

KING SAUD UNIVERSITY

COLLEGE OF APPLIED MEDICAL SCIENCES

REHABILITATION SCIENCES DEPARTMENT.

First semester 1432/33(2011/2012G.)

COURSE SYLLABUS. (REVISED)

COURSE TITLE: Clinical Application of Hydrotherapy.

COURSE NUMBER: RHS 327.

CREDIT HOURS: 2 Theory+ 1 Practice = 3

COURSE COORDINATOR: Mohammed Alghamdi, MSc. PT

COURSE DESCRIPTION: The course will present the therapeutic values of hydrotherapy-related modalities as employed in physical therapy management of various conditions referred to physical therapy departments. These applications will include cryo-therapy, cold and hot packs, paraffin-wax, pools, contrast baths among others. Issues concerning clarification of indications, contraindications, precautions and physiological effects of various forms of applications will be addressed.

COURSE OBJECTIVES (Intended Learning Outcomes).

AIMS and OBJECTIVES:

The Aims of the course are:

- A) Consideration of the physical properties (static and dynamic) of water as the bases for its therapeutic uses in hydrotherapy.

- B) Discussion of the principles behind the applications of hydrotherapy-related modalities in physical therapy management of various conditions (medical and surgical).
- C) Clarification of indications, contraindications and precautions of uses of hydrotherapy modalities.
- D) Teaching of skills and techniques of practice of all hydrotherapy-related modalities including pools, cryotherapy, paraffin wax baths, contrast baths, as well as hot and cold packs applications.

OBJECTIVES: Upon the successful completion of the course, the students should be able to:

1. Explain the scientific bases of hydrotherapy as a method of treatment of some conditions in physical therapy.
2. Make an informed clinical decision on when it is appropriate to utilize any of the hydrotherapy-related modalities.
3. Determine the suitability or otherwise of a patient for hydrotherapy treatment.
4. Demonstrate the techniques of applying various forms of hydrotherapy-related modalities including pool therapy, whirlpools, cryotherapy, cold and hot packs as well as paraffin wax baths.

COURSE OUTLINE.

Week	Topics.
1.	General introduction to HYDROTHERAPY.
2.	Evaluation/Assessment of patients.
3.	Physical properties of water & clinical applications.
4.	Clinical Application of CRYOTHERAPY. & Practice.
5.	Clinical Application of Paraffin-wax. & Practice of ice-therapy continued

REFERENCES.

1. Exercise in water. Edited by M.H. Duffield. Latest edition. Publisher: Bailliere, Tindall and Cassell.
2. Physical Therapy Procedures: Selected techniques by Ann H. Downer. Publisher: Charles C. Thomas. Springfield, Illinois.
3. Therapeutic Exercise, Foundations and Techniques. By Carolyn Kisner; Lynn Allen Colby. [Chapter 9: AQUATIC EXERCISES; PP 273-293]. Publisher: F.A. Davis Company. Philadelphia.