

With both research and practice "Realizing a vibrant and long-lived society" To contribute.

研究と実践の両輪で
「活力ある長寿社会の実現」に貢献する。

育成する人材像

人間健康科学研究科では、大都市で生活する人々の「健康」に関連する研究を重点的に行っています。とくに、東京都立大学の使命である「活力ある長寿社会の実現」に貢献する研究は、本専攻の重要課題のひとつです。

幅広い分野の理論や実践的知見を礎に確立された学問体系を基盤とし、それを深化させるとともに、学際的・融合的な研究体制のもと、大学院教育が行われています。健康に関わる様々な分野における「高度実践的専門家」ならびに「先端的研究者」の育成を目指します。

Human resources image developed in Human Health Science Graduate School

The Graduate School of Human Health Sciences focuses on research related to the "health" of people living in large cities. In particular, research that contributes to the realization of a vibrant longevity society, which is the mission of Tokyo Metropolitan University, is one of the major issues of this major.

Based on a well-established academic system based on theory and practical knowledge in a wide range of fields, in addition to deepening it, graduate education is conducted under an interdisciplinary and integrated research system. We aim to foster "highly practical experts" and "leading researchers" in various fields related to health.

理学療法科学域の特色

Characteristics of the Physical Therapy Science Area

今日、保健・医療・福祉の領域では、理学療法の専門的能力を備えた高度専門職業人の必要性が高まっています。こうした状況に応えるべく、本研究科理学療法科学域では障がい者（児）から高齢者まで幅広い研究分野を設置し、様々な理学療法課題に応えられる臨床家、教育者および研究者の育成を目指しています。

・運動障害分析理学療法学 ・身体機能回復理学療法学 ・地域理学療法学

以上、3つの研究分野を設け、それぞれに博士前期課程および博士後期課程を設置。また昼夜開講制を採用し、理学療法士などの臨床経験を蓄積しながら研究を進めることができる環境を実現。臨床と研究の有機的展開を図ることが可能となっています。

Nowadays, in the area of health, medical care and welfare, the need for highly skilled professionals with advanced physical therapy expertise is increasing. In the Physical Therapy Science area of this Graduate School, we set up a wide research field from pediatric to the elderly, and aim to foster clinicians, educators and researchers who can respond to various physical therapy problems.

Therefore, we set up research areas of physical function recovery physical therapy, movement disorder analysis physical therapy, and community-based physical therapy, and set up a master's program and a doctoral program respectively.

In addition, it is possible to advance research while adopting clinical day and night lecture system and accumulating clinical experience as a medical profession such as a physical therapist, and it is possible to plan an organic development of clinical and research.

理学療法科学域 教育研究の柱

The pillar of education and research in the physical therapy science area

運動障害分析 理学療法学分野

Movement disorder analysis
physical therapy field

身体機能回復 理学療法学分野

Physical function recovery
physical therapy field

地域 理学療法学分野

Community-based physical
therapy field

徒手理学療法学コース（修士）

Manual Physical Therapy Course (Master)

アドミッションポリシー

Admission Policy

博士前期課程

Master's program

理学療法学の高度専門知識の習得と技術の向上を目的に最新知見を教授し、自律した行動能力を持つ高度実践専門家や教育・研究者の養成を目指します。

We teach the latest knowledge for the purpose of acquiring advanced knowledge of physiotherapists and technical improvement, advanced practice specialists, and education with self-directed behavioral skills based on creative and scientific thinking for professional development. Aims to train teachers and researchers.

博士後期課程

Doctoral program

博士前期課程の分野での学習・研究をさらに発展させ、大学や研究所、企業などで自律的に研究できる人材を養成します。

The purpose is to further develop learning and research in the field of master's program, and to train human resources who can research autonomously in universities, research institutes, companies, etc.

分野共通(必修科目)

Common to all fields (required courses)

博士前期課程(修士)

Master's program

理学療法科学特別研究

Thesis in Physical therapy Physical

理学療法学研究法特論

Therapy Research Method

博士後期課程(博士)

Doctoral program

理学療法科学特別研究

Thesis in Physical therapy

特別研究(修士・博士論文)指導過程

Thesis in Physical therapy (master's and doctoral thesis) teaching process



東京都立大学
人間健康科学研究科
理学療法科学域
研究室紹介

Department of Physical Therapy,
Graduate School of Health Sciences,
Tokyo Metropolitan University

Pediatric Physical Therapy Gima Lab.

