

Msc 1st Part

REGIONAL MUSCULOSKELETAL DISORDERS

✓ Course Aims

The broad aims of the course are as follows:

- 1- To give the Msc candidates a sound understanding of concepts and research in regional musculoskeletal disorders.
- 2- To provide them with appropriate theoretical & clinical knowledge base and comprehensive training in the scientific basis of different aspects of regional rheumatic disorders.
- 3- To provide ability to apply sound judgment to diagnose and manage various regional musculoskeletal disorders

✓ Course contents:

Subjects	Lectures (1 hr/week for 15 weeks)	Total Teaching Hours (15 hrs/ 15 weeks)
Joints & Tendons: <ul style="list-style-type: none">▪ Bursitis▪ Tendonitis▪ Tenosynovitis (trigger finger)▪ Ligament strain & sprain	1 hr/2wks	2 hrs
Wrist & Hand: <ul style="list-style-type: none">▪ Carpel tunnel Syndrome▪ Trigger finger▪ Reynard's syndrome▪ Ganglion▪ Dupuytren's contracture	1 hr/2wks	2 hrs
Elbow: <u>Epicondylitis</u> : <ul style="list-style-type: none">▪ Tennis Elbow▪ Golfers elbow	1 hr/2wks	2 hrs
Neck & Shoulder: <ul style="list-style-type: none">▪ Rotator cuff tendonitis (Supra-spinatus tendonitis)▪ Capsulitis (Frozen shoulder)	1 hr/2wks	2 hrs

<ul style="list-style-type: none"> ▪ Thoracic outlet syndrome 		
<p>Back:</p> <ul style="list-style-type: none"> ▪ Degenerative disk disease ▪ Herniated disc ▪ Chronic back pain 	1hr/2wks	2 hrs
<p>Legs & Feet:</p> <ul style="list-style-type: none"> ▪ Hallux valgus ▪ Hammer toe ▪ Morton's neuroma ▪ Tarsal tunnel syndrome ▪ Plantar fasciitis 	1 hr/2wks	2 hrs
<ul style="list-style-type: none"> ▪ Osteoarthritis ▪ Complex regional pain syndromes 	1 hrs/2wks	2 hrs
<ul style="list-style-type: none"> ▪ Fibromyalgia ▪ Myofascial pain syndromes 	1 hr/1wk	1 hr