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MODULE TITLE:

Musculoskeletal problems in people with chronic diseases

RESPONSIBLE FOR THE MODULE:

NAME	Anastasia Beneka	
POSITION	Associate Professor	
SECTOR	Exercise and Health	
OFFICE	Laboratory of Therapeutic Exercise and Rehabilitation	
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CO-INSTRUCTORS	P. Malliou, Associate Professor A. Gioftsidou, Lecturer	

HOURS :

6

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 analyze the most frequent musculoskeletal problems presented in patients with chronic diseases and to apply adapted exercise programs. The topics of this module are chronic diseases such as Osteoporosis, Obesity, Cancer, Parkinson etc and their applied exercise programs adapted to the musculoskeletal problems that are usually presented in those special populations. Finally, students will learn how to design and apply exercise programs for patients with spinal disorders (e.g round should syndrome, scoliosis, kyphosis, lordosis etc)

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

1. Therapeutic exercise programs in people with kyphosis
2. Adapted therapeutic exercise programs in people with kyphosis and osteoporosis
3. Therapeutic exercise programs in people with scoliosis
4. Adapted exercise programs in people with scoliosis and leg length
5. Therapeutic exercise programs in people with lordosis.
6. Adapted therapeutic exercise programs in people with lordosis and chronic injuries in the hip
7. Round shoulder syndrome – Therapy and exercise programs
8. Adapted exercise programs in people with kyphosis and round shoulder syndrome
9. Flat back syndrome – Therapy and exercise programs
10. Low back pain – Exercise programs
11. Obesity and musculoskeletal problems. Adapted exercise programs in obese people with chronic low back pain.

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

Lectures and practical application

LEARNING OUTCOMES

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

1. to know and understand the musculoskeletal problems that are usually presented in patients with chronic diseases (e.g obesity, osteoarthritis etc) and their treatment methods
2. to interpret the assessment of the patients and to design the appropriate exercise programs adapted to their needs
3. to detect and describe the problems that are usually presented with spinal disorders and to apply exercise programs and assessment tools adapted to these populations
4. to distinguish the musculoskeletal problems that are usually presented with chronic diseases such as Multiple Sclerosis, Osteoporosis, neurological diseases etc
5. design and apply exercise programs adapted to those special populations for improving quality of life

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
to know and understand the	Lectures, slides and videos	Intermediate	20



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musculoskeletal problems that are usually presented in patients with chronic diseases (e.g obesity, osteoarthritis etc) and their treatment methods	show and discussion, study at home	control tests with written assessment of cognitive appraisal	
to interpret the assessment of the patients and to design the appropriate exercise programs adapted to their needs	Presentation and practical application from the students	Intermediate control tests with application of exercise protocols	25
to detect and describe the problems that are usually presented with spinal disorders and to apply exercise programs and assessment tools adapted to these populations	Practical exercise, practice in groups and study at home	Intermediate control test with assessment in practical teaching and in application of an exercise protocol	25
to distinguish the musculoskeletal problems that are usually presented with chronic diseases such as Multiple Sclerosis, Osteoporosis, neurological diseases etc	Lectures, slides and videos show and discussion, study at home	Intermediate control tests with written assessment of cognitive appraisal	25
design and apply exercise programs adapted to those special populations for improving quality of life	Presentation and practical application from the students	Intermediate assignments and final exams	25
		TOTAL	120

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

<ol style="list-style-type: none"> 1. KOTZAILIAS D., (2011) PHYSICAL THERAPY IN MUSCULOSKELETAL SYSTEM CHRONIC DISEASES UNIVERSITY STUDIO PRESS A.E, Thessaloniki 2. AMERICAN COLLEGE OF SPORTS MEDICINE, redaction: Taxildaris K., Tziamourtas A., Fatouros I. (2007) Guidelines for exercise testing and prescription, Chr. Ioannou, Aim Golemis, Athens.



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