

# Dissemination report

December 2021 - May 2022



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## Project information:

|                          |  |
|--------------------------|--|
| <b>Contract Number</b>   | 2020-1-PL01-KA203-082292   |
| <b>Title of Contract</b> | Smart learning for gait physiotherapy – a standardized tool for health higher education in Europe  |
| <b>Acronym</b>           | SMARTtherapy+  |
| <b>Consortium</b>        | Silesian University of Technology, Poland<br>Fondazione Politecnico di Milano, Italy<br>Universitat zu Lubeck, Germany<br>Jerzy Kukuczka Academy of Physical Education in Katowice, Poland |
| <b>Website</b>           | smartertherapyplus.eu  |

## Report information:

|                             |  |                                       |
|-----------------------------|--|---------------------------------------|
| <b>Report Title:</b>        | Dissemination Report                       |                                       |
| <b>Intellectual output</b>  | N/A  |                                       |
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| <b>Delivery date:</b>       | June 2022                                  |                                       |
| <b>Dissemination Level:</b> | <input checked="" type="checkbox"/> Public | <input type="checkbox"/> Confidential |

## Prepared by:

| Partner    | Name  | Date      |
|------------|---|-----------|
| SUT        | Joanna Bartnicka<br>Patrycja Kabiesz<br>Agnieszka Ziętkiewicz | June 2022 |
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| AWF        | Piotr Rodak<br>Andrzej Myśliwiec                              |           |

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## 1. Introduction

According to the dissemination plan, activities related to the third dissemination took place between December 2021 and May 2022. The dissemination activities concerted in two areas through:

- website and social media
- popular science events taking place in the countries of the project consortium members.

## 2. Project visibility activities

### 2.1 SMARTerapy+ website

The main project website is available at: <https://smarterapyplus.eu/>.

#### Example of a website update.

The website is continually updated with information on the project work for the gait physiotherapy course under development and also promotes the project theme through the activities carried out by the consortium members for Dissemination.

The administrator of the project website is Patrycja Kabiesz (SUT).



The screenshot shows a website update for a project. At the top, there is a navigation bar with the following items: MAIN PAGE, PROJECT, **TIMELINE**, DISSEMINATION, REPORTS, EVENTS, CONTACT. The main content area features a yellow background with the following text:

**PROJECT**

**S  
M  
A  
R  
T  
Therapy+**

Smart learning for gait physiotherapy  
– a standardized tool for health higher  
education in Europe

Project number: 2020-1-PL01-KA203-082292

**Erasmus+**

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**TIMELINE**

**XV SCIENTIFIC CONFERENCE OF THE POLISH  
PHYSIOTHERAPY ASSOCIATION ENTITLED  
PERSPECTIVES FOR PHYSIOTHERAPY  
DEVELOPMENT**

19-21 May 2022, Pabianice, Poland

On 19-21 May 2022 in Pabianice (Poland), representatives of the Silesian University of Technology in the persons of Joanna Baranowska and Agnieszka Zębkiewicz and J. Kukułicka Academy of Physical Education in Katowice in the person of Andrzej Myśliwiec participated in the 15th Scientific Conference of the Polish Physiotherapy Association entitled Perspectives for Physiotherapy Development, 2nd Conference of the Polish Association of Physiotherapy Specialists and 4th Conference of the Polish Physiotherapy Association Young Scientists. The scientific patronage of the conference was taken by the Vice President of the Polish Academy of Sciences, Prof. Stanisław J. Czuczwar.

The conference included two parallel sessions of papers divided into 9 thematic categories and 7 thematic workshops. During the breaks between the sessions, and especially during the breaks between the sessions, and especially in the afternoon, poster sessions were very popular, during which the participants had the opportunity to discuss their research in a friendly atmosphere, establish new scientific contacts, and also get acquainted with the presented technological novelties used in the profession of physiotherapist. The conference was attended by over 100 scientists and specialists in physiotherapy.

**Erasmus+**

Links:

- Silesian University of Technology (Poland)
- Fondazione Politecnica di Milano (Italy)
- The Army Kukułicka Academy of Physical Education in Katowice (Poland)
- Universität zu Lübeck (Germany)

**SMARTerapy+**

**facebook**

QR code

## 2.2 Roll-up

Fondazione Politecnico di Milano (FPM) in order to present the project in different conference, fair, training and workshop spaces made a roll-up.

