

25617 - Specific intervention methods in physiotherapy I

Syllabus Information

Academic Year: 2019/20

Subject: 25617 - Specific intervention methods in physiotherapy I

Faculty / School: 127 - Facultad de Ciencias de la Salud

Degree: 275 - Degree in Physiotherapy

ECTS: 6.0

Year: 2

Semester: Second Four-month period

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

?1.1. Knowledge and understanding on the basis of the methods and techniques for intervention in manual therapy, and its practical implementation.?

?1.2. Knowledge and understanding on the theories that support the ability of problem solving and clinical reasoning in the different intervention methods in manual therapy.?

?1.3. Responsibility to apply therapeutic acts that include the different methods of intervention in manual therapy.?

?1.4. Responsibility to incorporate the culture of health promotion and disease prevention by applying specific methods of intervention in manual therapy.?

?1.5. Responsibility to maintain current knowledge, skills and attitudes that comprise the specific methods and intervention techniques in manual therapy.?

?1.6. Responsibility for quality assurance in the implementation of specific intervention methods in manual therapy.?

?1.7. Responsibility to maintain an attitude of learning and improvement.?

?1.8. Responsibility to work and maintain a critical and scientific attitude.?

?1.9. Responsibility to collaborate and cooperate with others.?

?1.10. Responsibility to show respect, appreciation and sensitivity to others.?

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The course is designed in two parts, one main narrative, and another for the 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.

4.2. Learning tasks

The course includes the following learning tasks:

- 1. Large lecture (10 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.
- 2. Laboratory session (48 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 with their repetition of the techniques with particular regard to their ability to position the patient, to maintain proper ergonomics and manual dexterity.
- 3. Seminar (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. Autonomous work (77.5 hours) (learning outcomes 1, 2, 3, 5, 6, 7, 8).

4.3. Syllabus

The course will address the following topics:

- 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.

PRACTICE SESSION

- Practice session 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.
- Practice session 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.
- Practice session 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.
- Practice session 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.
- Practice session 5: Manual Therapy of the elbow region.
 - 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.
- Practice session 6: Manual Therapy of the 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.
- Practice session 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.
- Practice session 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.
- Practice session 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.
- Practice session 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.

4.4.Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course, will be provided on the first day of class or please refer to the Facultad de Ciencias de la Salud <https://fcs.unizar.es/>.

- 10 large lectures in a single group throughout the 2nd semester.
- 4 laboratory sessions 2 hours long in small groups throughout the 2nd semester.
- 1 seminar, 2 hours long in small groups throughout the 2nd semester.

4.5.Bibliography and recommended resources