UCLouvain

lknr1202

2026

Basics of physical therapy

6.00 credits	30.0 h + 67.5 h	Q1

Teacher(s)	Mahaudens Philippe (coordinator) ;
Language :	French
Place of the course	Louvain-la-Neuve
Prerequisites	*The prerequisite(s) for this Teaching Unit (Unité d'enseignement – UE) for the programmes/courses that offer this Teaching Unit are specified at the end of this sheet.*
Main themes	**For theoretical courses:** • Tissue patho-biological mechanisms • The muscle – the tendon (Strength / Endurance / Power / hypertrophy) 1. Biophysics 2. Evaluation (laboratory and clinical) 3. Clinical application (exercise/stretching prescription) • The joint (cartilage / ligament / capsule) 1. Biophysics 2. Evaluation (laboratory and clinical) 3. Clinical application (active/passive mobilization) • Nervous structures 1. Biophysics 2. Evaluation (laboratory and clinical) 3. Clinical application • Motion control • CIF model applied to basic physiotherapy techniques • Principles of clinical functional assessment **For practical lessons:** The following themes will be covered by region of the body: upper limbs, lower limbs and spine. • Evaluate, passively and actively, the main movements of the main joints 1. Qualitative assessment 2. Quantitative evaluation • Assessment of neuromuscular function of the main muscle groups (maximum strength, endurance, power, hypertrophy, etc.) • Mobility work (passive/active mobilization) • Work on neuromuscular function (exercise prescription) • Muscle relaxation work (massage – myofascial approaches)
Learning outcomes	**At the end of this learning unit, the student is able to :** At the end of this teaching unit, specifically for patients (adults and elderly people) suffering from a musculoskeletal disorder, the student is able to: • Explain the patho-biological mechanisms of muscular, tendon, joint and neural tissue (2.1) • Describe the basic principles of technical acts, exercises and advice to patients (3.1, 3.2) • Describe the basic principles of musculoskeletal assessment in the laboratory and in clinical practice (2.3) • Describe recommendations for therapeutic interventions (3.1, 3.3) • Carry out a clinical assessment of the musculoskeletal system using the appropriate tools and interpret the results (2.3) • Carry out technical acts, prescribe and demonstrate exercises rigorously, justifying them (3.1) • Describe the basic principles of assessment and treatment adaptation (3.2, 3.3) • Evaluate/adapt/stop an intervention (3.2) • Become aware of the effect of touch and develop your palpation skills (4.3) • Explain and justify movements/technical gestures/exercises to one of your peers in simulated cases (5.4) • Extract relevant information from a clinical vignette (7.2)
Other infos	This course is strictly reserved for FSM students. It is not open to other UCLouvain students.

Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Master [120] in Motor Skills: Physical Education	EDPH2M	6		🔍
Bachelor in Physiotherapy and Rehabilitation	KINE1BA	6	LFSM1102 AND LFSM1003 AND LFSM1105 AND LFSM1109	🔍