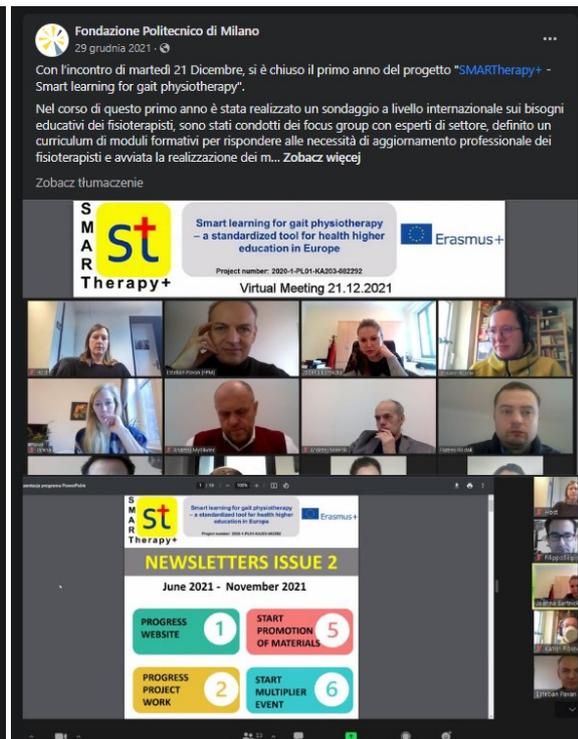
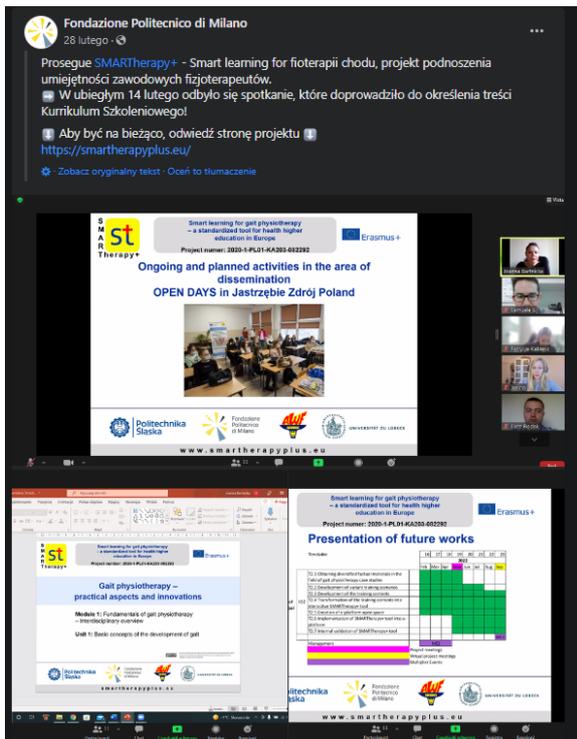
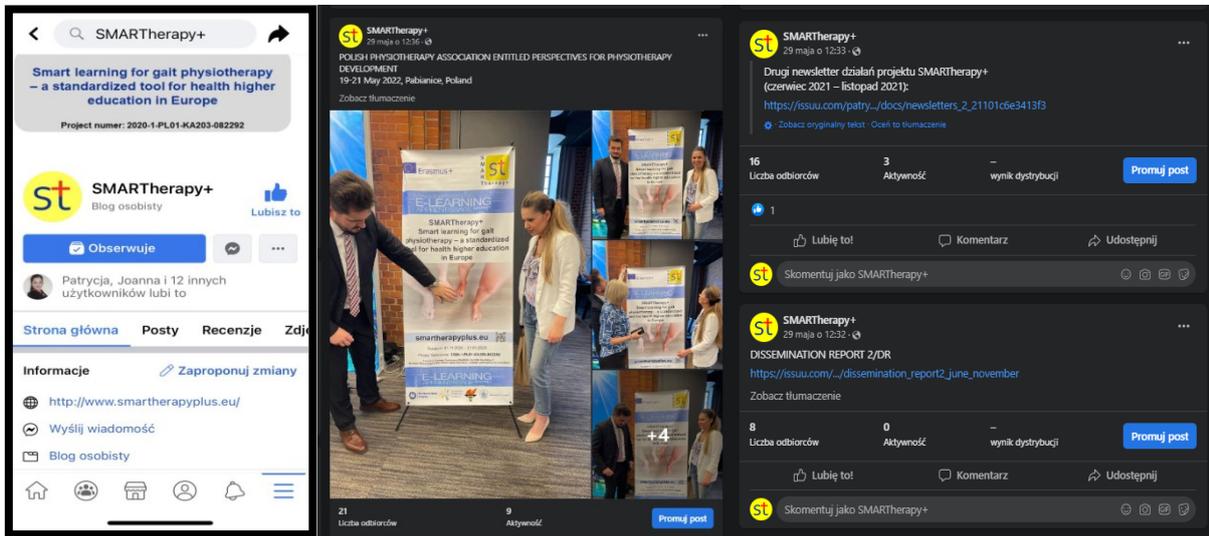


## 3. Dissemination activities

### 3.1 SMARTTherapy+ in Social media and Internet

Social media is an indispensable form of information sharing and promotional activities allowing to reach a wide audience. For this reason, social media has been adopted as one of the ways to share information and promote the SMARTTherapy+ project.

FACEBOOK: A dedicated channel for the SMARTerapy+ project has been created on Facebook.



During the period December 2021 - May 2022, **Fondazione Politecnico di Milano** has disseminated all relevant information about the project and its activities by leveraging its existing communication channels, potentially reaching a wide variety of targets such as companies and enterprises, professionals, university academics and students, public administration, and universities/research institutions at national and international level. These communication activities have been planned to regularly inform potentially interested professionals about the existence of the Project and the strategic partnership, the main project objectives, and the activities that are being carried out during the considered period.