Field Courses

Master Course

Advanced Theories of Pediatric Physical Therapy
Seminar in Advanced Theories of Pediatric Physical Therapy

Doctor Course

Advanced Research of Pediatric Physical Therapy
Advanced Research Seminar of Pediatric Physical Therapy

Keywords

spontaneous movements, general movements (GMs), sensorimotor experience, fetus, neonate, infant, low birth weight infant, motor development, developmental disorder, pediatric physical therapy



Exploring novel insights into the interaction between the brain, body (including movement and behavior), and environment offers valuable implications for pediatric rehabilitation and physical therapy.

“Sensorimotor experience” is important for development

Our laboratory's research focuses on fetal, neonatal, infant, and childhood developmental characteristics, as well as issues related to movement disorders and developmental disabilities. These topics will be explored in relation to the developmental mechanisms of sensorimotor experience, aiming to deepen our understanding of how the interaction between the brain, body, and environment influences human development. Furthermore, we aim to expand our research to encompass physical therapy and rehabilitation for children, based on the findings of developmental science.

Developmental support for preterm and low birth weight infants

We will discuss methods for assessing physical therapy, particularly tailored for preterm and low birth weight infants, along with developmental care strategies that facilitate their growth. Additionally, we will explore early physical therapy intervention programs and establish protocols for developmental follow-up. The research findings will be extensively disseminated through conference presentations and papers, with the goal of contributing to the healthy development of children.

Measurement of movement in infants and children

Our research utilizes a variety of instruments to measure movement, including triaxial accelerometers, 3D motion analysis systems, body pressure sensors, AI pose estimation features, etc. Furthermore, we actively explore, propose, and develop ideas for non-invasive instruments and methods applicable to clinical practice. Our approach involves qualifying and quantifying the characteristics of postures and movements that infants and children naturally exhibit in their daily activities. Based on the findings, we consider physical therapy programs tailored to the observed characteristics.



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Preventive Physical Therapy Tajima Lab.

Field Courses

Master Course

Advanced Theories of Preventive Physical Therapy
Seminar in Advanced Theories of Preventive Physical Therapy

Doctor Course

Advanced Research of Preventive Physical Therapy
Advanced Research Seminar of Preventive Physical Therapy

Keywords

Physical activity, Exercise, Sedentary behavior, Accelerometer, Guidelines awareness, Health promotion, Care prevention, Exercise epidemiology, Public health, Preventive medicine



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Conceptual framework of physical activity and health (ref. Physical Activity and Health 2nd ed, Human Kinetics)



Solution to Physical Inactivity "Systems Approach" (ref. WHO, Global Action Plan on Physical Activity 2018-2030)

We challenge to reduce physically inactive people by exploring and intervening in factors related to promoting physical activity using epidemiological research methods.

Studying epidemiological research methods

The main research topics of this laboratory will focus on issues related to physical activity and public health (population health promotion, disease prevention, and care prevention). In particular, we aim to acquire basic knowledge of epidemiology, health education, biostatistics, etc., which are the pillars of public health, to develop the ability to plan, practice, analyze, and discuss epidemiological research designs, and to return the knowledge obtained to society.

Regarding physical activity, students will learn to understand and analyze the characteristics of subjective evaluation using questionnaires and objective evaluation methods using accelerometers. Furthermore, students will deepen their understanding of the relationship between physical activity and health-related physical fitness and health outcomes, as well as the linkages to personal and environmental factors that modify these relationships, and acquire the ability to read and interpret evidence and conduct research.

Explore solutions to physical inactivity

Epidemiological studies to date have demonstrated that physical activity has many health benefits. However, the number of physically inactive people is increasing, especially in high-income countries. Many factors are involved in promoting and decreasing physical activity in a complex manner, making it difficult to solve the problem with a single approach. Therefore, it is necessary to address this issue from various perspectives.

