

Course name	Special Lecture on Physical Therapy
Course Number	CE32011
Credits	2.0
Year	3
Term, Weekday and Period	Spr AB Thu 5,6
Instructor	Toshikazu MIYAMOTO, Tsunehiko WADA, Tadashi TOKUTAKE, Jun HAMADA
Course overview	The course will take examples of daily difficulties such as low back pain, stiff neck, constipation, and sports injuries and specifically discuss the cause, preventive measures, physical therapy (including acupuncture, moxibustion, and massage).
Remarks	
Teaching method	Lecture
Attainment target	Students will be able to understand the causes of daily difficulties such as low back pain, stiff neck, and sport injuries, and will be able to practice the preventive measures and physical therapy.
Teaching schedule	<p>I. Lecture on the principles, methods, adaptation and contraindications of various physical therapies.</p> <ol style="list-style-type: none"> 1. Overview of physical therapy 2. Thermotherapy 3. Balneotherapy 4. Massage 5. Moxibustion 6. Acupuncture 7. Thermographic observation of biological reaction due to physical stimulation <p>II. Lecture on each disease, such as cause, inspection methods, prevention, and physical therapy.</p> <ol style="list-style-type: none"> 1. Low back pain (herniated intervertebral disc, spondylolysis, non-specific low back pain) 2. Neck-shoulder pain (stiff neck, cervicobrachial syndrome, cervical spondylosis) 3. Shoulder joint pain (frozen shoulder, baseball shoulder) 4. Knee pain (knee osteoarthritis, jumper's knee) 5. Nerve pain 6. Autonomic imbalance
Course conditions	
Evaluation	Comprehensive evaluation based on the results of examination and attendance record
Homework	
Text Book	
Reference	
Office hours	
Expectation for student	Non-classwork: students may practice the physical therapy they experienced. Classwork: students are encouraged to proactively participate in practical activities during the class.
Keywords	