The following table recaps the main channels that have been used during the period and provides an estimation of the potential number of contacts achieved. In this period, the dissemination actions aimed:

- 1) to keep updated potential contacts about Project activities;
- 2) to communicate the ongoing activities of the Project and
- 3) to provide visibility to the Project website <https://smartertherapyplus.eu/>.

| Reporting Period: March- May 2022 |                           | Target                               |                        |              |               |          |              | #<br>(aproximatly)  |
|-----------------------------------|---------------------------|--------------------------------------|------------------------|--------------|---------------|----------|--------------|---------------------|
| Communication channel             | Account name              | Companies and Enterprises, start-ups | Public Administrations | Universities | Professionals | Students | Associations |                     |
| Website                           | fondazione.politecnico.it | ✓                                    | ✓                      | ✓            | ✓             | ✓        | ✓            | 60-80k views yearly |

The Jerzy Kukuczka Academy of Physical Education in Katowice (AWF) keeps posting information about the activities of the SMARTerTherapy+ project on its FB and Instagram profiles.



## 3.2 Scientific Events

- **SMARTer Therapy+ meeting report 1**

On 21.12.2021 a working meeting of the SMARTer Therapy+ project implementers was held from 9.00 a.m. using the zoom platform. The meeting was attended by 13 people representing all units implementing the project.

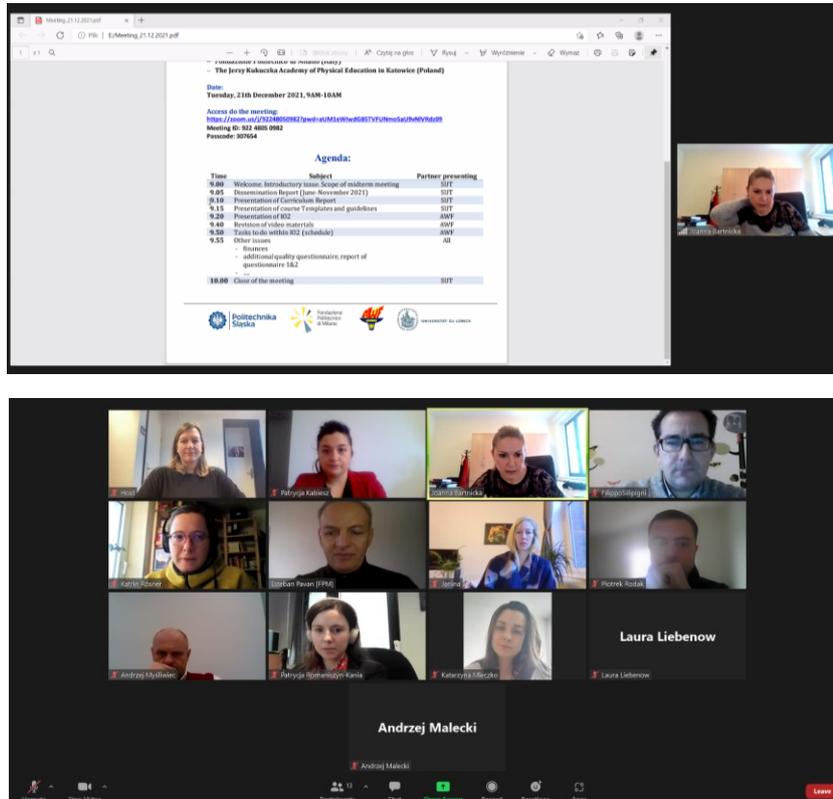
Ms Joanna Bartnicka, PhD, as the Project Manager and initiator of the meeting, welcomed all present and presented the agenda. Then, on the behalf of the Silesian University of Technology (SUT) team, she presented and discussed the Dissemination Report for the period June-November 2021, and thanked all partners for their work to date in disseminating project results, and encouraged them to continue in this area.

Next, Joanna Bartnicka, PhD, presented the study prepared by the SUT team on Curriculum Report, referred to the comments of partners sent earlier by e-mail, and answered questions asked during the meeting. She then gave a presentation of course templates and guidelines.

The next part of the meeting concerned the discussion of tasks to be implemented within the framework of IO2 titled "Creation and implementation of SMARTer Therapy+ tool". as well as matters concerning: revision of video materials, tasks to do within IO2 (schedule). Presentations in this area were made by Andrzej Mysliwiec, PhD, Professor of the Academy of Physical Education in Katowice (AWF), a representative of the team and also the IO2 Leader.

The third part of the meeting concerned various matters. At this point the SMARTer Therapy+ Project Manager Joanna Bartnicka, PhD thanked the Partners for sending their financial reports on time and then asked Piotr Rodak, PhD (AWF) to present the preliminary report from questionnaire 1&2.

Project Manager Joanna Bartnicka, PhD, closed the meeting at 10.30 a.m.



- **SMARTtherapy+ meeting report 2**

A Midterm Meeting of the SMARTtherapy+ project contractors was held on 14.02.2022 from 8.00 a.m. using the zoom platform. The meeting was attended by 11 people representing all units implementing the project.

Ms Joanna Bartnicka, as the Project Manager and initiator of the meeting, welcomed all present and presented the agenda.

Then a representative of each unit presented and discussed activities in the area of dissemination for the period of December 2021 - January 2022. Ms Joanna Bartnicka thanked all partners for their work to date in the area of dissemination of project results and encouraged them to further activities in this area.

Then, Ms Joanna Bartnicka presented the updated Curriculum Report. Then she made a presentation of course templates and guidelines. In addition, she presented an example of developed teaching materials according to the prepared Templates.

