

3) Course "Fundamentals of reflexotherapy" (course for choice) training of specialists of the second (master's) level of higher education for students of the IV course of the medical faculty who study in the specialty 222 "Medicine".

According to the curriculum, the study of the basics of reflexotherapy is carried out in the 4th year of study. The elective course program contains the main sections of modern reflexotherapy and is designed for **20** classroom hours (practical classes) and **40** hours of individual work. **60 academic hours** are provided for this subject, which according to the norms of the Ministry of Health of Ukraine corresponds to **2.0** credits, which are divided as follows:

The subject of study of the discipline is the theory of non-traditional methods of rehabilitation, technology and content of classes on non-traditional methods of rehabilitation.

The aim is to create in students a holistic idea of the main theoretical and methodological aspects of reflexotherapy, as well as the acquisition of practical skills of its use in clinical settings.

The task - to teach students the general principles of reflexotherapy in diseases of the internal organs; to reveal the practical aspects of reflexology, ways and methods of using its achievements in clinical practice.

Competences and learning outcomes: in accordance with the requirements of the Standard of Higher Education, the discipline provides students with the acquisition of competencies: **integral, general and special:**

- analyze the clinical manifestations of the disease and form an algorithm for reflexotherapy (punctured and manual);
- demonstrate knowledge of simple methods of reflexotherapy (acupressure and segmental massage, thermoreflexotherapy, postisometric muscle relaxation, etc.);
- to substantiate the optimal parameters of electrical stimulation for percutaneous electrical stimulation and electromyostimulation;
- to determine the features of the use of reflexotherapy methods in different medical situations (first aid, treatment, rehabilitation, prevention).

The discipline is structured in 2 sections:

Section 1. Fundamentals of reflexotherapy.

Section 2: Special reflexotherapy.

1. Definition of reflexotherapy, its role and place in modern medicine.
2. The main components of punctual reflexotherapy: place of action, reception and moment of action.
3. Acupressure. Local barotherapy.
4. Superficial multi-needle acupuncture.
5. Thermoreflexotherapy.
6. Electroreflexotherapy: percutaneous electroneurostimulation (CHENS), electromyostimulation, laser therapy.
7. Reflex diagnostics. Microacupuncture systems. Combination of acupuncture zones.
8. General provisions of manual reflexology. Static optimization of dynamic loads on the spine and joints.
9. Myofascial pain syndrome. Manual muscle techniques correction. Principles of reflex anesthesia.
10. Features of application of reflexology in medical practice.

Types of control (current and final).

Current control is carried out at each practical lesson in accordance with the specific objectives of the topic.

The form of final control in accordance with the curriculum - credit.