Educational Objectives in the Cross-Sectional Subject (Querschnittsfach) „Rehabilitation, Physical Therapy, Naturopathic Therapy“

Rehabilitation

1. Basic concepts  
   Model of illness sequelae (WHO), assessment instruments (e.g. SF-36; ICF), rehabilitation needs, rehabilitation goals, coping with illness, lifestyle change, quality of life/functioning, health-psychological models, evidence of effectiveness

2. Interventions  
   Methods to increase motivation, patient education (general health education, illness- and problem-specific programs), physical training, physiotherapy, ergotherapy, dietetic counselling, psychological counselling, neuropsychological treatment, social counselling, multidisciplinary approach

3. Rehabilitation system  
   Legal background, funding, access, setting (inpatient, outpatient), aftercare; medical, social and vocational rehabilitation

4. Disorders  
   Basic principles of rehabilitation in orthopedic, cardiological, pulmological, metabolic (diabetes mellitus), oncological, neurological, and psychosomatic disorders

5. Rehabilitation science  
   Evaluation, evidence-based medicine

Physical therapy

1. Basic concepts  
   Basic principles, treatment selection, therapy planning

2. Interventions  
   Selected examples: exercise therapy, physiotherapy, manual therapy, acupuncture

Naturopathic therapy

1. Basic concepts  
   Basic principles, areas of application, differentiation from complementary/alternative therapies lacking scientific evidence, motivation to use complementary/alternative therapies, placebo effect

2. Interventions  
   Selected examples: phytotherapy, dietetic treatment