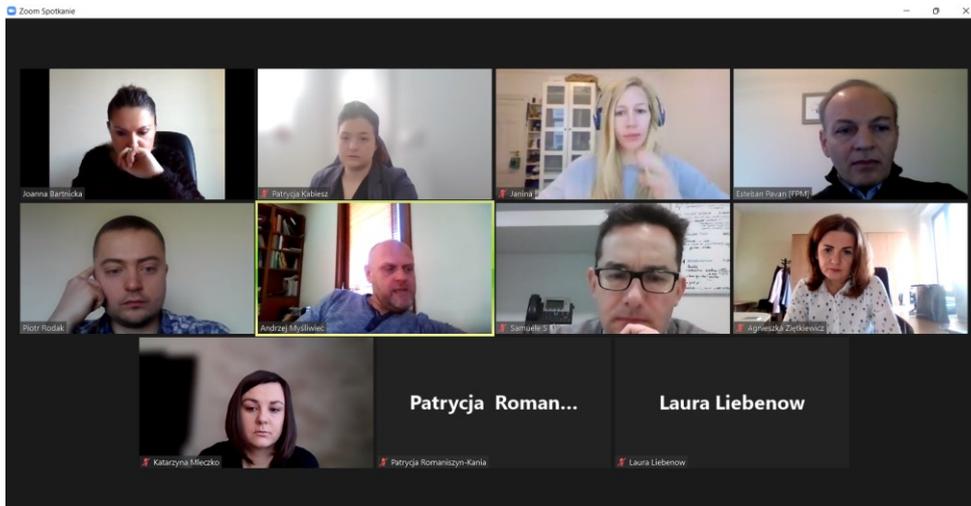
In the further part of the meeting, the tasks to be implemented within the framework of IO2 entitled "Creation and implementation of SMART" were discussed.

"Creation and implementation of SMARTtherapy+ tool", as well as matters concerning: revision of video materials, tasks to do within IO2.

Ms Jannina Hanssen (UzL) then presented the task schedule for the preparation of the Multiplier Event to be held in the spring.

Then Mr. Piotr Rodak (AWF) presented the report of Questionnaire 1&2.

The last point of the meeting concerned miscellaneous matters. In this item, the SMARTtherapy+ Project Manager Dr Joanna Bartnicka discussed financial matters related to the project.



- **Advocates for Science in the field 2022**

On 01.03.2022 at 10:00 - 12:00 a.m. in the Education and Congress Centre of the Silesian University of Technology a meeting entitled. "Advocates for Science in the field 2022", which was organized by the Centre for Science Popularization of the Silesian University of Technology.

Invited to the meeting were, among others, performers of the international project entitled "Smart learning for gait physiotherapy - a standardized tool for health higher education in Europe" (acronym: SMARTherapy+). For the purposes of the project, the organisers prepared a stand where project leaders from the Silesian University of Technology prepared a multimedia presentation as well as a description of the project in the form of a leaflet. The aim of these materials was to draw the attention of the media to the subject of growing needs in gait physiotherapy.

An example of media interest in the project is an interview given by Ms Patrycja Kabiesz to a local radio station in Silesia - Radio CCM in Gliwice. Ms Patrycja Kabiesz presented general information on the project, including its objective, scope, beneficiaries and contractors. In the further part of her speech she referred to utilitarian aspects of the project focusing on the development of an innovative educational tool in the field of gait physiotherapy, based on modern digital solutions. In particular, she highlighted that the SMARTherapy+ project as a learning tool will be a digital and modern learning platform for physiotherapy and rehabilitation.

The entire interview was broadcast on 02.03.2022 at 4:00 a.m. on Radio CCM frequency 93.4 FM.

To sum up, participation in the meeting contributed to drawing media attention to the topics covered in the SMARTherapy+ project, and also made it possible to obtain new distribution channels for popularising the project.





- **Open meetings with the Silesian University of Technology**

On 19-20 January 2022 and 26-27 January 2022 in Rybnik, Żory and Jastrzębie Zdrój open meetings with the Silesian University of Technology were held. These meetings were addressed to this year's high school graduates.

During the meetings, mini-lectures were presenting the activities of the various departments of the university. Among the presentations was one on the implementation of the SMARTtherapy+ project. The project's executors from SUT presented the aims, objectives, and the current progress of work while promoting the subject matter of the project and awareness of the problem of the growing number of people with mobility dysfunctions. At the same time, the participants were informed that in the near future one of the solutions against this problem will be available in the educational sector.



- **Information meeting for students and academic staff within Erasmus+ programme**

On 23rd March 2022, AWF Katowice organized Erasmus+ info meeting for students and academic staff regarding further stages of SMARTerapy+, during which attendees were informed about the project itself and cooperation with the external partners for the implementation of the project “Smart learning for gait physiotherapy – a standardized tool for health higher education in Europe”, as well as dissemination of project results.



The priority action during the meeting included spreading the idea of the expected final results of the project.

The meeting at the AWF was attended by 80 students and 10 staff workers, including all Erasmus+ Faculty Coordinators: dr Magdalena Stania, dr Tomasz Skowronek, dr Anna Witkowska and dr Krzysztof Cieřlikowski.

- **National Congress on Neurologic Physiotherapy and Neurosciences**

On 29<sup>th</sup> – 30<sup>th</sup> April 2022, the National Congress on Neurologic Physiotherapy and Neurosciences (Congresso Nazionale AIFI-GIS Fisioterapia Neurologica e Neuroscienze, <https://biomedia.net/3623/>) was held in Rome, about the topic Updates on some recent scientific hypothesis: towards a science of Physiotherapy in Neurology.

