

1. The subject: **Functional diagnostics and physiotherapy in gynecology and obstetrics**

2. The type of classes: Lectures and exercises

3. Completion: The credit with rating

4. The term on which the classes will be conducted: Summer term

5. The number of hours: 15

6. The program:

1) Anatomy and functions of the pelvic floor, the assessment of the pelvic floor muscles.

2) Dysfunctions in the pelvic floor: the types of incontinence, disorders of pelvic floor statics; physiotherapy in these disorders.

3) Physical activity during pregnancy, contraindications to the physical exercises in pregnant women, physiotherapy during pregnancy.

4) Practical preparation for child birth.

5) Post – partum physiotherapy after natural delivery and after c – section.

6) Diastasis recti abdominis therapy, therapy of scars (for example after c – section).

7. The effects of learning outcomes:

5,0 The student has the knowledge of diagnostics and is able to program the physiotherapy during pregnancy, in puerperium and perinatal period and in selected uro – gynecological disorders. A student is able to assess autonomously the functional state of the pelvic floor and is able to carry out the therapy independently. A student is able to evaluate the diastasis recti abdominis and pelvic floor muscles based on scientific knowledge and up – to – date literature.

4,0 The student has the knowledge of diagnostics and is able to program the physiotherapy during pregnancy, in puerperium and perinatal period and in selected uro – gynecological disorders with a teacher's help. A student is able to assess with a teacher's help the functional state of the pelvic floor and is able to carry out the therapy with a teacher's help. A student is able to evaluate with a teacher's help the diastasis recti abdominis and pelvic floor muscles based on scientific knowledge and up – to – date literature.

3,0 The student has the knowledge of diagnostics and is able to program the physiotherapy during pregnancy, in puerperium and perinatal period and in selected uro – gynecological disorders with a significant teacher's help. A student is able to assess with a significant help the functional state of the pelvic floor and is able to carry out the therapy with teacher's a significant teacher's help. A student is able to evaluate with a significant teacher's help the diastasis recti abdominis and pelvic floor muscles based on scientific knowledge and up – to – date literature.

8. Qualification: Second – degree studies

9. The organizational unit implementing the subject: Department of Movement Rehabilitation,
The Institute of Clinical Rehabilitation, The Institute of Rehabilitation in Internal Diseases
10. The person running the subject: Dr Małgorzata Strzelczyk
11. ECTS: 3 points
12. 10 hours can be conducted on – line