (group A)	Hospital visit	Hospital visit
	Tuesday (group B)	Hospital visit	Hospital visit
11 th week	Monday (group A)	Knee osteoarthritis	Knee arthroplasty
	Tuesday (group B)	Knee osteoarthritis	Knee arthroplasty
12 th week	Monday (group A)	Hospital visit	Hospital visit
	Tuesday (group B)	Hospital visit	Hospital visit

Applied sections of physical therapy for musculoskeletal disorders

Date	Subject
1 st week	Physical examination for hip and lumbar spine
2 nd week	Mobilization of lumbar spine
3 rd week	Physical examination of knee joint
4 th week	Maitland mobilization of lower limb

5 th week	inspection & bony palpation for ankle joint
6 th week	Mid-term exam
7 th week	Soft tissue palpation and special tests for ankle joint
8 th week	Core stability exercise
9 th week	Traction
10 th week	Selected mulligan techniques for lower limbs
11 th week	Eid el fitr holiday
12 th week	Posture

توزيع الهيئة المعاونة على المستشفيات

Inpatient	Outpatient
م.م شيماء رمضان / م مها أحمد مستشفى كفر الشيخ العام	م.م هديل أنسي العيادة الخارجية بالكلية