The scientific coordinator of the Congress was Dr. Maurizio Petrarca, one of the members of the Scientific Board of the National Italian Association of Physiotherapists, AIFI <https://aifi.net/>.

Participants could join the meeting by presence or online.

The Congress was organized in lectures held by Italian experts of well-known national and international experience and then a debate among speakers and participants was animated promoting the discussion. Esteban Pavan from Fondazione Politecnico di Milano (FPM) joins the Congress online.

A roll-up promoting the SMARTerapy project was sent by Fondazione Politecnico di Milano (FPM) to the organizers of the Congress.

Hereafter is a picture representing Dr. Maurizio Petrarca and the roll-up.



- **Multiplier Events**

On 7<sup>th</sup> May 2022 the University of Luebeck hosted a multiplier event to disseminate Information about SMARTtherapy+ and gait physiotherapy amongst physiotherapists in Germany. The event took place with >50 participants who joined us in presence at the University of Luebeck and an additional <10 participants who followed the presentations online.

Four physiotherapy and medical gait experts presented latest research on gait analysis over the lifespan, starting with very young infants (Karin Determann) up to geriatric populations (Hanna Brodowski) and individuals suffering from functional movement disorders (Dr. Anne Weissbach). Kerstin Luedtke additionally informed about SMARTtherapy and Annett Heitling provided state-of-the-art gait analysis evidence. In addition, flyers were handed out and a poster was presented to further disseminate information about SMARTtherapy.

After the scientific presentations, all speakers offered hands-on and video-analysis workshops and participants had the choice to attend one out of four workshops.

Seminar Agenda:

**NEUE WEGE GEHEN –  
PERSPEKTIVEN DER GANGPHYSIOTHERAPIE**

**Programm**

| Zeit                                   | Thema   | Referent*in                    |
|--|---|--------------------------------|
| <b>Vorträge</b><br>10:00-12:00<br>Uhr  | Grundlagen der Ganganalyse  | <b>Annett Heitling, M.Sc.</b>  |
|  | Komplexes Gangbild in der Pädiatrie verstehen – 5 Voraussetzungen des ökonomischen Gehens | <b>Karin Determann</b>         |
|  | Funktionelle neurologische Bewegungsstörungen   | <b>Dr. med. Anne Weissbach</b> |
|  | Tripping: Stolpern ältere Menschen eigentlich häufiger?                                   | <b>Hanna Brodowski, M.Sc.</b>  |
| <b>Workshops</b><br>12:45-13:45<br>Uhr | „Ganganalyse in der Neurologie- Der Blick fürs Wesentliche, A. Heitling (M.Sc.)“          |                                |
|  | „Systematische Videoanalyse von Gangbildern in der Pädiatrie“ K. Determann                |                                |
|  | „Gangstörungen bei funktionell neurolog. Bewegungsstörungen“ Dr. med- Anne Weissbach      |                                |
| 13:50-14:00<br>Uhr                     | Verabschiedung  |                                |

**Termin:** Samstag, den 07.05.2022, 10.00-14.00Uhr,  
Osterweide 10, 23562 Lübeck, Fachbereich Physiotherapie



UNIVERSITÄT ZU LÜBECK  
FACHBEREICH PHYSIOTHERAPIE




Projektinformationen  
SMARTerapy:



**NEUE WEGE GEHEN –  
PERSPEKTIVEN DER GANGPHYSIOTHERAPIE**

**Programm**

| Zeit                                   | Thema   | Referent*in                    |
|--|---|--------------------------------|
| <b>Vorträge</b><br>10:00-12:00<br>Uhr  | Grundlagen der Ganganalyse  | <b>Annett Heitling, M.Sc.</b>  |
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|  | Tripping: Stolpern ältere Menschen eigentlich häufiger?   | <b>Hanna Brodowski, M.Sc.</b>  |
| <b>Workshops</b><br>12:45-13:45<br>Uhr | „Ganganalyse in der Neurologie- Der Blick fürs Wesentliche, A. Heitling (M.Sc.)“<br>Anhand von Patientenvideos wird Ihr Blick von komplexen neurologischen Abweichungen geschult. Wir werden gemeinsam eine effiziente Behandlung unter Berücksichtigung aller Aspekte eines interdisziplinären Teams erarbeiten. |                                |
|  | „Systematische Videoanalyse von Gangbildern in der Pädiatrie“ K. Determann<br>Mit Videobeispielen wollen wir die 5 Voraussetzungen des ökonomischen Gehens anwenden und festigen. Sie können ein Werkzeug sein, um Therapieentscheidungen zu begründen.   |                                |
|  | „Gangstörungen bei funktionell neurolog. Bewegungsstörungen“ Dr. med- Anne Weissbach<br>Es werden wir die typischen klinischen Charakteristika von Patient/innen mit funktionell neurologischen Gangstörungen mithilfe von Videos erläutern und mögliche Therapieansätze diskutieren.                             |                                |
|  | „Risikofaktoren und Folgen eines Sturzes bei älteren Menschen“ Hanna Brodowski (M.Sc.)<br>Gemeinsame Reflektion ihres praktischen Alltags im Umgang mit älteren Menschen und ihrem Gang im Abgleich zur aktuellen Evidenz mit Sturzrisikofaktoren und Assessments.  |                                |