- Current main themes in this laboratory
 - Longitudinal survey of awareness of physical activity guidelines and development of messaging strategies to promote physical activity
 - Physical activity recommendations for those with osteoarthritis
 - Physical activity, sedentary behavior, and frailty in very old people

Cardiopulmonary and Metabolic Physical Therapy Furukawa Lab.

Field Courses

Master Course

Advanced Theories of Cardiopulmonary Physical Therapy
Seminar in Advanced Theories of Cardiopulmonary Physical Therapy

Doctor Course

Advanced Research of Cardiopulmonary Physical Therapy
Advanced Research Seminar of Cardiopulmonary Physical Therapy

Keywords

physical therapy, internal disorders, physical activity, oxygen uptake, heart rate, disability prevention, posture, physical fitness, exercise testing, respiratory muscle strength, muscle oxygen saturation



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This laboratory research physical fitness, physical activity, and physical therapy for people with cardiopulmonary and metabolic disorders. Our goal is to help them prevent and maintain their health.

Basic and Clinical Research

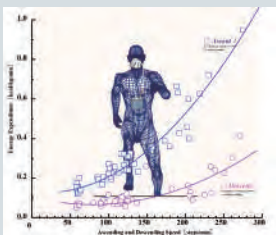
The purpose of this laboratory is to contribute to the prevention of respiratory and circulatory disorders, metabolic disorders, and lifestyle-related diseases. Therefore, we are developing research activities from various perspectives on physical therapy, physical fitness, and physical activity for respiratory and metabolic disorders.

On campus, we are examining changes in oxygen uptake, heart rate, and muscle oxygen saturation during exercise and the effects of posture and respiratory muscle strength using exercise physiology and kinesiology methods. In addition, clinical research is conducted on patients with disorders such as respiratory and circulatory disorders to provide a basis for appropriate physiotherapy approaches based on scientific evidence.

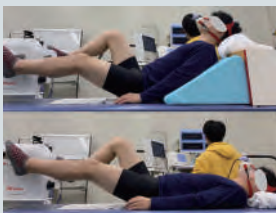
Research Themes

The main research themes in recent years are as follows.

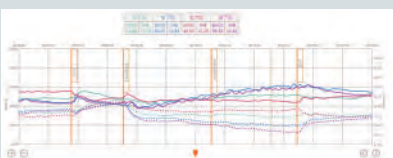
1. Evaluation of physical activity
2. Relationship between postural change, respiratory muscle strength, and diaphragmatic movement
3. Respiratory and circulatory responses during exercise
4. Relationship between muscle oxygen saturation and menstrual cycle during exercise
5. Effects of different postures on respiratory and circulatory responses during exercise
6. Effects of transcutaneous electrical stimulation of skeletal muscle on energy metabolism
7. Research on the prediction of falls and exercise intervention in hemodialysis patients
8. Research on the effects of perioperative rehabilitation after open upper abdominal surgery
9. Combined effects of respiratory physiotherapy and music therapy
10. A study on the relationship between waist circumference and trunk adiposity
11. Respiratory and circulatory responses of patients with heart failure
12. Relationship between swallowing function and range of living
13. Reservoir effect by mask, etc.



Relationship between stair climbing speed and energy expenditure



Differences in respiratory and circulatory responses in different postures



Changes in muscle oxygen saturation during exercise

Neurocognitive Therapy Ikeda Lab.

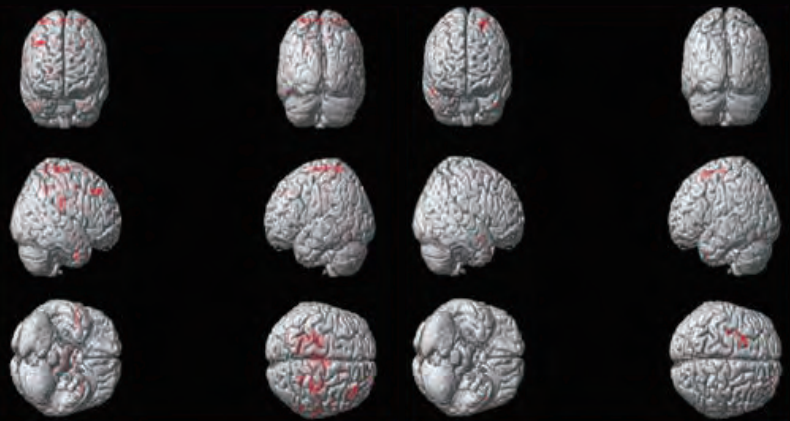
Field Courses

Master Course
Analysis of Neurocognitive Therapy
Analysis Practice of Neurocognitive Therapy

