

סילבוס קורס לפיזיותרפיסטים:

איבחון וטיפול תנועתי בליקויי יציבה

א. מטרת הקורס

- הקניית יכולת הסתכלות, אבחון בסיסי ועקרונות הטיפול של ליקויי יציבה.
- הקניית דרכים לשילוב היציבה כחלק מהטיפול הפיזיותרפי.
- הבהרת עקרונות לשינוי ושיפור היציבה.
- שיפור היציבה האישית של הלומדים בקורס.
- התייחסות לפתולוגיות נפוצות ודרכי ושילוב היציבה כחלק מהטיפול והמניעה.
- העברת אוצרי תרגילים במגוון מנחים ומצבים ועל פי חלקי הגוף השונים.

ב. תכני הקורס

- הערכה ואבחון יציבה מודולארית- מהחלק לשלם.
- זיהוי ליקויים, קומפנסציות ובדיקת רמת הקשיחות/ גמישות שלהם.
- היבטים ביומכניים של יציבה.
- בניית תוכנית טיפול לליקויי יציבה- מתיאוריה למעשה.
- טכניקות טיפול בליקויי יציבה.
- תרגילים לטיפול בליקויי יציבה, רעיונות למימוש היציבה.
- תנועתיות עמוד שדרה והתאמתה לליקויים – מסגמנטלי לגלובאלי.
- יציבה תפקודית- תרגילים פונקציונאליים, כאבי גב וצוואר ותפקוד.
- שילוב עקרונות יציבתיים כחלק מטיפול בפתולוגיות נפוצות.

ג. דרישות הקורס

- נוכחות ב- 90% מהמפגשים.
- עמידה במטלות הקורס (אבחונים, תוכניות טיפול).
- הגשת עבודת סיום (3 איבחונים, תוכניות טיפול ותרגול).
- מפגש אישי בסיום הקורס.

ביבליוגרפיה

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