

## Faculty of Medicine



### KINE1021 Basics of physical therapy

[15h+97.5h exercises] 8 credits

**Teacher(s):** Guillaume Bastien, Catherine Behets Wydemans, Yves Castille, Jean-Louis Thonnard, Patrick Willems (coord.)  
**Language:** French  
**Level:** First cycle

#### Aims

At the end of this entity of teaching, the student must be able to control the basic techniques of kinesitherapy (palpation and location of bone tissues and soft fabrics, evaluation of the muscular function, passive mobilization and activate, massage, proprioceptive techniques of facilitation - PNF).

#### Main themes

The demonstrations on anatomic specimens contribute to a better integration of the anatomy palpatoire. The anatomy palpatoire is a precondition to the examination of the patient. The techniques of bases (passive mobilization and activates, massage, PNF) allow a facilitated approach of the kinesitherapy of the various systems.

#### Content and teaching methods

Functional anatomy and muscular evaluation (30h)  
 Active mobilization and muscular reinforcement (5h-15h)  
 Passive mobilization (5h-15h)  
 Massage (15h)  
 Proprioceptive neuromuscular facilitation (PNF) (5h-15h)

#### Other information (prerequisite, evaluation (assessment methods), course materials recommended readings, ...)

Pre-necessary: Anatomy and analyzes movement, biomechanical  
 Evaluation: Oral examination and elements of evaluation continue  
 Support: Syllabus and book Framing: Holder

#### Other credits in programs

<b>KINE12BA</b>	Deuxième année de bachelier en kinésithérapie et réadaptation (8 credits)	Mandatory
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