Doctor Course
Advanced Analysis of Neurocognitive Therapy
Advanced Analysis Practice of Neurocognitive Therapy

Keywords

Recovery of movement and action,
Motor Learning and Motor Control, Motor Imagery,
Cognitive neurorehabilitation



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Motor function and its impairments, and cognitive function and its impairments. Analyze the relationship between each and explore strategies that can be applied clinically.

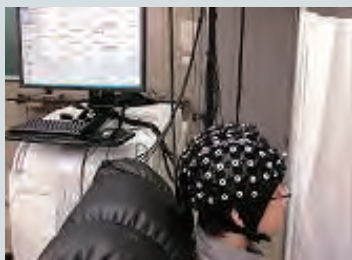
Cognitive and motion science and physical therapy studies neural mechanisms of voluntary movements, plasticity of the nervous system, motor images, motor learning, etc. The purpose is to elucidate the pathophysiology of movement disorders, to examine the evaluation methods so far, and to develop specific strategies for physical therapy.

What kind of thing do you learn

Each graduate student will select a theme of interest from among the following themes, and will read a research paper on the theme, summarize its contents, give a presentation, and discuss the contents. Teaching Policy Theme Neural mechanisms of voluntary movements, Neural plasticity, Motor imagery, Motor learning and control, Visual-motor illusion Subjective experience, Multi-sensory integration, Recovery of motor function, Recovery of ability of action, Neurocognitive rehabilitation

Research paper and conference presentation

- K. Sakai, K. Goto, R. Watanabe, J. Tanabe, K. Amimoto, K. Kumai, K. Shibata, K. Morikawa, Y. Ikeda: Immediate effects of visual-motor illusion on resting-state functional connectivity. *Brain and Cognition* 146(105632), 2020.12.
- K. Sakai, Y. Ikeda, K. Amimoto, K. Goto, K. Morikawa, K. Kumai: Brain regions activated during visual motor illusion of the ankle joint movement. *J. Asi. Reha. Sci*, 3(2): 17-22, 2020.07.
- K. Sakai, T. Kawasaki, Y. Ikeda, K. Tominaga, K. Kurihara: Relationship between motor estimation error and physical function in patients with Parkinson's disease. *Medicines* 7(43), 2020.07.
- Keiichiro Shibata, Yumi Ikeda: Effects of a mental rotation intervention on sensory discrimination functions and body perception. 11th WORLD CONGRESS FOR NEUROREHABILITATION. 2020.10.



Measurement of cerebral blood flow during kinesthetic illusion induced by visual stimulation task using fNIRS

Neuro Physiotherapy Kaneko Lab.

Field Courses

Master Course

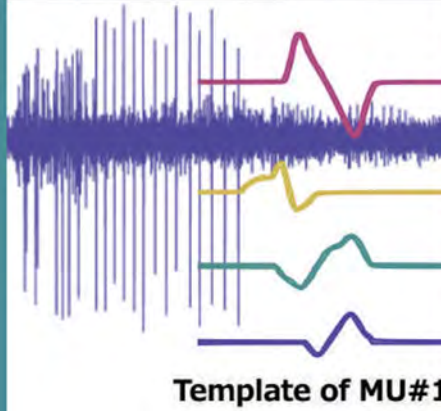
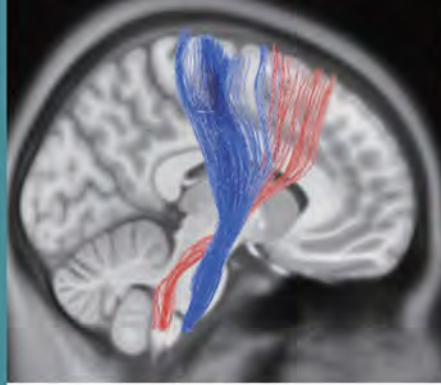
Advanced Theories of Neuroscience-founded Physiotherapy
Seminar in Advanced Theories of Neuroscience-founded Physiotherapy

