

## 25617 - Specific intervention methods in physiotherapy I

### Información del Plan Docente

Academic Year	2016/17
Academic center	127 - Facultad de Ciencias de la Salud
Degree	275 - Degree in Physiotherapy
ECTS	6.0
Course	2
Period	Second Four-month period
Subject Type	Compulsory
Module	---

### 1.Basic info

#### 1.1.Recommendations to take this course

#### 1.2.Activities and key dates for the course

### 2.Initiation

#### 2.1.Learning outcomes that define the subject

#### 2.2.Introduction

### 3.Context and competences

#### 3.1.Goals

#### 3.2.Context and meaning of the subject in the degree

#### 3.3.Competences

#### 3.4.Importance of learning outcomes

### 4.Evaluation

### 5.Activities and resources

#### 5.1.General methodological presentation

The course is designed in two parts, one mainly narrative, and another for development of technique and analysis skills. For the first part the tool proposed is the master class and for the second most participatory tools such as seminars and practices.

#### 5.2.Learning activities

1- Theoretical classes in big group (12.5 hours) (learning outcomes 1, 2, 5, 7, 8, 9, 10) Exposure of the contents of the subject with the support of various audiovisual media and guidance for the practical and personal study.

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2- Laboratory practical classes (45.5 hours) (learning outcomes 1, 3, 4, 6, 7, 8, 9, 10) Exhibition and practical demonstration of specific intervention methods supported by audiovisual media and practices specific material. Students will be monitored and corrected along their repetition of the techniques with particular regard to their ability to position the patient, to maintain proper ergonomics and manual dexterity.

3- Seminars (2 hours) (learning outcomes 1, 2, 3, 4, 5, 6, 7, 8, 9, 10) Development and presentation of practical cases individually and as a team, applying the theoretical and practical contents of the subject and various documentary sources.

4- Personal study, preparation of lab notebook (77.5 hours) (learning outcomes 1, 2, 3, 5, 6, 7, 8).

### 5.3.Program

TOPIC 1: Introduction.

- History of Manual Therapy.

- Presentation of different methodologies framed within the Manual Therapy: Orthopaedic Manual Therapy (OMT), osteopathy and chiropractic.

TOPIC 2: Clinical Reasoning in Manual Therapy.

- Introduction to different approaches to clinical reasoning used in Manual Therapy; Orthopaedic Manual Therapy (OMT), osteopathy and chiropractic.

- Systematic clinical reasoning or methodology of clinical reasoning step by step.

TOPIC 3: Manual Therapy of the Joint.

- Description of joint dysfunction with susceptible manual therapy treatment.

- Evaluation of joint dysfunction in manual therapy.

- Basis of Manual Therapy Treatment of joint dysfunction.

TOPIC 4: Manual Therapy of the Muscle.

- Description of muscle dysfunction with susceptible manual therapy treatment.

- Evaluation of muscle dysfunction in manual therapy.

- Basis of Manual Therapy Treatment of muscle dysfunction.

TOPIC 5: Manual Therapy of the Tendon.

- Description of tendon dysfunction with susceptible manual therapy treatment.

- Evaluation of tendon dysfunction in manual therapy.

- Basis of Manual Therapy Treatment of tendon dysfunction.

TOPIC 6: Manual therapy of neural structures.

- Description of neural dysfunction with susceptible manual therapy treatment.

- Evaluation of neural dysfunctions in manual therapy.

- Basis of Manual Therapy Treatment of neural disorders.

PRACTICAL BLOCKS

PRACTICAL BLOCK 1: Manual therapy of the ankle and foot.

- Manual Therapy in joints of the foot and ankle region.

- Manual therapy in soft tissues of the ankle and foot region.

- Manual Therapy in neural structures of the ankle and foot region.

PRACTICAL BLOCK 2: Manual Therapy of the knee.

- Manual Therapy in joints of the knee.

- Manual therapy in soft tissues of the knee.

- Manual therapy in neural structures of the knee.

PRACTICAL BLOCK 3: Manual Therapy of the hip.

- Manual Therapy in joints of the hip.

- Manual therapy in soft tissues of the hip.

- Manual therapy in neural structures of the hip.

PRACTICAL BLOCK 4: Manual Therapy of the shoulder girdle.

- Manual Therapy in joints of the shoulder girdle.

- Manual therapy in soft tissues of the shoulder girdle.

- Manual Therapy in neural structures of the shoulder girdle.

PRACTICAL BLOCK 5: Manual Therapy of the elbow.

- Manual Therapy in joints of the elbow region.

- Manual therapy in soft tissues of the elbow region.

- Manual Therapy in neural structures of the elbow region.

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PRACTICAL BLOCK 6: Manual Therapy of wrist and hand.

- Manual Therapy in joints of the wrist and hand.
- Manual therapy in soft tissues of the wrist and hand.
- Manual Therapy in neural structures of the wrist and hand.

PRACTICAL BLOCK 7: Manual Therapy of the lumbar spine.

- Manual Therapy in joints of the lumbar spine.
- Manual therapy in soft tissues of the lumbar spine.
- Manual Therapy in neural structures of the lumbar spine.

PRACTICAL BLOCK 8: Manual Therapy of the thoracic spine.

- Manual Therapy in joints of the thoracic spine.
- Manual therapy in soft tissues of the thoracic spine.
- Manual therapy in neural structures of the thoracic spine.

PRACTICAL BLOCK 9: Manual Therapy of the cervical spine.

- Manual Therapy in joints of the cervical spine.
- Manual therapy in soft tissues of the cervical spine.
- Manual Therapy in neural structures of the cervical spine.

PRACTICAL BLOCK 10: Manual Therapy of temporomandibular joint.

- Manual therapy in the temporomandibular joint.
- Manual therapy in soft tissues of the temporomandibular joint.
- Manual therapy in neural structures of the temporomandibular joint.

### 5.4.Planning and scheduling

- 12 Theoretical classes in a single group throughout the 2nd semester.
- 23 Laboratory practical classes 2 hours long in small groups throughout the 2nd semester.
- 1 Seminar 2 hour long in small groups throughout the 2nd semester.

### 5.5.Bibliography and recommended resources