

Subject	MANUAL THERAPY
Study Program	Three years professional studies for graduated physiotherapist
Code	SF-214
Year of study	Second
Semester	Third
Total lessons	70
Credits	4
Type of subject	Obligatory
Preconditions	Requirement for second year admission fulfilled
Executed by	Chair of Physical Medicine and Rehabilitation
Competent	Associate Prof. Erieta Nikolicj-Dimitrova, M.D., Ph.D.
Address	Institute of Physical Medicine and Rehabilitation Ul. Elisie Poposki No 28 Skopje tel: +389 2 3176 584 e-mail: enikolic@medf.ukim.edu.mk
Key words	Studies for physiotherapists, professional subjects, manual therapy, medical massage
Goals of study	<ul style="list-style-type: none"> • To introduce with methods of medical massage using prior knowledge of anatomy, physiology and pathology. • To get knowledge about the essence of physiological action of massage, massage effects • To acquire knowledge about the place of massage in rehabilitation of the patients • To be referred to manual massage action and its application in different pathological states and diseases. • To perceive the connection of the massage with other types of treatment • To introduce with the methods od manual therapy
Classes description (brief content)	<p>Theoretical instruction (10 lessons)</p> <ul style="list-style-type: none"> • Classification of the massage: classic therapeutic massage, sport massage, cosmetic massage etc. • Role of the massage in rehabilitation, indications and contraindications for massage • Requirements and equipment for massage • Classic therapeutic massage: gliding, friction, kneading, vibration • Classic therapeutic massage of different parts of the body • Segmental massage. Periostal massage • Reflex massage • Manual lymph drainage • Joints mobilization techniques. Joint traction technique • Mobilization and manipulation of the cervical spine • Traction of the cervical spine • Mobilization and manipulation of the lumbar spine

	<ul style="list-style-type: none"> • Traction of the lumbar spine <p>Practical instruction (20 lessons)</p> <ul style="list-style-type: none"> • Training the physiotherapist for massage grips application techniques • Training the physiotherapist for position and massage techniques of different parts of the body • Training the physiotherapist for manual therapy application <p>Practice – practical training (40 classes): The practice is obligatory and is performed at different departments under guidance of a mentor-professor and physiotherapist responsible for that department. The student is obligated to be included in all the activities during the whole working time, and writes a diary (log book) for his activities.</p>														
Organization	<p>Theoretical instruction: 10 lessons Practical instruction: 20 lessons Practice: 40 classes</p>														
Methods of study	Lectures, classes in practical instruction, practice														
Provided results of study	<p>Knowledge and understanding: The student will acquire knowledge about different types of massage and manual therapy, their physiological and therapeutic action, indications and contraindications.</p> <p>Key skills: The student will know to prepare the conditions and the equipment for massage. The student will be able to apply different types of massage grips on the patient.</p>														
Specific recommendation for instruction	<p>The student is obligated to follow all provided activities actively including participation in continuous knowledge examinations in order to get signature:</p> <p>Ranking student's activities:</p> <table border="1"> <thead> <tr> <th>Type of activity</th><th>Points</th></tr> </thead> <tbody> <tr> <td>Theoretical instruction*</td><td>2.5 - 10</td></tr> <tr> <td>Practical instruction**</td><td>10 -20</td></tr> <tr> <td>Practice***</td><td>7.5 - 10</td></tr> <tr> <td>Continuous examination-1</td><td>15 -20</td></tr> <tr> <td>Final exam-practical</td><td>25 -40</td></tr> <tr> <td>Total:</td><td>60 -100</td></tr> </tbody> </table> <p>* Presence at theoretical instruction: 51% – 60% : 2.5 points 61% - 70% : 4 points 71% - 80% : 5 points 81% - 90% : 7 points 91% - 100% : 10 points</p>	Type of activity	Points	Theoretical instruction*	2.5 - 10	Practical instruction**	10 -20	Practice***	7.5 - 10	Continuous examination-1	15 -20	Final exam-practical	25 -40	Total:	60 -100
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	<p>** Practical instruction: every training class brings 1 point (20 lessons) presence: 0.5 point activity at class: 0.5 point</p> <p>*** Practice Presence: 51% – 60% : 0.5 points 61% - 70% : 1.0 points 71% - 80% : 1.5 points 81% - 90% : 2.0 points 91% - 100% : 2.5 points</p> <p>Activity: Satisfactory: 7 Good: 8 Excellent: 9.5</p> <p>A continuous examination (colloquium): The student need to attend theoretical and practical instruction regularly in order to access the continuous examination. The examination is written (multiple choice test). The student is obligated to access the colloquium, otherwise he does not acquire the right for signature at the end of the semester.</p> <p>Final exam: The student who has passed the colloquium takes a final exam (practical). It is taken in an exam terms . (January/February, June/July and/or August/September). It consists of three tasks (skills) that student need to execute. Taking the practical exam is allowed only if the student finishes the practice, get a signature for the subject and win minimum points from the colloquium.</p> <p>Complete final exam The student takes complete final exam if he did not win minimum points (60%) at the colloquium. The exam represents a combination of the colloquium that was not passed and the practical exam. The student is obligated first to pass the unpassed colloquium, a after that to access for taking the practical exam. If the student does not pass the unpassed colloquium, he does not have the right to take practical exam, i. e. the exam must not be graded.</p> <p>Forming the complete grade: The grade of the complete exam is formed from the table of grades and on basis of the sum of points gained from all activities, including the continuous examination and practical</p>
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	<p>exam.</p> <p>The passed colloquium as a precondition for taking final exam is valid six subsequent sessions (no matter whether the student accessed the exam or not) after which the student have to take the lectures again..</p> <p>PART-TIME STUDIES:</p> <p>Forty percent (40%) of the provided theoretical and practical instruction and up to 40% of the PRACTICE are performed. The practice is organized according to the agreement with the students.</p> <p>The exam is performed in EXAM SESSIONS and is consisted of:</p> <ul style="list-style-type: none"> • multiple choice test • practical exam (performed after passing the test, otherwise the same rules as for the regular students apply) <p>The grade of the complete exam is formed according to the table of grades, and on basis of the sum of points gained from all the activities.</p>
Learning materials	<p>Basic:</p> <p>Authorized lectures from the Chair</p> <p>Additional:</p> <ul style="list-style-type: none"> • Mihajlovic V: Fizikalna terapija. Obodsko Slovo. Rijeka Crnojevic, 2002. • Chaney R: Masaza. Izdavacka zajednica „Veljko Vlahovic”, Beograd. Drushtvo za nauka i umetnost. Shtip 1989. • Payton O. D.: Manual of Physical Therapy. Churchill Livingstone, New York, 1989.