Doctor Course

Advanced Research of Neuroscience-founded Physiotherapy
Advanced research Seminar of Neuroscience-founded Physiotherapy

Keywords

brain plasticity, kinesthesia, body schema, stroke, neuroscience,
physiology, neuromodulation, MRI, evoked electromyography,
industry-academia collaboration, entrepreneurship



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The development of neurorehabilitation therapy based on neuroscience.

Macroscopic exploration of the sensorimotor function.

Development of treatments for physical dysfunction due to neural impairments

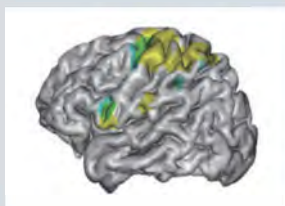
Neurophysiotherapy is performed to restore the sensorimotor dysfunction caused by nerve damage and to improve various symptoms due to negative secondary adaptation.

We conduct seed research and clinical studies utilizing non-invasive brain stimulation methods such as magnetic and electrical stimulation, as well as neuro-modulation through combining neuro-muscular electrical stimulation with visual stimulation, aiming to accelerate restoring neural functions. We are also developing therapeutic methods to reconstruct motor function by using virtual reality (VR) stimulation and tendon vibration stimulation to reproduce kinesthesia in the brain.

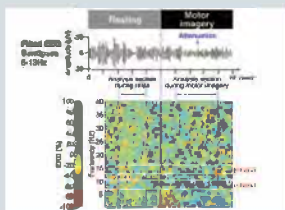
From sports to neurological disorders

From a different angle, we are engaged in research on the relationship between motor control, motor learning, and the somatosensory system regardless of disease.

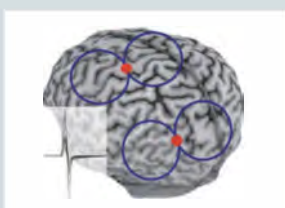
It is exploring physiological principles of approaches to somatosensory perception, such as inducing the illusion of somatosensory perception (body size and shape, state of movement) using VR and reproducing motor images in the brain. We apply functional magnetic resonance imaging (fMRI), multichannel EEG, transcranial magnetic stimulation, and other evoked potentials to evaluate brain function. In addition, surface electromyography and motion analysis are used to investigate correlations with muscle and performance. Research using motor unit decomposition methods is another unique feature of our laboratory.



Brain activity during kinesthetic illusion



Analyzed EEG signals



MEPs recorded following TMS

Physical function recovery physical therapy field

Physical Therapy for the Musculoskeletal System Kuruma Lab.

Field Courses

Master Course

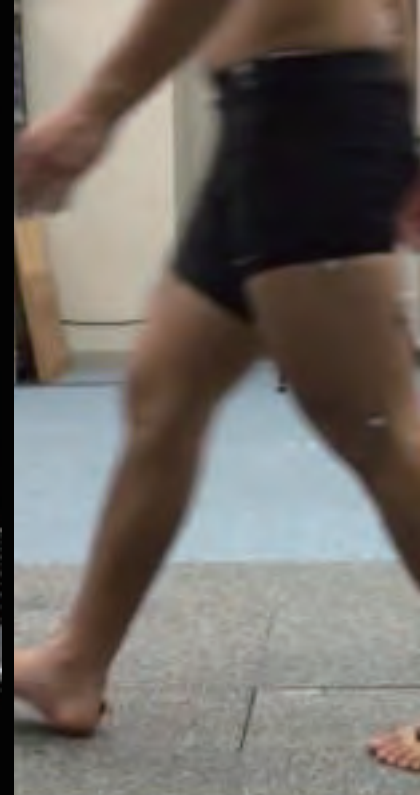
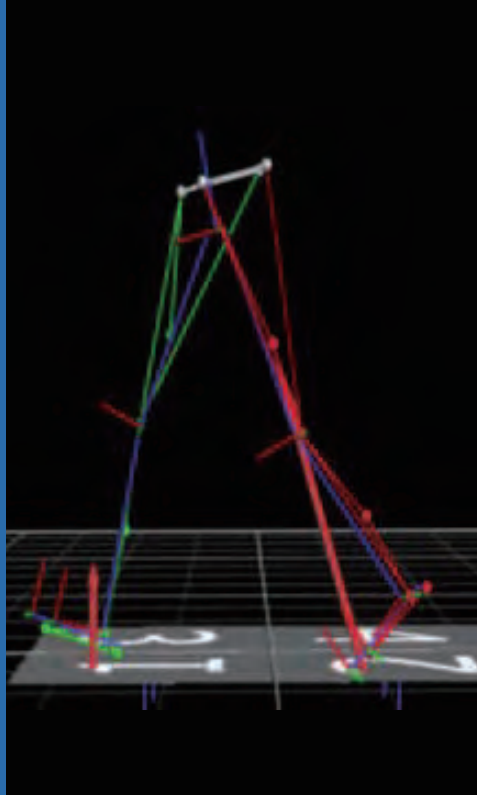
Advanced Theories of Musculoskeletal Physical Therapy
Seminar in Advanced Theories of Musculoskeletal Physical Therapy

