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MODULE TITLE:

Concepts of exercise therapy for neck pain

RESPONSIBLE FOR THE MODULE:

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HOURS :

3

LANGUAGE OF TEACHING:

GREEK []

ENGLISH [X]





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AIM OF THE MODULE (*content and acquired skills*)

The aim of this module is to provide the student with an understanding of the functional dysfunctions in the cervical spine and cervical muscles of patients with neck pain. In addition to this students will learn the relevant concepts of exercise therapy for neck pain and they will be introduced to the relevant clinical research in the field. The ultimate goal of the module is to make student able to identify the relevant type of exercise they need to prescribe to office workers with neck discomfort and to be able to justify this prescription based on the most up to date scientific evidence.

MODULE CONTENTS (*outline – subtitles of the lectures*)

- Epidemiology and magnitude of the neck pain problem
- Most common diagnostic labels of neck pain
- Mechanical neck pain
- Clinical presentation of the cervical dysfunction
- Muscular changes in neck patients
- Clinical evidence for the use of exercise for neck pain

TEACHING METHOD (*lectures – labs – practice etc*)

Lecture

LEARNING OUTCOMES

Upon the completion of this module the student will be able to:

- Understand the epidemiology of neck pain.
- Recognize the most commonly used diagnostic labels for neck pain
- Understand what is mechanical neck pain
- Describe the most important features of the most common dysfunctions of the cervical spine
- Identify the most common muscular changes due to neck pain
- Comprehend the clinical evidence supporting the use of exercise for neck pain and dyscomfort

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>





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<ul style="list-style-type: none"> Understand the epidemiology of neck pain Recognize the most commonly used diagnostic labels for neck pain 	Lectures, slides	Short fill in the blanks and multiple choice test	6
<ul style="list-style-type: none"> Understand what is mechanical neck pain 	Lectures, slides	Short fill in the blanks and multiple choice test	6
<ul style="list-style-type: none"> Describe the most important features of the most common dysfunctions of the cervical spine 	Lectures, slides	Short fill in the blanks and multiple choice test	6
<ul style="list-style-type: none"> Identify the most common muscular changes due to neck pain 	Lectures, slides	Short fill in the blanks and multiple choice test	6
<ul style="list-style-type: none"> Comprehend the clinical evidence supporting the use of exercise for neck pain and discomfort 	Lectures, slides	Short fill in the blanks and multiple choice test	6
		Total	30

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Linton and Ryberg 2000 Eur J Pain 4:347-354
2. Linton et al. 1998 Spine 23: 1457-1463
3. Borghouts et al. 1999 Pain 80: 629-636
4. Bovim et al. 1994 Spine 19 (12): 1307-9
5. Jacobsson et al. 1989 Scand J Rheumatol 18 (6): 353-60
6. Bot et al. 2005 Ann Rheum Dis 64 (1): 118-23
7. Hill et al. 2004 Spine 29 (15): 1648-54
8. Hoving et al. 2004 Pain 110 (3): 639-45





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9. Chiu et al. 2005 J Orthop Sports Phys Ther 35: 567-571
10. Falla et al. 2004 Spine 29: 2108-2114
11. Falla et al. 2007 Phys Ther 87: 408-417
12. Jull et al 2007 J Orthop Res 25:404-412
13. Ylinen et al. 2007 J Rehabil Med 39: 126-132