UNIVERSITÄT ZU LÜBECK  
FACHBEREICH PHYSIOTHERAPIE




Projektinformationen  
SMARTerapy:



Event photos:



- **Report on participation in the XV Scientific conference of the polish physiotherapy association entitled perspectives for physiotherapy development**

On 19-21 May 2022 in Pabianice (Poland), representatives of the Silesian University of Technology in the persons of: Joanna Bartnicka and Agnieszka Ziętkiewicz and J. Kukuczka Academy of Physical Education in Katowice in the person of: Andrzej Myśliwiec participated in the 15th Scientific Conference of the Polish Physiotherapy Association entitled Perspectives for Physiotherapy Development, 2nd Conference of the Polish Association of Physiotherapy Specialists and 4th Conference of the Polish Physiotherapy Association Young Scientists. The scientific patronage of the conference was taken by the Vice President of the Polish Academy of Sciences, Prof. Stanisław J. Czuczwar.

The conference included two parallel sessions of papers divided into 9 thematic categories and 7 thematic workshops. During the breaks between the sessions, and especially during the breaks between the sessions, and especially in the afternoon, poster sessions were very popular, during which the participants had the opportunity to discuss their research in a friendly atmosphere, establish new scientific contacts, and also get acquainted with the presented technological novelties used in the profession of physiotherapist. The conference was attended by over 100 scientists and specialists in physiotherapy.

Due to a great need to exchange views on physiotherapy not only as a science but also on its development as a medical profession, the organisers made sure that each session included a discussion relating to the discussed topic category.

In the poster session Joanna Bartnicka and Agnieszka Ziętkiewicz from the Silesian University of Technology (SUT) presented the results of research conducted as part of the project "Smart learning for gait physiotherapy - a standardized tool for health higher education in Europe" (SMARTtherapy+), which concerned Identifying educational needs in the field of gait physiotherapy. The team of authors consists of: Bartnicka J., Kabiesz P., Ziętkiewicz A., Silesian University of Technology, Myśliwiec A., J. Kukuczka Academy of Physical Education in Katowice, Pavan E., Fondazione Politecnico di Milano, Luedtke Kerstin, Universität zu Lübeck.

Taking into account that the beneficiaries of the project are academic teachers of physiotherapy, physiotherapy students, physicians at the conference a stand was prepared to disseminate information about the SMARTtherapy+ project.

To sum up, during the conference the representatives of SUT presented a poster (photo below) and made a number of contacts, which in the future can be used, on the one hand, to evaluate the developed training materials by a group of external experts as well as constitute a base of potential recipients of the course in gait physiotherapy developed within the SMARTerapy+ project.