Doctor Course

Advanced Research of Musculoskeletal Physical Therapy
Advanced Research Seminar of Musculoskeletal Physical Therapy

Keywords

Motion Analysis, Electromyography, Muscle Strength, MRI,
Ultrasound Echo Image



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Healthy individuals and those with motor dysfunction.

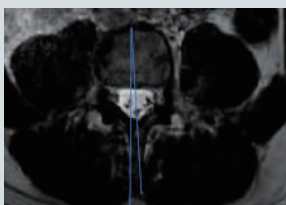
Each will be subjected to movement analysis to explore effective physical therapy interventions.

Our laboratory conducts fundamental and clinical research about the physical therapy for the musculoskeletal system. We study motion analysis and the intervention effect of the physical therapy for healthy subjects and movement disorders.

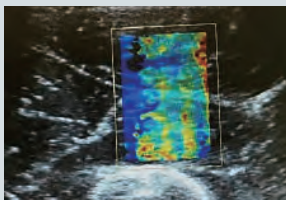
The research methods are an electromyogram and dynamometer, three-dimensional movement analysis, MRI and the ultrasound etc.



Trunk harness



Analysis of lumbar rotation angle



Muscle stiffness using shear wave elastography of ultrasound.

Orthopaedic Physical Therapy Usa Lab.

Field Courses

Master Course

Advanced Theories of Orthopaedic Physical Therapy
Seminar in Advanced Theories of Orthopaedic Physical Therapy

Doctor Course

Advanced Research of Orthopaedic Physical Therapy
Advanced Research Seminar of Orthopaedic Physical Therapy

Keywords

Musculoskeletal System, Muscle Function, Joint Movement,
Nerve Gliding, Magnetic Resonance Imaging,
Ultrasound Imaging, Exercise Therapy, Manual Physical Therapy,
Physical Agents

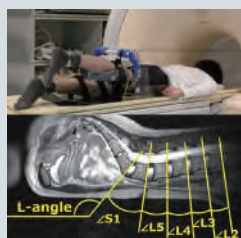


Usa Hideyuki

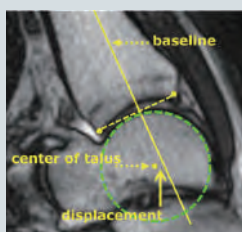
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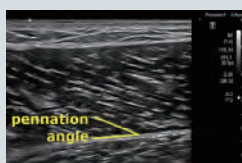
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Measurement of lumbar intervertebral angles
in hip extension position using MR images



Measurement of posterior displacement of the talus
associated with ankle dorsiflexion using MR images



Measurement of the pennation angle for the medial head
of the gastrocnemius muscle using ultrasound images

Analyze functions and properties of neuromusculoskeletal system, physical performance with various perspectives, and explore the possibilities of orthopaedic physiotherapy.

