King Saud University College of Applied Medical Sciences Rehabilitation Sciences Department

Course Syllabus

1st Semester 1435-1436 H

2014-2015

Course Number: RHS 327

Course Title: Hydrotherapy

Credit Hours: (2+2)

Course Instructor: Mrs. Arwa Al-negimshi

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Practicum Instructors: Mrs. Arwa Al-negimshi

Lecture Day & Time: Thursday 8-10 AM.

Practicum Day & Time: Thursday 10-12 PM.

Thursday 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 complication 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:

☐ 2 Mildterm exams (theoretical) 30%
☐ 2 Midterm exams (practical) 20%
☐ Assignment (Read about the key wards) 10%
☐ Final theoretical 30%
☐ Final practicum 10%

Course Outline

Week & Date	Theoretical	Practicum
Week 1, 4-9-2014	Introduction	Introduction
Week 2, 11-9-2014	Skin: structure circulation &	Orientation
	function.	
Week 3, 18-9-2014	Peripheral vascular &	Skin sensation test
	lymphatic circulation.	
	Types of sensation & nerve	
	fibers.	
	Pain & edema.	
Week 4, 25-9-2014	Hydrotherapy: definition,	Cyidalinas fan
	benefit, physiological	Guidelines for ☐thermotherapy
	effect, indication	
	&contraindication and	
	property of water.	
Week 5, 2-10-2014	Hajj vacation	
Week 6, 9-10-2014		
Week 7, 16-10-2014	Modalities(1): Hubbard tank	Hubbard tank & While
	& While pool.	pool.
	Physiological effect.	
	Indication & contraindication.	
	Safety consideration.	
	Management.	
Week 8, 23-10-2014	1 st mid-term exam	1 st mid-term
Week 9, 30-10-2014	Modalities(2): Therapeutic	Pool therapy use video
	pool.	demonstration.

Week 10, 6-11-2014	Modalities(3):	Application of hot
	Heat modalities (hydrocollator	packs.
	packs).	
Week 11, 13-11-2014	Modalities(3):	Application of paraffin
	Heat modalities	wax.
Week 12, 20-11-2014	Modalities(4):	Application of cold
	Cold modalities.	therapy.
Week 13, 27-11-2014	Hot & Cold path(contrast	Application of contrast
	path).	path.
Week 14, 4-12-2014	2 nd mid-term exam.	2 nd mid-term exam
Week 15, 11-12-2014	Spray stretch techniques.	Application of spray
		techniques.
Week 16, 18-12-2014	Revision	Revision
Week 17, 25-12-2014	Revision	Revision
Week 18, 1-1-2015	اختبار ان الاعداد العام	
Week 19, 8-1-2015	ال اختبار ات الن ه ائية	
Week 20, 15-1-2015		