

PSYCHO-NEUROSCIENCES AND RECOVERY DEPARTMENT
THEMES FOR THE PROMOTION EXAM FOR THE POSITION OF
ASSOCIATE PROFESSOR

Position 11

DISCIPLINES:

- Elements of medical gymnastics(Balneophysiotherapy and Recovery, 2nd year, lectures)
- Elements of medical gymnastics(Balneophysiotherapy and Recovery, 2nd year, practical training)
- Rheumatology and rehabilitation in rheumatic diseases(Balneophysiotherapy and Recovery, 3rd year, lectures)

position 11 of the scheme of positions of the Psycho- Neurosciences and Recovery Department, University of Oradea

ELEMENTS OF MEDICAL GYMNASTICS

1. Basic objectives in medical gymnastics
2. Procedural bases of physical exercise
3. Shoulder – assessment, exercises for mobility and muscle strength rehabilitation
4. Elbow - assessment, exercises for mobility and muscle strength rehabilitation
5. Trunk and abdominal wall - exercises for muscle strength and resistance rehabilitation
6. Global assessment; alignment and posture assessment
7. Hip - assessment, exercises for mobility, muscle strength and stability rehabilitation
8. Knee - assessment, exercises for mobility, muscle strength and stability rehabilitation

REFERENCES

1. Kiss I., Physiotherapy and medical recovery. Medical Ed, București 2012
2. Lazăr L., Balneophysiotherapy and Clinical Kinetology, Course, 2005
3. Sbenghe T., Kinesiology, the science of motion, Medical Ed., București 2008
4. Randall L. Braddom: Physical Medicine & Rehabilitation, IVTH Edition, București, 2015
5. Sbenghe T, Berteanu M, Savulescu SE, Kinesiology, Medical Ed, 2019
6. Engrich E, Kinesiology in everybody's language. Second Edition, Medical Ed, 2017
7. Mârza Dănilă D, General basis of kinesiology, Alma Mater Ed, Bacău, 2012
8. Brunstromm s, Clinical Kinesiology, 6th Edition, FA Davis Company, Philadelphia, 2012
9. Kisner C, Colby LA, Therapeutic exercise, Sixth Edition, FA Davis Company, Philadelphia, 2012
10. Traistaru R, Popescu R, Kinesiology for strength and resistance in medical practice, Universitaria Ed, Craiova, 2007
11. Rinderu-Avramescu ET, Anatomical basis of movement, University Ed, Craiova, 2003
12. muscleandmotion.com

RHEUMATOLOGY AND REHABILITATION IN RHEUMATIC DISEASES

1. Functional assessment in rheumatic diseases
2. Rheumatoid arthritis – clinical, diagnosis, assessment, rehabilitation
3. Ankylosing spondylitis - clinical, diagnosis, assessment, rehabilitation
4. Microcrystalline arthritis - clinical, diagnosis, assessment, rehabilitation
5. Hip osteoarthritis- clinical, diagnosis, assessment, rehabilitation
6. Knee osteoarthritis - clinical, diagnosis, assessment, rehabilitation
7. Osteoporosis - clinical, diagnosis, assessment, rehabilitation
8. Low back pain - clinical, diagnosis, assessment, rehabilitation
9. Chronic cervical pain - clinical, diagnosis, assessment, rehabilitation
10. Fibromyalgia - clinical, diagnosis, assessment, rehabilitation

REFERENCES

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2. Randall L. Braddom: : Physical Medicine & Rehabilitation, IVTH Edition, București, 2015.
3. Mihailov M., Cevei M: Functional rehabilitation in rheumatic diseases, Editura University of Oradea Ed, 2006
4. Moraru Gh, Pâncotan V: Kinesic rehabilitation in rheumatology, Imprimeriei de Vest Ed,1999
5. S Benghe T, Medical rehabilitation at patient's home, Medical Ed, 1996
6. S Benghe T, Berteanu M, Savulescu SE, Kinesiology, Medical Ed, 2019
7. Ionescu R, Rheumatology University Course, Universitaty Carol Davila Ed, 2017
8. Bălănescu AR, Rheumic conditions in family doctor practice, Medical Ed, 2020
9. Ionescu R, Essentials in rheumatology, Medical Amaltea Ed, 2006
10. Ancuța C, Essentials in physical medicine and și rehabilitation, Gr T Popa Ed, Iași, 2010
11. Clunie G, Wilkinson N, Nikiphorou E, Jadon D, Oxford Handbook of rheumatology, Oxford University Press, Fourth Edition, 2018
12. Eugenia Rosulescu – Kinesiology in rheumatic conditions rehabilitation, Ed Universitaria Craiova,2009
13. DeLisa's –Physical Medicine&Rehabilitation, Principles and Practice, Lippincott Williams&Wilkins, 6th Edition, 2019
14. ABC in Rheumatology – 5th Edition, Wiley-Blackwell, 2018
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