



COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
Joints and soft tissue mobilization	

Academic staff	Core academic unit(s)
Coordination: lekt. Agnė Juodytė	Vilnius University, Faculty of Medicine, The Department of Rehabilitation, Physical and Sports Medicine, Santariškių str. 2, LT – 08661, Vilnius

Study cycle	Type of the course unit
1st cycle	Compulsory

Mode of delivery	Semester or period when it is delivered	Language of instruction
Face-to-face	2 semester	Lithuanian

Requisites	
Prerequisites: A student must have completed the following courses: Functional anatomy, Basics of kinesiology, Basics of physical therapy, Biomechanics of human movement.	Co-requisites (if relevant): none

Number of ECTS credits allocated	Student's workload (total)	Contact hours	Individual work
5	135	64	71

Purpose of the course unit
The aim of the course is to develop knowledge and practical skills in joint and soft tissue mobilisation and massage techniques.

Learning outcomes of the course unit	Teaching and learning methods	Assessment methods
Ability to analyse the structures and functions of the human body, normal and pathological processes of human development and movement to select appropriate massage and joint mobilisation techniques.	Providing and demonstrating information through problem-based learning	Assessment of knowledge through two midterm assessments
Knowledge of the basic techniques of classical massage, how to combine and apply them in order to incorporate them into a targeted physiotherapy programme. Ability to select the method of joint mobilisation and perform joint mobilisation (grade I-IV) according to the results of the physiotherapy examination	Seminars - discussion of the self-study tasks, group discussion. Exercises. Case studies.	Assessment of knowledge through two midterm assessments Assessment of practical skills/tasks during exercises and seminars. Exam.

Ability to critically evaluate and analyse the effectiveness of massage and joint mobilisation and make adjustments. Ability to collect information related to patient/client condition.		
Knowledge of the principles of professional ethics in classical massage and joint mobilisation.	Group presentation, discussion and practice in small groups	Formative assessment of case studies and independent work tasks. Assessment of exercise tasks - credits Complex analysis of a simulated patient's condition in an examination.

Content	Contact hours							Individual work: time and assignments	
	Lectures	Tutorials	Seminars	Workshops	Laboratory work	Internship	Contact hours, total	Individual work	Tasks for individual work
I Part. Massage									
Massage types and systems, indications and contraindications for massage, effect of massage for the human body.			3				3	6	Literature research and analysis, practical tasks.
Hygiene requirements for massage room, masseur and recipient.			1				1	2	Literature research and analysis, practical tasks.
Primary and auxiliary massage techniques, their physiological effects, methodology, rules			2	9			11	8	Literature research and analysis, practical tasks.
Midterm/colloquium 1				1			1	3	Literature research and analysis.
Rules and methods of massaging individual parts of the body.				9			9	10	Literature research and analysis, practical tasks.
Myofascial release techniques. Trigger point massage. Deep tissue massage.				4			4	3	Literature research and analysis, practical tasks.

1. Lymphatic drainage massage techniques.				4			4	2	Literature research and analysis, practical tasks.
2. Midterm/colloquium 2				1			1	3	Literature research and analysis.
Part I of the total hours. Massage			6	28			34	37	
II Part. Joint mobilization									
1. The terminology of joint mobilization. Movement effectiveness. Indications and contraindications for joint mobilization. Arthrokinematic motion. Joint mobilization oscillation technique. 2. Joint mobilization sustained hold technique.	3		2				6	5	Prepare for discussion about indications and contraindications for joint mobilization. To read literature about accessory motions of extremities. Prepare for practice about oscillation technique application. Prepare for practice about sustained hold technique application. Case study.
3. Patient examination plan. Evaluation of posture, walking, palpation, movement amplitude, muscles force, accessory motions, neurological and special tests.	2		2	2			3	3	Prepare for seminar about patient examination. Prepare for colloquium.
4. Midterm/colloquium 1								4	Literature research and analysis.
5. Joints mobilization of shoulder complex. 6. Elbow joint mobilization. 7. Wrist and hand joints mobilization.	1			6			9	8	Prepare for practice about shoulder complex, elbow, wrist and hand mobilization. Case study
8. Sacroiliac and hip joint mobilization. 9. Knee mobilization. 10. Ankle and foot joints mobilizations.	1			2			9	8	Prepare for practice about sacroiliac, hip, knee, ankle joints mobilization. Case study
11. Self-mobilization techniques			2				3	4	To look for information about self-mobilization techniques
12. Midterm/colloquium 2								2	Literature research and analysis.
Part II of the total hours. Joint mobilization	8		6	1			30	34	
Total	8		12	44			64	71	

Assessment strategy	Weight %	Deadline	Assessment criteria
I Part. Massage.			
Work during the workshops and seminars	Credit	Semester	Credited - the student actively participates in discussions, answers question, formulates problems and questions in 50 percent or more of the workshops.

