

PRACTICALS IN PHYSICAL AND REHABILITATION MEDICINE

for 5th-year Medical Students, English-Language Program (BLP)

Academic Year 2026–2027, Winter Semester

№	Dates	Format	Topic / Content
1	14.09– 18.09.2026	In-person	Introduction to Physical and Rehabilitation Medicine (PRM). Scope, objectives, and main areas of PRM. Organization of PRM services. Basic physical modalities. Safety and good medical practice.
2	21.09– 25.09.2026	In-person	Essentials of electrotherapy. Direct current, galvanization, and iontophoresis. Low-frequency pulsed currents. Neuromuscular electrical stimulation (NMES), functional electrical stimulation (FES), and transcutaneous electrical nerve stimulation (TENS).
3	28.09– 02.10.2026	In-person	Medium-frequency currents and mechanical physical modalities. Interferential currents. Therapeutic ultrasound. Extracorporeal shock wave therapy (ESWT)
4	05.10– 09.10.2026	In-person	High-frequency therapy and magnetotherapy. Shortwave and microwave diathermy. Low- and high-frequency magnetic fields.
5	12.10– 16.10.2026	In-person	Phototherapy. Ultraviolet and infrared radiation. Laser therapy and photobiomodulation. Dosage, indications, and contraindications.
6	19.10– 23.10.2026	In-person	Kinesiotherapy – active methods. Therapeutic exercises for mobility, strength, endurance, coordination, and balance.
7	26.10– 30.10.2026	In-person	Kinesiotherapy – passive and specialized methods. Passive exercises, mobilization techniques, stretching, post-isometric relaxation, and manual techniques.
8	02.11– 06.11.2026	In-person	Functional assessment in PRM. International Classification of Functioning, Disability and Health (ICF). Rehabilitation potential, prognosis, and goal setting. Assessment of muscle strength, joint range of motion, gait, balance, and functional independence.
9	09.11– 13.11.2026	In-person	PRM interventions in traumatic and orthopedic conditions. Fractures, joint, tendon, and muscle injuries. Basic principles of rehabilitation..
10	16.11– 20.11.2026	In-person	PRM interventions in degenerative and inflammatory musculoskeletal disorders. Osteoarthritis, inflammatory arthropathies, and rehabilitation following hip and knee joint arthroplasty.
11	23.11– 27.11.2026	In-person	Neurorehabilitation. Stroke, Parkinson disease, multiple sclerosis, and peripheral nervous system disorders.
12	30.11– 04.12.2026	In-person	PRM interventions in spinal and spinal cord disorders. Degenerative disc disease, radiculopathies, and spinal cord injuries.
13	07.12– 11.12.2026	In-person	PRM interventions in surgical conditions. Preoperative preparation, early postoperative rehabilitation, and prevention of complications.
14	14.12– 18.12.2026	In-person	Cardiopulmonary and oncological rehabilitation. Cardiac and pulmonary rehabilitation. Rehabilitation in patients with cancer and post-COVID-19 conditions.
15	21.12– 29.12.2026	In-person	PRM interventions in pediatric patients. Pediatric neurorehabilitation and rehabilitation of major musculoskeletal and systemic disorders in children.

10 September 2026

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