|   |   |
|---|---|
| <p>differences were observed in the level of vital capacity (VC%) and inspiratory capacity (IC%) depending on the type of scoliosis present in the subjects. There were also no significant differences between the data recorded in the spirometric measurement depending on age.</p> <p><b>Conclusion:</b></p> <ol style="list-style-type: none"> <li>The FED method has a positive effect on the improvement of respiratory parameters, which may reduce the risk of surgical treatment.</li> <li>The FED method is considered to be a significant progress in the conservative treatment of scoliosis, at the present stage of knowledge. Its effectiveness in correcting scoliosis has been confirmed many times.</li> </ol> <p><b>20. Karolina Olejnik</b><br/>Gabinet FIZJO TERAPIA i d. n. m. Karolina Olejnik<br/>Poprawa funkcji i motoryki małej ręki lewej u osoby po udarze z zastosowaniem metody Dobah</p> <p>Realizacja celów krótkoterminowych służyących terapeutycznemu i celowi pacjenta: poprawa samodzielnego przemieszczania się w przestrzeni, poprawa funkcji ręki i motoryki małej ręki. Zastosowanie w terapii różnych metod metody Dobah. Zrealizowano cele, osiągnięto funkcję po kilku tygodniach fizjoterapeutycznych.</p> <p><b>21. Joanna Bartnicka<sup>1</sup>, Patrycja Kabisiel<sup>2</sup>, Agnieszka Złatkiewicz<sup>3</sup>, Andrzej Mysliwiec<sup>4</sup>, Esteban Pavao<sup>5</sup>, Kerstin Luedike<sup>6</sup></b><br/><sup>1</sup>Silesian University of Technology<br/><sup>2</sup>Milena Wichomska-Fajersowa im. J. Kabacki w Katowicach<br/><sup>3</sup>Pavon Esteban, Fondazione Politecnica di Milano<br/><sup>4</sup>Laedike Kerstin, Universität zu Lübeck</p> <p>Identyfikacja potrzeb edukacyjnych w zakresie fizjoterapii chodu<br/><i>Identifying educational needs in the field of gait physiotherapy</i></p> <p>Zmiany w sile i czasie i dotykają pacjentów o bardzo różnych cechach, dlatego w celu skutecznej realizacji chodu wymaga różnorodnych i indywidualizowanych technik rehabilitacyjnych. W tym celu konieczne jest wypracowanie sposobów oceny funkcjonalnej opartej na technice instrumentalnych lub wykorzystaniu technologii rehabilitacyjnych, które na coraz bardziej rozpowszechnione. Jednakże różne czynniki mogą mieć wpływ na wykształcenie, doświadczenie i codzienną praktykę fizjoterapeutów, w tym konieczność porównania się pymania jakie są metodyce uniwersyteckich i czy ich poziom jest wystarczający, aby sprostać wyzwaniom, jakie stawia za sobą rehabilitacja chodu?</p> <p>Rozpoznanie potrzeb edukacyjnych w zakresie fizjoterapii chodu zostało przeprowadzone na podstawie przeprowadzonych badań ankietowych w ramach projektu międzynarodowego pt. „Smart learning for gait physiotherapy – a standardized tool for health higher education in Europe” (nr 2020-1-PL01-KA203-082292) finansowanego w ramach programu Erasmus+ Partnerstwa strategicznego dla szkolnictwa wyższego, akcja 2, rok 2020.</p> <p>Badania zostały zrealizowane w okresie II kw. 2021, w których udział wzięło 453 respondentów z 7 krajów europejskich. Ankieta skierowana była do nauczycieli akademickich, specjalistów z zakresu fizjoterapii, a także do studentów ukończyli swoją wiodły w ramach kierunku fizjoterapii.</p> <p>Wskazany wniosek z badań jest potrzebą opracowania i zastosowania nowoczesnych i skutecznych metod nauczania fizjoterapii chodu oraz wprowadzenia nowego podejścia do metodologii edukacyjnej wśród fizjoterapeutów, nauczycieli i studentów.</p> <p>The gait alterations are many and affect patients with very different characteristics, therefore recovering gait function requires diversified and individualized skills, especially if one includes also those necessary for the functional assessment based on instrumental techniques or the use of rehabilitation technologies that are increasingly widespread. However, different factors can have an influence on physiotherapists' education, experience and daily practice, in this context some questions arise: which are the necessary professional skills, and are the skill levels sufficient, to face the challenges that gait rehabilitation entails?</p> <p>The recognition of educational needs in gait physiotherapy was performed on the basis of surveys conducted within the international project "Smart learning for gait physiotherapy – a standardized tool for health higher education in Europe" (nr 2020-1-PL01-KA203-082292) funded by the Erasmus+ Strategic Partnership for Higher Education programme, Action 2, Year 2020.</p> | <p>The research was carried out in the period February-April 2021, with participation of 453 respondents from 7 European countries. The survey was addressed to academic teachers, physiotherapy professionals, as well as students completing their knowledge within the physiotherapy major.</p> <p>The leading conclusion of the research is the need for creating and using modern and effective methods of teaching gait physiotherapy and introducing a new approach to educational methodology among physiotherapists, teachers and students.</p> <p><b>22. Katarzyna Mastowska<sup>1</sup>, Magdalena Szymańska, Monika Milewska</b><br/><sup>1</sup>Higienistki Szpital Zespólny w Skarżysku<br/>Bańki w Fizjoterapii</p> <ol style="list-style-type: none"> <li>Mechanizm działania baniek.</li> <li>Rodzaje baniek.</li> <li>Lokalizacja stosowania baniek w wybranych jednostkach chorobowych:             <ul style="list-style-type: none"> <li>-ból barku</li> <li>-ból karku</li> <li>-zespół szyjny/TN</li> <li>-ból w odcinkach L-S</li> </ul> </li> <li>Badania potwierdzające skuteczność baniek.</li> <li>Bezpośrednie przeciwwskazania.</li> </ol> <p><b>23. Maciej Zarzycki, Katarzyna Zarzycka</b><br/>Fala uderzeniowa jako skuteczna metoda rehabilitacji</p> <p>Fala uderzeniowa to efektywna metoda stosowana w rehabilitacji. Jest to fala mechaniczna o częstotliwości od 16 do 20 Hz. Końcówki czołowej, szybki efekt przeciwbólowy, brak efektów ubocznych to główne zalety zabiegu. W pracy omówiono wskazania, przeciwwskazania, metody i skuteczność metody w konkretnych jednostkach chorobowych.</p> <p><b>24. Katarzyna Zarzycka, Maciej Zarzycki</b><br/>Przebieg najskuteczniejszych metod rehabilitacyjnych stosowanych w dyskopatii</p> <p>Dyskopatia kręgosłupa lędźwiowego to jedno z najczęstszych zdiagnozowanych schorzeń kręgosłupa, zakładać do choroby cywilizacyjnych. Obecnie, znamy już wiele metod terapeutycznych stosowanych w leczeniu dyskopatii. W pracy omówiono najczęstszą praktycznie w gabinecie i zarazem najbardziej skuteczną metodę (m.in. terapia manualna, terapia dźwiękowa, ucze igłownic, ćwiczenia głębokiej stabilizacji).</p> <p><b>25. Lucyna Krowczyńska<sup>1</sup>, Patrycja Haglewska<sup>2,3,4</sup>, Anna Straburzyńska-Lupa<sup>5</sup></b><br/><sup>1</sup>Wizyta Szkoły Edukacji i Terapii im. prof. Kazimierza Mieloniewicza w Poznaniu<br/><sup>2</sup>Wielkopolski Szpital Miejski im. J. Śniadeka w Poznaniu<br/><sup>3</sup>Katowice Fizjoterapii - Zakład Fizjoterapii i Główny Biologicznej - AWF w Poznaniu<br/><sup>4</sup>Politechnika WSEIT w Poznaniu<br/><sup>5</sup>Wielkopolska Przychodnia Sportowo-Lekarska w Poznaniu</p> <p>Wstęp: Dłż jest najczęstszym objawem występującym w męczyźnie. Każdego roku z powodu bólu w Polsce cierpi 34 mln osób, z czego 7 mln Polaków dolegliwości bólowe nawracają. Najczęściej bólem zdominowanym bólem o charakterze przewlekłym, łagodnym i nawracającym występuje ból neuropatyczny obecny u 1-2% 30-letnich. Wśród popularnych metod fizjoterapeutycznych mających silnie pozytywny wpływ na ból należy wymienić: stymulację prądem stałym, prądy dźwiękowe, kinezoterapię czy prądy elektryczne stymulujące nerwy (TENS, Transcutaneous Electrical Nervous Stimulation). Elektrostimulacja TENS może być stosowana w warunkach domowych dzięki nowoczesnym, małym, często zasłanym baterią urządzeniom nie wymagającym skomplikowanego aparatury, które stosowane są w zakładach fizjoterapii. Celem celem wiodącym pacjencie decyduje się na wykonanie tych zabiegów samodzielnie w domu, co pozwala na ograniczenie przebiegu przez nich łagodnie przeciwbólowych.</p> |
|---|---|

