

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

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31.05.01. General medicine

Qualification

Specialist

Mode of Study

Intramural

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

Semester	11 (6.1)		Total	
Academic year				
Weeks	18			
Type of training	AC	CO	AC	CO
Lectures	16	16	16	16
Practical session	48	48	48	48
Contact work	0,3	0,3	0,3	0,3
Including Interactive Session	4	4	4	4
Total in – class Session	64	64	64	64
Face – to Face Learning	64,3	64,3	64,3	64,3
Individual Work	43,7	43,7	43,7	43,7
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:	
<b>2.1</b>	<b>Students' Preliminary Training Requirements:</b>
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
<b>2.2</b>	<b>Course Units and Practical Sessions imposing the prior Proficiency</b>
	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-5: The ability to identify the main pathological conditions, symptoms, disease syndromes, and nosological forms in patients in accordance with the International Classification of Diseases and Health Problems, 10th revision.	
<b>Knowledge:</b>	
Level 1	- methods and means of medical rehabilitation and spa treatment, the mechanism of their therapeutic action, indications and contraindications for prescription in patients with various diseases
Level 2	- principles of building a complex of rehabilitation measures for patients with various diseases
<b>Skills:</b>	
	- compose rehabilitation complexes for patients of various profiles
<b>Expertise:</b>	
	- the skills of prescribing the necessary rehabilitation complexes, taking into account the form, stage and phase of the disease

PC-13: Ready to determine the need for the use of natural therapeutic factors, pharmacological and non-drug therapies, and other methods for patients requiring medical rehabilitation and resort treatment.	
<b>Knowledge:</b>	
	- methods and means of medical rehabilitation and spa treatment, the mechanism of their therapeutic action, indications and contraindications for prescription in patients with various diseases
<b>Skills:</b>	

	- to determine indications and contraindications for each non-drug treatment method, to give specific recommendations for their practical use
<b>Expertise:</b>	
	- the skills of prescribing non-drug methods of treatment for patients of various profiles

#### Final Students' Competences

<b>3.1</b>	<b>Knowledge:</b>
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.
<b>3.2</b>	<b>Skills:</b>
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.
<b>3.3</b>	<b>Expertise:</b>
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.