Functions and Properties of Neuromusculoskeletal System, Physical Performance

In our laboratory, we research the themes regarding functions and properties of neuromusculoskeletal system, such as nerves, muscles, and joints, as well as physical performance. We study parameters regarding functions and properties of neuromusculoskeletal system as well as physical performance, and methods for analyzing them. We measure these parameters using muscle function analysis and exercise system (HUMAC NORM, CSMi), electromyography system (DELSYS EMG SYSTEM, DELSYS Inc.), tensiometry (MyotonPRO, Myoton AS.), MRI (magnetic resonance imaging) system (SIGNA Pioneer Air IQ Edition, GE Healthcare), and ultrasound diagnostic system (Aplio i800, Cannon Medical Systems).

Verification of Effectiveness for Orthopaedic Physiotherapy, Optimization

We research the effectiveness of exercise therapy such as stretching and resistance training, manual physical therapy such as joint mobilization and soft tissue mobilization, and physical agents such as thermotherapy for neuromusculoskeletal disorders. We measure the parameters described above regarding neuromusculoskeletal functions, properties, and physical performance before and after various physiotherapy interventions, and analyze the changes in these parameters. Through these research activities, we hope to contribute to the establishment of orthopaedic physiotherapy and to provide information that leads to the improvement and prevention of neuromusculoskeletal disorders.

Adapted Sports Physical Therapy Shida Lab.

Field Courses

Master Course

Advanced Theories of Adapted Sports Physical Therapy
Seminar in Advanced Theories of Adapted Sports Physical Therapy

Doctor Course

Advanced Research of Adapted Sports Physical Therapy
Advanced Research of Adapted Sports Physical Therapy

Keywords

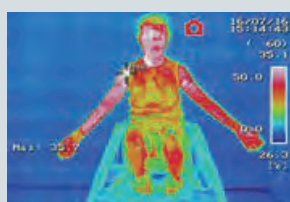
Para sports, spinal cord injury, wheelchair,
assistive engineering, sports injuries, trainability



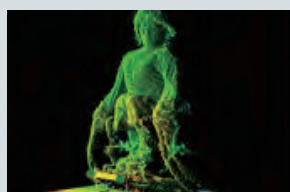
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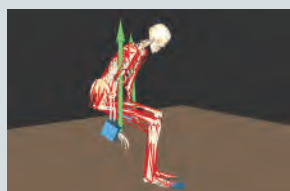
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Research on body temperature using
thermography



Wheelchair drive analysis using infrared
rays (Markerless)



Analysis of push-up of people with spinal
cord injuries using a musculoskeletal
modeling and analysis system

**Not only the person concerned, but also
the surrounding people and
environment,
The multifaceted verification of
effectiveness leads to concrete support.**

In this field, we research living support for persons with disability, focusing on improvement the ability of athletes with disability and prevention of dysfunction.

We are conducting research on activities that consider the health of people with disabilities and the elderly, as well as wheelchairs and welfare equipment.

Regarding sports activities for persons with disability, there are many divergent perspectives concerning not only physical and psychological effects, but also the effects of sports equipment and development and dissemination systems.

We conduct multifaceted examination of activities and sports activities for persons with disability to live better, not only with respect to the persons themselves, but also surrounding persons, the environment, etc. Research methods include observational research and practical intervention research using kinematic methods such as motion analysis, in addition to survey research.

Women's and Men's Health Physical Therapy Kamio Lab.

Field Courses

Master Course

Advanced Theories of Women's and Men's Health Physical Therapy
Seminar in Advanced Theories of Women's and Men's Health Physical Therapy

Keywords

antenatal and postnatal, Pelvic floor dysfunction, Urinary incontinence, Diastasis rectus abdominis, chronic pelvic pain, urological diseases, osteoporosis, prevention, development of training



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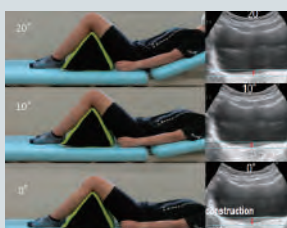
Research and develop programs that respond to gender-specific health challenges. Contribute to health promotion and improve labor productivity.

