

**TISHK INTERNATIONAL UNIVERSITY**  
**FACULTY OF APPLIED SCIENCE**  
**Department of PHYSIOTHERAPY,**  
**2023-2024 Spring**  
**Course Information for PT 209 Manual therapy and joint mobilization**

<b>Course Name:</b>	Manual therapy and joint mobilization				
<b>Code</b>	<b>Regular Semester</b>	<b>Theoretical</b>	<b>Practical</b>	<b>Credits</b>	<b>ECTS</b>
PT 209	4	2	4	4	6
<b>Name of Lecturer(s):</b>	Surajo Sulaiman				
<b>Teaching Assistant:</b>	Snur Aziz				
<b>Course Language:</b>	English				
<b>Course Type:</b>	Main				
<b>Office Hours</b>	2-5pm				
<b>Contact Email:</b>	surajo.sulaiman@tiu.edu.iq				
	Tel:7512130574				
<b>Teacher's academic profile:</b>	B.PT M.PT Ph.D.				
<b>Course Objectives:</b>	The overall objectives of this course are as follows: 1- Enable students to understand the theoretical basis of orthopedic manipulative therapy; 2- Enable students to understand the principles and practice of orthopedic manipulative therapy; 3- Enable students to develop the necessary clinical competencies needed to practice orthopedic manipulative therapy.				
<b>Course Description (Course overview):</b>	Manual therapy and joint mobilization introduce students to the specialty of orthopedic manual therapy. The course entails the history, philosophy, principles, and practice of orthopedic manipulative therapy.				

**COURSE CONTENT**

<b>Week</b>	<b>Hour</b>	<b>Date</b>	<b>Topic</b>
1	2	28/1-1/2/2024	Foundations of Manual Therapy
2	2	4-8/2/2024	Manual Therapy Philosophy and Schools of Thought
3	2	11-15/2/2024	Principles of Examination and Evaluation
4	2	18-22/2/2024	Principles of Manual therapy Interventions
5	2	25-29/2/2024	Principles and Practice of Shoulder Joint Mobilization and Manipulation I
6	2	3-7/3/2024	Principles and Practice of Shoulder Joint Mobilization and Manipulation II
7	2	24-28/3/2024	Principles and Practice of Elbow Joint Mobilization and Manipulation
8	2	31/3-4/4/2024	Principles and Practice of Wrist Joint Mobilization and Manipulation
9	2	14-18/4/2024	Midterm Exam
10	2	21-25/4/2024	Principles and Practice of Hip Joint Mobilization and Manipulation
11	2	28/4-2/5/2024	Principles and Practice of Knee Joint Mobilization and Manipulation
12	2	5-9/5/2024	Principles and Practice of Ankle Joint Mobilization and Manipulation
13	2	12-16/5/2024	Principles and Practice of Soft Tissue Mobilization and Manipulation
14	2	19-23/5/2024	Principles and Practice of Mobilization and Manipulation of the Spine I
15	2	26-30/5/2024	Principles and Practice of Mobilization and Manipulation of the Spine II
16	2	2-6/6/2024	Final Exam

**COURSE/STUDENT LEARNING OUTCOMES**

- 1 Develop competencies required for examination and evaluation in orthopedic manual therapy
- 2 Develop clinical competencies for manipulation and mobilization of joints of the upper limb
- 3 Develop clinical competencies for manipulation and mobilization of joints of the lower limb
- 4 Develop clinical competencies for manipulation and mobilization of joints of the spine
- 5 Develop clinical competencies required to perform soft tissue manipulation

**COURSE'S CONTRIBUTION TO PROGRAM OUTCOMES**

(Blank : no contribution, I: Introduction, P: Profecient, A: Advanced )

<b>Program Learning Outcomes</b>		<b>Cont.</b>
1	1. Demonstrate knowledge of the underlying concepts and principles associated within the context of health.	P
2	Demonstrate an ability to present, evaluate and interpret qualitative and quantitative data to develop lines of argument and make sound judgments in accordance with basic theories and concepts relevant to health.	
3	3. Evaluate the appropriateness of different approaches to solving problems related to health.	I
4	4. Asses the qualities and transferable skills necessary for employment requiring the exercise of some personal responsibility.	
5	5. Apply knowledge and critical understanding of the principles of health and the way in which these have developed	P
6	Demonstrate an ability to apply underlying concepts and principles outside the context in which they were first studied.	P
7	Use a range of established techniques to initiate and undertake critical analysis of information, and to propose solutions to problems arising from that analysis	I
8	8. Work as a member of the multi-disciplinary team within diverse settings providing an inter-agency and cross-boundary approach to person-centered health and social care.	I
9	9. Demonstrate personal transferable key skills in problem solving, critical thinking, written and verbal communication, team working, professional autonomy.	A
10	Demonstrate knowledge and understanding of human function and dysfunction, the theory and practice of physiotherapy.	A
11	Develop clinical reasoning and problem-solving skills to assess problems and plan interventions to meet service user and career goals.	A
12	Apply therapeutic skills in response to the physical, psychological, social and cultural needs of individuals or groups using critical evaluation of the available evidence	A

