

King Saud University
College of Applied Medical Sciences
Réhabilitation Sciences Department
Course Syllabus
2nd Semestre 1434 H
2013 G

Course Number: RHS 327
Course Title: Hydrotherapy
Credit Hours: (2+2)
Course Instructor: Mrs.Mai Al-dera
Maldera@ksu.edu.sa
Practicum Instructors: Ms. Kholoud Alotaibi.
Lecture Day & Time: Monday 8-10 AM.
Practicum Day & Time: Monday 10-12 PM.
Monday 12-2 PM.

Course Description:

The course provides students with foundational knowledge in use of different aquatic rehabilitation modalities, and how to clarify indication, contraindication, precautions and its physiological effect.

Course objectives:

Upon completion of this course students will be able to:

- Demonstrate an understanding of basic principles in hydrotherapy applications.
- Demonstrate an understanding of physiological effect of different modalities.
- Be familiar with hydrotherapy modalities and its application.
- Adopt a critical appraisal perspective toward the use of hydrotherapy with different kinds of medical problems.
- Be familiar with the roles and responsibilities of physical therapist in Applying of hydrotherapy modalities.

Method of Evaluation:

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| <input type="checkbox"/> 2 Midterm exams (theoretical) | 20% |
| <input type="checkbox"/> 2 Midterm exams (practical) | 20% |
| <input type="checkbox"/> Assignment | 15% |
| <input type="checkbox"/> Final theoretical | 30% |
| <input type="checkbox"/> Final practicum | 15% |

Course Outline

Week & Date	Theoretical	Practicum
W 1 – 28 Jan	Introduction Skin: structure – circulation – function.	
W2 – 4 Feb	Peripheral vascular & lymphatic circulation. Type of sensation. Type of nerve fibres. Pain & edema.	Introduction
W3 – 11 Feb	Hydrotherapy: Definition. Benefit. Physiological effect Indication & contraindication. Property of water.	Orientation
W4 – 18 Feb	Modalities (1): Hubbard tank & While pool Physiological effect. Indication & contraindication. Safety consideration. Management Hygiene.	Hubbard tank & While pool.
W5 – 25 Feb	Modalities (2): Therapeutic pool.	Practical pool therapy use video demonstration.
W6 – 4 March	1 st MID-TERM EXAM	
W7 – 11 March	Modalities (3): Heat modalities.	Practical application of Hydro-collator and Paraffin wax.
W8 – 18 March	Modalities (4): Cold modalities. Hot & Cold path.	Practical application of cold therapy and contrast path.
W9 – 24 March	OFF	OFF
W10 – 1 April	Spray stretch techniques.	Application of spray techniques.
W11 – 8 April	Application (1): Application of hydrotherapy with musculoskeletal diseases. (cases will be given in advance)	Hospital visit.
W 12 – 15 April	2 nd MID-TERM EXAM.	

W13 – 22 April	Application (2): Application of hydrotherapy with Women health problem. (cases will be given in advance)	Hospital visit.
W14 – 29 May	Application (3): Application of hydrotherapy with Paediatric patients. (cases will be given in advance)	Hospital visit.
W15 – 6 May	Application (4): Application of hydrotherapy with Cardiovascular disease. (cases will be given in advance)	Case study.
W 16 – 13 May		Final Lap
W17 – 18 May	FINAL EXAM.	

Assignment:

Start from week (11) to week (15), the students will be divided into 4 groups. Each group must present every lecture oral presentation about one case.

You have to follow the followings steps:

- Create demographic information about your case.
- Create past history.
- Create patients complain.
- Create your subjective and objective finding.
- Make your treatment plan.
- Make your treatment goals.
- Describe the indication of each modalities you used, and why.
- The requirement is minimum 5 references.

References:

1. Campion M.R. Adult Hydrotherapy. Oxford; Heinemann Medical Books, 1990.
2. Hecox B., Mehreteab T.A., Weisberg J. Physical agents: a comprehensive text for physical therapists. Norwalk; Appleton & Lange, 1994.
3. Compion M.R. Hydrotherapy: principles and practice. Oxford; Butterworth-Heinemann, 1997.
4. Michelle H. C. Physical Agents in Rehabilitation. Okland, California, 2003.

STATEMENT OF INTENT TO COMPLY WITH CONTENT OF

**KING SAUD UNIVERSITY
COLLAGE OF APPLIED MEDICAL SCIENCES
DEPARTMENT OF REHABILITATION SCIENCES
PHYSICAL THERAPY PROGRAM**

Hydrotherapy RHS 327

COURSE SYLLABUS

First semester/2013

I have received a copy of the RHS 327 course syllabus. I have read the syllabus and understand its contents and intend to comply with the contents of this syllabus. I understand that failure to comply with the contents of this syllabus and/or meet the course objectives as stated in this syllabus may result in failure of the course and dismissal from the program.

STUDENT'S NAME

STUDENT'S MOBILE NUMBER

STUDENT'S EMAIL

STUDENT'S SIGNATURE

DATEM