

MINISTRY OF EDUCATION AND SCIENCE OF THE RUSSIAN FEDERATION,
MINISTRY OF EDUCATION AND SCIENCE OF THE KYRGYZ REPUBLIC

Government-run Educational Institution of Higher Professional Education
Kyrgyz-Russian Slavic University

ENDORSED BY
the acting dean
Abilova S. S.

“ 23 ” 10 2025

Medical rehabilitation
Course Outline (Module)

Assigned to the department of

Medical rehabilitation

Academic Curriculum

560001_24_2 LDi.pli.xml
560001KR- General Medicine (for foreign students)

Qualification

Specialist

Mode of Study

Intramural

The Course outline developed by: cbs, docent Saralinova G.M., Buneeva Y. V.

Semester Academic year	9 (5.1)		Total	
	17		AC	CO
Weeks	AC	CO	AC	CO
Type of training	16	16	16	16
Lectures	40	40	40	40
Practical session	0,3	0,3	0,3	0,3
Contact work	2	2	2	2
Including interactive session				
Total in – class Session	56	56	56	56
Face – to Face Learning	56,3	56,3	56,3	56,3
Individual Work	51,7	51,7	51,7	51,7
Total	108	108	108	108

1. COURSE OUTLINE OBJECTIVES

1.1 Students gain knowledge about the main methods and means of medical rehabilitation, for their full use in the complex treatment and recovery of patients at all stages of rehabilitation (hospital - clinic - sanatorium) in order to restore the functional state of the body and increase efficiency.

2. PLACE OF THE COURSE IN THE EDUCATIONAL PROGRAM

Educational Program	B1.B
Units:	
2.1	Students' Preliminary Training Requirements:
2.1.1	Hospital surgery
2.1.2	Faculty therapy
2.1.3	Physics mathematics
2.1.4	Obstetrics and gynecology
2.1.5	Traumatology, orthopedics
2.1.6	Neurology, medical genetics, neurosurgery
2.1.7	Faculty surgery
2.1.8	Pathophysiology, clinical pathophysiology
2.1.9	Pathological anatomy
2.1.10	Biochemistry
2.1.11	Normal physiology
2.1.12	Anatomy
2.1.13	Oncology, radiation therapy
2.2	Course Units and Practical Sessions imposing the prior Proficiency
	Knowledge of this discipline will help the student navigate the use of non-drug methods of treatment in therapeutic practice and when passing the interdisciplinary state exam.

3. STUDENTS' COMPETENCIES RESULTING FROM THE COURSE UNIT (MODULE)

PC-22: is able and ready to apply rehabilitation measures (medical, social and professional) among the population with the most common pathological conditions and injuries of the body.

Knowledge:

principles, stages, types, means of medical rehabilitation. Indications for the appointment of rehabilitation measures.

Skills:

apply rehabilitation measures among the population when the most common diseases and injuries.

Expertise:

the methodology for compiling a rehabilitation complex for patients different profile

PC-23: is able and ready to give recommendations on the choice of regimen, to determine indications and contraindications to the appointment of physical therapy, physiotherapy, non-drug therapy, to use the main resort factors in the treatment of adults and children.

Knowledge:

	mechanism of action, therapeutic effects, features of non-medical mental methods of treatment and rehabilitation. Indications and contraindications to their destination.
Skills:	
	recommend the necessary non-drug methods of treatment and rehabilitation for patients of different ages with the most common pathological conditions.
Expertise:	
	the skills of applying non-drug methods in rehabilitation of patients of various profiles, taking into account indications and contraindications.

Final Students' Competences

3.1	Knowledge:
3.1.1	General foundations of medical rehabilitation.
3.1.2	Methods and means of medical rehabilitation.
3.1.3	Natural and preformed factors in the system of treatment, rehabilitation and preventive measures.
3.1.4	The mechanism of the therapeutic action of physical factors on the body.
3.1.5	The main spa factors and the principles of selection and treatment of patients in the resorts.
3.1.6	The mechanism of action of physical exercises and massage on the body of healthy and sick.
3.1.7	The main means and forms of physical therapy, the characteristic features of exercise therapy and massage.
3.1.8	Recommendations for choosing the optimal motor mode.
3.1.9	Basic rules for the use of physiotherapy exercises and massage in the complex rehabilitation of patients.
3.1.10	Special exercises for various diseases of the internal organs.
3.1.11	Traditional recovery methods (acupuncture, surface reflexology, auriculotherapy, etc.)
3.1.12	Fundamentals of naturopathy.
3.1.13	The use of various rehabilitation methods for the most common diseases and injuries of the body.
3.1.14	Indications and contraindications for the appointment of methods and means of medical rehabilitation.
3.1.15	Methods for assessing the effectiveness of ongoing rehabilitation measures.
3.2	Skills:
3.2.1	To use methods and means of rehabilitation for therapeutic and prophylactic purposes.
3.2.2	Determine indications and contraindications for each method of medical rehabilitation.
3.2.3	Compile a set of necessary rehabilitation measures for a specific patient.
3.2.4	Conduct a comprehensive medical examination in order to prescribe the necessary method of medical rehabilitation.
3.2.5	Determine the tasks of exercise therapy at the inpatient, outpatient and sanatorium-resort stages of rehabilitation of patients of various profiles.
3.2.6	Give specific recommendations for the practical use of a rational motor regime, various forms and means of physical culture.
3.2.7	Prescribe an adequate method of physiotherapy, taking into account the form, stage and phase of the disease.
3.2.8	Use traditional methods of recovery in the rehabilitation of sick and disabled people.
3.2.9	Correctly assess the tolerance, adequacy and effectiveness of the ongoing rehabilitation measures.

3.2.10	Choose the necessary sanatorium for carrying out rehabilitation measures for patients with various chronic pathologies.
3.3	Expertise:
3.3.1	The tactics of medical actions in the appointment of methods and means of rehabilitation in the complex therapy of the patient.
3.3.2	Skills in the design of a physiotherapeutic appointment and a health resort card.
3.3.3	Tactics of prescribing adequate physical activity and physiotherapy, taking into account the individual characteristics of the patient and the severity of the disease.
3.2.4	Skills of building a therapeutic complex of exercise therapy and assessing the adequacy of the physical activity of the patient's condition.
3.2.5	Skills of building a complex of rehabilitation measures at all stages of rehabilitation of patients.