<b>Prerequisites (Course Reading List and References):</b>	1- Edmond SL (2006) Joint mobilization/manipulation: Extremity and spinal techniques, 2nd edn. 2- Sharma KN (2019) Advanced Techniques in Physiotherapy and Occupational Therapy. Jaypee Brothers, New Delhi
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<b>Student's obligation (Special Requirements):</b>	1-Attend theory classes; 2-Attend practical classes; 3-Participate in class discussion; 4-Volunteer as model for demonstration of manual therapy procedures; 5-Complete assignment and seminar; 5- Practice learned manipulative procedures in group
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<b>Weekly Laboratory/Practice Plan:</b>	<b>Week</b>	<b>Hour</b>	<b>Date</b>	<b>Topics</b>
	1	4	28/1-1/2/2024	Historical Facts about Manipulative Therapy
	2	4	4-8/2/2024	Philosophy and Schools of Thought in Manipulative Therapy
	3	4	11-15/2/2024	Examination and Evaluation I
	4	4	18-22/2/2024	Examination and Evaluation II
	5	4	25-29/2/2024	Shoulder Complex Mobilization and Manipulation I
	6	4	3-7/3/2024	Shoulder Complex Mobilization and Manipulation II
	7	4	24-28/3/2024	Elbow Complex Mobilization and Manipulation
	8	4	31/3-4/4/2024	Wrist Complex Mobilization and Manipulation
	9	4	14-18/4/2024	Midterm Exam
	10	4	21-25/4/2024	Hip Mobilization and Manipulation
	11	4	28/4-2/5/2024	Knee Mobilization and Manipulation

	12	4	5-9/5/2024	Ankle Mobilization and Manipulation	
	13	4	12-16/5/2024	Soft Tissue Manipulation	
	14	4	19-23/5/2024	Spine Mobilization and Manipulation I	
	15	4	26-30/5/2024	Spine Mobilization and Manipulation II	
	16	4	2-6/6/2024	Final Exam	
<b>Course Book/Textbook:</b>	1-Edmond SL (2006) Joint mobilization/manipulation: Extremity and spinal techniques, 2nd edn. 1-Sharma KN (2019) Advanced Techniques in Physiotherapy and Occupational Therapy. Jaypee Brothers, New Delhi				
<b>Other Course Materials/References:</b>	1-Garrido FV, Muñoz FM (2016) Advanced Techniques in Musculoskeletal Medicine and Physiotherapy, 2nd edn. Elsevier Ltd, China				
<b>Teaching Methods (Forms of Teaching):</b>	Lectures, Practical sessions, Presentation, Seminar, , ,				
<b>COURSE EVALUATION CRITERIA</b>					
<b>Method</b>			<b>Quantity</b>	<b>Percentage (%)</b>	
Participation			1	5	
Quiz			1	15	
Homework			1	10	
Midterm Exam			1	30	
Final Exam			1	40	
			<b>Total</b>	<b>100</b>	
<b>Examinations:</b> Essay Questions, True-False, Multiple Choices, Short Answers, , ,					
<b>Extra Notes:</b>					
<b>ECTS (ALLOCATED BASED ON STUDENT) WORKLOAD</b>					
<b>Activities</b>			<b>Quantity</b>	<b>Workload Hours for 1 quantity*</b>	<b>Total Workload</b>
Theoretical Hours			16	2	32
Practical Hours			16	4	32
Final Exam			1	3	3
Participation			1	32	32
Quiz			1	8	8
Homework			1	24	24
Midterm Exam			1	2	2
<b>Total Workload</b>					<b>133</b>
<b>ECTS Credit (Total workload/25)</b>					<b>5</b>

**Peer review**

Signature:

Name:

Lecturer

Signature:

Name:

Head of Department

Signature:

Name:

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