## 4.Others activities

On behalf of the SMARTtherapy+ project consortium, the SUT team prepared a poster presentation as part of the poster session of the 15th Scientific Conference of the Polish Physiotherapy Association (Pabianice, 19-21.05.2022).

### Title:

Identifying educational needs in the field of gait physiotherapy.

### Authors and their affiliations:

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Kabiesz Patrycja, Silesian University of Technology

Ziętkiewicz Agnieszka, Silesian University of Technology

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Pavan Esteban, Fondazione Politecnico di Milano

Luedtke Kerstin, Universität zu Lübeck

### Abstract:

The gait alterations are many and afflict patients with very different characteristics, therefore recovering gait function requires diversified and multidisciplinary skills, especially if one includes also those necessary for the functional assessment based on instrumental techniques or the use of rehabilitation technologies that are increasingly widespread. However, different factors can have an influence on physiotherapists' education, experience and daily practice; in this context some questions arise: which are the necessary professional skills, and are the skill levels sufficient, to face the challenges that gait rehabilitation entails?

The recognition of educational needs in gait physiotherapy was performed on the basis of surveys conducted within the international project "Smart learning for gait physiotherapy - a standardized tool for health higher education in Europe" (nr 2020-1-PL01-KA203-082292) funded by the Erasmus+ Strategic Partnerships for Higher Education programme, Action 2, Year 2020.

The research was carried out in the period February-April 2021, with participation of 453 respondents from 7 European countries. The survey was addressed to academic teachers, physiotherapy professionals, as well as students completing their knowledge within the physiotherapy major.

The leading conclusion of the research is the need for creating and using modern and effective methods of teaching gait physiotherapy and introducing a new approach to educational methodology among physiotherapists, teachers and students.

A poster developed by SUT:

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Therapy+



Smart learning for gait physiotherapy  
– a standardized tool for health higher education in Europe



Erasmus+

Project number: 2020-1-PL01-KA203-082292

## Identifying educational needs in the field of gait physiotherapy

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<sup>1</sup> Politechnika Śląska, <sup>2</sup> Akademia Wychowania Fizycznego im. J. Kukuczki w Katowicach, <sup>3</sup> Fondazione Politecnico di Milano, <sup>4</sup> Universität zu Lübeck

**Aim**

Recognizing the current status of education in gait physiotherapy and the needs for developing training contents for physiotherapy students. Finally the research should help with creation of a framework of road map for evolution in gait physiotherapy education within EU.

**Method**

A cross sectional survey employing both a focus groups and a questionnaire was used, particularly:

- the focus group sessions with participation of physiotherapist experts representing three countries Italy, Germany and Poland (n = 18)
- the international online questionnaire (n = 453)

**STRUCTURE OF RESPONDENTS**

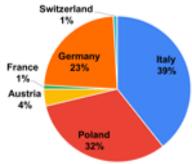


Figure 1 The distribution of respondents by country

**IDENTIFICATION OF EDUCATIONAL NEEDS – KNOWLEDGE AREA**

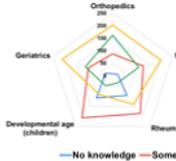



Figure 2 How do you rate your theoretical knowledge of gait biomechanics in the following fields?

Figure 3 How do you rate your practical knowledge/skills on gait biomechanics in the following fields?

**QUESTIONS DIRECTED ONLY AT PROFESSIONALS TEACHING GAIT ANALYSIS**

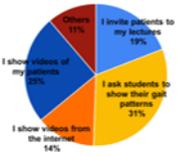


Figure 4 How do you usually demonstrate gait abnormalities?

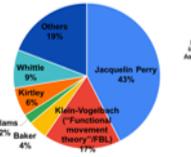


Figure 5 Which framework do you use for teaching gait analysis?

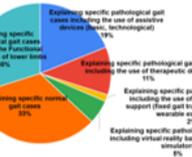


Figure 6 Which of the following contents of gait analysis and treatment do you include in your lectures?

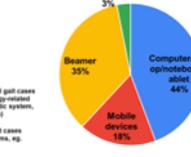


Figure 7 Which devices do you use during your lectures?

**Results**

The study provided useful data to inform future curriculum development in terms of gait physiotherapy.



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