

Manual Therapy Final Exam Topics

1. A brief historical overview of manual therapy; The use of manual therapy in world medical practice, chiropractic, osteopathy - similarities and differences;
2. Physiological mechanisms of manual therapy;
3. Basics of manual diagnosis and therapy;
4. Indications and contraindications of manual therapy;
5. Types of therapeutic effects in manual therapy: relaxation, mobilization, manipulation;
6. Anatomical features of cervical vertebra, possible movements, types of traction mobilization of the cervical segment of the spine in a sitting position;
7. Anatomical features of cervical vertebra, possible movements, types of traction mobilization of the cervical segment of the spine in a lying position;
8. Anatomical features of cervical vertebra, possible movements, Fine Rotating-Adjusting, Lateral Flexion Fine-Adjusting, Lateral Flexion-Wrenching, Lateral Flexion Thrusting-Wrenching, Oblique-wrenching of cervical spine;
9. Anatomical features of cervical vertebra, possible movements, mono-point and dual-point thrusting manipulations;
10. Anatomical features of thoracic vertebra, possible movements, Manual diagnosis and therapy of upper, middle, lower thoracic spine, thorax-lumbar connection: flexion-Extension, Lateral Flexion, Rotating mobilization-manipulation in a sitting position;
11. Anatomical features of thoracic vertebra, possible movements, Manual diagnosis and therapy of upper, middle, lower thoracic spine, thorax-lumbar connection: flexion-Extension, Lateral Flexion, Rotating mobilization-manipulation in a lying position;
12. Anatomical features of thoracic vertebra, possible movements, mono-point and dual-point thrusting manipulations;
13. Anatomical features of thoracic vertebra, possible movements, Manual diagnosis and therapy: scapula mobilization;
14. Anatomical features of lumbar and sacral spine, possible movements, types of traction mobilization of the lumbar and sacral segment of the spine;
15. Anatomical features of lumbar and sacral spine, possible movements, flexion-Extension, Lateral Flexion mobilization-manipulation on lumbar and sacral spine;
16. Anatomical features of lumbar and sacral spine, possible movements, pelvis mobilization;
17. Anatomical features of upper extremity joints, possible movements, Manual diagnosis and therapy: Mobilization manipulative techniques of the shoulder joint in a sitting position;
18. Anatomical features of upper extremity joints, possible movements, Manual diagnosis and therapy: Mobilization manipulative techniques of the shoulder joint in a lying position;
19. Anatomical features of upper extremity joints, possible movements, Manual diagnosis and therapy:
Mobilization manipulative techniques of the elbow joint;

20. Anatomical features of upper extremity joints, possible movements, Manual diagnosis and therapy:
Mobilization manipulative techniques of the carpal, metacarpalphalangeal, interphalangeal joints;
21. Anatomical features of lower extremity joints, possible movements, Manual diagnosis and therapy;
22. Anatomical features of lower extremity joints, possible movements, Manual diagnosis and therapy: Mobilization manipulative techniques of hip joint;
23. Anatomical features of lower extremity joints, possible movements, Manual diagnosis and therapy;
Anatomical features of lower extremity joints, possible movements, Manual diagnosis and therapy: Mobilization manipulative techniques of knee joint;
24. Anatomical features of lower extremity joints, possible movements, Manual diagnosis and therapy: Mobilization manipulative techniques of ankle joint;
25. Combination of manual therapy with other interventions of physical therapy.