



Course Syllabus

Course title:	Manual therapy	Course No:	1201325
Course level:	3 rd	Course prerequisite (s) and/or co-requisite (s):	1201105 1201218
Lecture time:	13:00-14:00	Credit hours:	2 hours

Academic Staff Specifics

<u>Name</u>	<u>Rank</u>	<u>Office Number and location</u>	<u>Office hours</u>	<u>E.mail address</u>
Dr. Shadi alkhob	Assistant Professor	0799964616	12:00-13:00	s.alkhob@jpu.edu.jo

Course Description

The course aimed at informing students with specific practical techniques to increase the level of movement in the joints of the upper and lower extremities, as well as increase the level of movement and maintain the normal level of movement in all joints of the body

Course Objectives

The course aimed at informing students with specific practical techniques to increase the level of movement in the joints of the upper and lower extremities, as well as increase the level of movement and maintain the normal level of movement in all joints of the body



Learning Outcome

Knowledge and understanding, by the end of this course, students should be able to:

- 1(List fundamental concepts of manual therapy
- 2(Describe the structure of different joints and its related movements.
- 3(Recognize information related to mobilization and Manipulation
- 4(Correlate the anatomical information of skeletal, articular and muscular systems
- 5(Discuss the mulligan concept
- 6) Identify the bases of spinal and neural mobilization

Cognitive skills (thinking and analysis):

Interactive learning by participating the student into the lectures content.

Communication skills (personal and academic):

Review concept at office hours

Practical and subject specific skills (Transferable Skills):.

Doing homework and simple reports.



Course Outline and Time schedule

Week	Course Outline
First week	Introduction of manual therapy
2 nd week	Mobilization of upper limb
3 rd week	Mobilization of Lower Limb
4 th week	Mulligan concept
5 th week	Spinal Mobilization
6 th week	Neural Mobilization
7 th week	Muscle Energy Techniques 1
8 th week	Muscle Energy Techniques 2
9 th week	Integrated Neuromuscular Inhibition Technique
10 th week	Positional Release Technique
11 th week	Spinal Traction
12 th week	Kinesio Taping

Presentation methods and techniques

Methods of teaching varied according to the type of text, student and situation. The following techniques are usually used:

- ❖ Lectures
- ❖ Cooperative learning.
- ❖ Discussion.
- ❖ Learning by activities.
- ❖ Connecting students with different sources of information



Sources of information and Instructional Aids

- ❖ Computer ... power point ...etc.
- ❖ Transparencies
- ❖ Distance learning
- ❖ Library sources

Assessment Strategy and its tools

The assigned syllabus is assessed and evaluated through: feedback and the skills that are acquired by the students

The tools:

- 1- Diagnostic tests to identify the students level and areas of weakness
- 2- Formal (stage) evaluation
 - a) Mid-term exam
 - b) Class Participation
 - c) Activity file
 - d) Final exam

Tool & Evaluation

The following table clarifies the organization of the assessment schedule:

Test	Grade
Mid-term Exam	25
Activities & Participation	25
Final Exam	50
Total	100



Activities and Instructional Assignment

Practical assignments to achieve the syllabus objectives.

Regulations to maintain the teaching-Learning Process in the Lecture:

- 1- Regular attendance online live lectures.
- 2- Respect of commencement and ending of the lecture time.
- 3- Positive relationship between student and teacher.
- 4- Commitment to present assignments on time.
- 5- High commitment during the lecture to avoid any kind of disturbance and distortion.
- 6- High sense of trust and sincerity when referring to any piece of information and to mention the source.
- 7- The student who absents himself should submit an accepted excuse.
- 8- University relevant regulations should be applied in case the student's behavior is not accepted.
- 9- Allowed Absence percentages is (not exceed 15 %).

References

- Wise, C.H. (2015). Orthopaedic Manual Physical Therapy From Art to Evidence.
- Mulligan BR. *Manual Therapy: NAGS, SNAGS, MWMS, etc.* 6th ed. New Zealand: Plane View Services Ltd; 2010.
- Mulligan BR. *Self-Treatments for Back, Neck and Limbs.* 2nd ed. New Zealand: Plane View Services Ltd; 2006.
- Waxenbaum JA, Scafidi JM, Lu M. Physiology, Muscle Energy. StatPearls [Internet]. 2020 Jul [Last accessed 30 March 2021]
- Chaitow L, Crenshaw K. Muscle energy techniques. Elsevier Health Sciences; 2006.
- Maitland G. Vertebral Manipulation. London: Butterworth & Company Ltd; 1964.