

LECTURES IN PHYSICAL AND REHABILITATION MEDICINE
for 5th-year Medical Students, English-Language Program (BLP)
Academic Year 2026–2027, Winter Semester.

№	Дата от - до	Форма	Topic / Content
1	14.09–18.09.2026	In-person	Introduction to Physical and Rehabilitation Medicine (PRM). Historical development, scope, objectives, and principal areas of PRM. Competencies and professional role of the PRM physician. Organization of rehabilitation services. Structure of PRM clinics and departments. Main groups of physical modalities. Good medical practice, patient safety, and risk management. Impairment, functioning, activity, and participation. Basic principles of the International Classification of Functioning, Disability and Health (ICF).
2	28.09–02.10.2026	In-person	Essentials of electricity and electrotherapy. Biophysical principles of the interaction between electrical currents and biological tissues. Direct current. Galvanization and iontophoresis. Low- and medium-frequency currents. Neuromuscular electrical stimulation (NMES), functional electrical stimulation (FES), and transcutaneous electrical nerve stimulation (TENS). Interferential currents. Essentials of electrodiagnosis. Physiological effects, dosage, indications, contraindications, and safety.
3	12.10–16.10.2026	In-person	High-frequency electromagnetic, magnetic, mechanical, and light-based physical modalities. Short-wave and microwave diathermy. Low- and high-frequency magnetic fields. Therapeutic ultrasound and extracorporeal shock wave therapy (ESWT). Phototherapy—ultraviolet (UV) and infrared (IR) radiation. Laser therapy and photobiomodulation (PBM). Aerosol therapy and aeroion therapy. Dosage, indications, contraindications, and safety.
4	26.10–30.10.2026	In-person	Kinesiotherapy and functional rehabilitation. Physiological principles of therapeutic exercise. Active, active-assisted, and passive kinesiotherapy. Exercises for muscle strength, endurance, mobility, balance, and coordination. Stretching, positioning, mobilization techniques, and post-isometric relaxation. Essentials of manual therapy. Rehabilitation potential, prognosis, and rehabilitation goal setting. Functional assessment of the patient.
5	09.11–13.11.2026	In-person	PRM interventions in musculoskeletal diseases and injuries. Rehabilitation following fractures and injuries of the joints, muscles, and tendons. Osteoarthritis, inflammatory arthropathies, and soft-tissue disorders. Preoperative and postoperative rehabilitation in total hip and knee arthroplasty. Physical modalities and therapeutic exercise in major musculoskeletal disorders.
6	23.11–27.11.2026	In-person	Neurorehabilitation and rehabilitation in disorders of the spine and spinal cord. Post-stroke PRM interventions. PRM in Parkinson's disease and multiple sclerosis. Peripheral nervous system disorders. Spinal cord injuries. Degenerative disorders of the spine, degenerative disc disease, disc herniation, and radiculopathies. Functional assessment, prevention of secondary complications, and multidisciplinary rehabilitation.
7	07.12–11.12.2026	In-person	PRM interventions in surgical and systemic diseases. Preoperative preparation and early postoperative rehabilitation. Prevention of complications associated with immobilization and surgery. PRM interventions in endocrine, gastrointestinal, renal, and gynecological disorders. Interdisciplinary approach and individualization of the rehabilitation program.
8	14.12–18.12.2026	In-person	Cardiopulmonary, cancer, and pediatric rehabilitation. Cardiac rehabilitation—phases, functional assessment, risk stratification, exercise prescription, and training models. Pulmonary rehabilitation. PRM interventions in cancer survivors. PRM interventions in post-COVID-19 survivors and post-infectious functional impairments. PRM interventions in pediatric patients.

10 September 2026

Prof. Dr. Jannis Papathanasiou, MD, PhD

Head of the Department of Physical and Rehabilitation Medicine