			Not counted - the student does not participate in the discussion, does not answer questions, does not formulate problems and questions in 50 percent or more of the exercises and/or missed more than 1/3 of the workshops. The student's activity is marked during each workshop in the teacher's journal. Missed workshops are accounted for by the subject assigned by the teacher.
Midterm/colloquium 1	25%	Semester	Midterm colloquium 1 - theoretical settlement of massage types, systems, hygiene requirements, effects on the human body and practical settlement of the main methods of classical massage. The student is presented with 5 tasks, each of which is evaluated with 2 points: knows well, knows and distinguishes types and systems of massage, its effects on the body and hygienic requirements, knows how to perform massage techniques in practice, knows the rules of their performance; knows and prescribes not all types and systems of massage, its effects on the body and hygienic requirements, knows how to practically perform not all massage methods; does not know the types and systems of massage, its effects on the body, hygiene requirements, does not know how to perform massage techniques in practice - 0 points. The credit is obtained by collecting at least 5 points from all questions.
Practic midterm/colloquium 2	25%	Semester	Midterm colloquium 2 - practical settlement of the massage of individual parts of the body. The student is presented with 5 tasks, each of which is evaluated with 2 points: knows and knows well the massage techniques and performance rules when massaging individual parts of the body - 2 points; does not know all massage methods and performance rules when massaging individual parts of the body - 1 point; does not know massage methods and performance rules when massaging individual parts of the body - 0 points.
II Part. Joint mobilization			
Practic midterm/colloquium	25%	Semester	Assessment of exercise tasks - practical reporting of joint mobilization. The student is given 2 tasks, which are evaluated with 5 points: the methods of mobilization of well-known joint rules, selection of the degree of mobilization according to the indications, ergonomic positions - 5 points; knows the methods, rules, degrees of mobilization, but performs mobilization or does not indicate the appropriate direction not the first time - 4 points; knows the methods and rules of mobilization, but performs mobilization non-ergonomically or does not apply the degree of mobilization - 3 points; mobilization methods, but unable to apply the rules, or does not apply the mobilization methods for the first time, only partially adapts ergonomic situations, does not apply the degree of mobilization - 2 points, performs mobilization, but is unable to explain the rules, choose the degree and direction

			- 1 point; unable to mobilize, explain the rules, perform degrees of mobilization - 0 points.
Practical task - problem analysis of the simulated situation (X)	Quiz	Semester	Included - the student actively participates in discussions, answers questions, formulates problems and participates in more than 50 percent of practice sessions. Not included - the student does not participate in the discussion, does not answer questions, does not formulate problems, misses more than 50 percent of the exercises.
Midterm/colloquium	25%	Semester	Intermediate test - theoretical settlement of joint mobilization. The student is given a test consisting of 20 questions, the value of each question is 0.5 points.

Author (-s)	Publishing year	Title	Issue of a periodical or volume of a publication	Publishing house or web link
Required reading				
Finkelšteinaitė J., Volužienė N.K., Damanskas J.	1998	Massage		Kaunas (VU MF library)
Edmond Susan I.	2012	Joint mobilization, manipulation. Techniques for joints of extremities and spine.	2nd edition	Kaunas: Vitae Litera
Lenčiauskienė D.	2013	Basics of kinesiology	2nd edition	Kaunas: Vitae Litera
Recommended reading				
Susan G. Salvo	2013	Mosby's Pathology for Massage Therapists, 3rd Edition		Louisiana Institute of Massage Therapy
Magee David J.	2014	Orthopedic physical assessment	6th edition	St. Louis : Elsevier,
Tracy J. Brudvig, Hetal Kulkarni, Shalvi Shah,	2011	The Effect of Therapeutic Exercise and Mobilization on Patients With Shoulder Dysfunction: A Systematic Review With Meta-analysis		JOSPT http://www.jospt.org/doi/pdf/10.2519/jospt.2011.3440
Villafane JH, de-Las-Penas CF, Silva GB, Negrini S	2014	Contralateral sensory and motor effects of unilateral kaltenborn mobilization in patients with thumb carpometacarpal osteoarthritis: a secondary analysis.		http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4085197/
Matthew C. Hoch, Richard D. Andreatta, David R. Mullineaux,	2012	Two-week joint mobilization intervention improves self-reported function, range of motion, and dynamic balance in those with chronic ankle instability		J of Orthopaedic Research http://onlinelibrary.wiley.com/doi/10.1002/jor.22150/full
Hani A.Alkhwajah, Ali M.Alshami	2019	The effect of mobilization with movement on pain and function in patients with knee		BMC Musculoskeletal Disorders https://bmcmusculoskeletaldisord.biomedcentral.com/a

		osteoarthritis: a randomized double-blind controlled trial		rticles/10.1186/s12891-019-2841-4
Adeleh Norouzi, Cyrus Taghizadeh Delkhoush, Majid Mirmohammad khani, Rasool Bagheri	2021	A comparison of mobilization and mobilization with movement on pain and range of motion in people with lateral ankle sprain: A randomized clinical trial		Journal of Bodywork and Movement Therapies https://www.sciencedirect.com/science/article/pii/S1360859221001078?casa_token=BN-g7B26pRsAAAAA:FT7TOFBbhj1p_fyDZ0y0wEHxe7Wdyz8ge4gCv1V4ZKq8t-XvHSQmYHtJlCytUUEsGmBLnkJSsA
Neha Gogate, Kiran Satpute, Toby Hall	2021	The effectiveness of mobilization with movement on pain, balance and function following acute and sub acute inversion ankle sprain e A randomized, placebo controlled trial		Physical Therapy in Sport https://www.sciencedirect.com/science/article/abs/pii/S1466853X20306192

NOTE: Including Open Educational Resources in the reading list is recommended