Explore gender and age appropriate physiotherapy

Our research and program development focus on physiological and biological gender differences between women and men, focusing on physiotherapy for each of these life stages. For example, women are known to suffer from musculoskeletal disorders associated with pregnancy and childbirth, problems around the pelvic floor, and urinary incontinence, which can lead to a decline in quality of life (QOL) and have a negative impact on mental health. Men face prostate-related problems, musculoskeletal problems, and sexual dysfunction as they age. We contribute to solving these health issues through research, development, and evaluation of appropriate physiotherapy based on gender and other factors.

Health support in collaboration with other professions

Collaboration between physical therapists and other professions such as doctors, nurses, midwives, public health nurses, and trainers will focus on health support for women and men. We will understand gender-based health disparities and consider the physiological changes and psychosocial events that women and men experience at each life stage. Then, as physiotherapists, we will research, develop, and evaluate appropriate health support methods based on scientific evidence, and collaborate with other professions to provide them. Currently, we are conducting joint research with midwives and trainers on topics such as prenatal and postpartum physical care and urinary incontinence. Our goal is to integrate clinical practice and scientific research to eliminate gender-based health disparities.



Community-Based Physical Therapy Asakawa Lab.

Field Courses

Master Course

Advanced Theories of Community-Based Physical Therapy
Seminar in Advanced Theories of Community-Based Physical Therapy

Doctor Course

Advanced Research of Community-Based Physical Therapy
Seminar in Advanced Theories of Community-Based Physical Therapy

Keywords

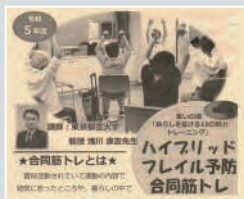
Community-based Comprehensive Physical Therapy,
Day care, Gerontology



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Hybrid method of training instruction.



Japanese Society for Community Comprehensive Physical Therapy
<https://smartconf.jp/content/jsccpt2023/link>



Four practice areas of community physiotherapy studies
<https://www.jsccpt.jp/outline/>

Based on a history of practice, [individual - group] [direct - indirect], etc.

We contribute to a society that reliably connects and supports through a variety of approaches.

Physical therapists have a long history of working in the community. Follow-up of discharged patients and support of patient associations have been carried out for about 50 years. However, it is only recently that these activities have been organized as an academic discipline and field of practice in Japan. In this sense, community physical therapy today is a new field that has emerged against the backdrop of a long history of practice.

The Japanese Society for Community Comprehensive Physical Therapy (JSCCPT) organizes the main fields of practice into four areas that are directly related to the "individual-group" and "direct-indirect" axes. For example, home visit rehabilitation and day care rehabilitation are practices in which physical therapists approach individuals directly. Caregiver prevention classes and lifestyle-related disease prevention classes are also direct approaches, but are considered group-targeted practices. Individual community care meetings are an approach to individuals, and collaboration with the government is an approach to groups, both of which are considered indirect practices.

In order to expand these areas of practice, we have established the following main academic areas: 1. the area of gerontology, 2. the area of health activities, and 3. the area of home support.

Our laboratory is involved in these studies.

Manual Physical Therapy Course (Master's course)

Field Courses

Keywords

Joint mobilization, Soft tissue mobilization, spine



Post clinical practice review meeting



Practice of joint mobilization for cervical



Course certification from IFOMPT

The Manual Physical Therapy Course offers lectures including practical skill training based on the educational standards of the International Federation of Orthopaedic and Physical Therapists (IFOMPT). This is a sub-group of the World Physiotherapy (WPT).

This course enables the acquisition of comprehensive knowledge and the development of clinical reasoning skills, and its application for advanced clinical practice. In the second year, clinical practice is set as an opportunity to receive clinical experience. In the future, successful completion of this courses qualifies you for membership of IFOMPT as an Orthopaedic Manual Physical Therapist (OMPT).

The students are required to attend classes for an average of three days per week. This course provides opportunities for a discussion in order to cultivate the ability to attain knowledge and critical skills.

The University accepts international students from other Asian countries; therefore, you need to be able to express your opinions in English.

The ideal student profile for this course are students who keep challenging themselves, but not merely acquiring a skill. We also hope for students, who understand the limits of these skills and can think about how we can contribute toward promoting further growth of these skills.