

## **Final exam tests for Therapeutic Exercise course**

- Goals of the therapeutic exercise in the process of physical rehabilitation.
- Therapeutic exercise: equipment, tools, teaching principles (verbal, visual, manual);
- Technique of therapeutic exercises; static and dynamic exercises;
- Extensibility and stretching, stages of tissue healing, clinical manifestation of each stage, effects of soft tissue lesions on joint mobility and range of motion.
- Types of range of motion exercises, clinical indications and contraindications;
- Joint mobilization exercises, range of motion exercises;
- Concentric, eccentric, isotonic, isokinetic, isometric, active, passive, and active-assistive therapeutic exercises.
- Breathing exercise technique; ratio of breathing and special exercises.
- SOAP-note documentation of therapeutic exercise.
- Aerobic exercises. Resistive exercises; energy systems utilized in endurance and strength exercises;
- Core stability; characteristics of stabilizer muscles and their function;
- Therapeutic exercise for activation of the core muscles;
- Upper- and lower limb stabilization exercises;
- Spine stabilization exercises; body posture; back muscle exercises.
- Body muscle stretching exercises;
- Preparatory, basic and final/cool-down exercises;
- Stretching exercises for the upper- and lower limbs;
- Main principles of elaboration of therapeutic exercise program; frequency, intensity, duration and type of exercise (FITT), series, repetitions, their selection for effective exercise program.
- Balance, influence on stability. Therapeutic exercises for balance; within geriatric patient populations;
- Principles of elaboration of home exercise program;
- PNF-technique in therapeutic exercise;

- Physical exercises for sports/recreational /wellness activities;
- Periodization of sport specific training;
- Corrective exercises;
- Sports specific training, sport specific injuries, various sports activities;
- Pre-participation assessment and sports injury prevention strategy.
- Therapeutic exercises for the upper- and lower limbs for improvement of blood circulation and oedema control;
- Therapeutic exercises after surgery; acute and sub-acute rehabilitation program.