

Academic Year/course: 2023/24

## 25658 - Physiotherapy Methods in Orthopedic and Urogynecological Disorders and in Obstetrics

### Syllabus Information

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**Academic year:** 2023/24

**Subject:** 25658 - Physiotherapy Methods in Orthopedic and Urogynecological Disorders and in Obstetrics

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

**Degree:** 605 - Degree in Physiotherapy

**ECTS:** 6.0

**Year:** 3

**Semester:** First semester

**Subject type:** Compulsory

**Module:**

### 1. General information

The general objective of this subject is for the student to be able to explain, prescribe and apply the theoretical and methodological foundations of the main specific methods of physiotherapy intervention in obstetrics, in urogynaecology dysfunctions, in orthopaedic alterations of statics and dynamics.

These objectives are aligned with objectives 3.7 and 3.9d of the Sustainable Development Goals (SDGs) of the United Nations Agenda 2030.

During the subject, a continuous review of the contents of the subjects of Human Anatomy I and II, Human Physiology, Kinesiology, Assessment and Diagnosis in Physiotherapy I and II, General Pathology in Physiotherapy and Medical-Surgical Conditions and General Procedures of Intervention in Physiotherapy I and II is recommended.

### 2. Learning results

The student, in order to pass this subject, must demonstrate the following learning results:

1. Correctly assesses orthopaedic alterations of statics and dynamics.
2. Describes, prescribes and applies the main methods of physiotherapeutic intervention in the prevention and treatment of the orthopaedic alterations of statics and dynamics.
3. Assesses the need to include an orthopaedic therapy program in the treatment of orthopaedic alterations of statics and dynamics.
4. Describes, prescribes or applies orthopaedic devices for the prevention and treatment of orthopaedic alterations of the static and dynamic.
5. Describes, prescribes and applies the main methods of physiotherapeutic intervention in obstetrics.
6. Describes, prescribes and applies the main methods of physiotherapeutic intervention in the prevention and treatment of urogynaecology conditions.
7. Describes, prescribes and applies the main methods of physiotherapeutic intervention in the prevention and treatment of chronic pain.
8. Analyses, compares and contrasts in a reasoned and critical way the physiotherapeutic procedures studied based on the available scientific evidence.

### 3. Syllabus

I. Physiotherapy methods in obstetrics and urogynaecology

- 1.- Conceptual framework of physiotherapy in pelvic floor dysfunctions and pelvic statics alterations.
- 2.- Physiotherapeutic evaluation of the abdomino-pelvic-perineal region.
- 3.- Methods of intervention in physiotherapy in obstetrics and pelvic floor dysfunctions: manual and instrumental techniques, active kinesitherapy for abdomino-pelvic-perineal re-education, behavioural techniques.

II. Physiotherapy methods in chronic pain

- 1.- Primary chronic pain: mechanisms of central sensitization
- 2.- Neurocognitive models: Perfetti Method, Graded Motor Imagery, Graded Exposure.

III. Physiotherapy methods in static and dynamic alterations:

1. Fundamentals of physiotherapeutic techniques for spinal disorders.
2. Orthopaedic devices and methods for spinal statics disorders.
3. Orthophysiotherapeutic devices and methods in peripheral traumatic conditions.

## 4. Academic activities

-Theoretical classes in large groups (0.5 ECTS): 10 hours): Presentation of the contents of the subject with support of different audiovisual media and orientation for the practical part and personal study.

-Practical laboratory classes (2 ECTS: 50 hours): Four practice groups will be established for the presentation and demonstration of the specific intervention methods with the support of audiovisual aids and specific practice material. The practical repetition of the procedures will be supervised and corrected.

- Personal study and elaboration of the portfolio (3.5 ECTS: 90 hours): From the practical activities, the theoretical contents and the search in documentary bases, the student must elaborate the portfolio of practices by means of a logical, reasoned and critical discourse . This activity will encourage and facilitate the personal study of the subject and autonomous exercise by the student.

## 5. Assessment system

- Practice portfolio (15% final grade): the student's ability to describe the content of the practice and to present individualized and personal graphic evidence of the practical content will be evaluated.

- Evaluation of practical contents (25% final grade): Students will answer two questions. The student should be able to perform a practical demonstration of the requested physiotherapy techniques. The student's ability to: explain the procedure to the patient, position the patient, perform the procedure correctly applying ergonomic and manual principles will be evaluated. Students who attend at least 90% of the practices can be evaluated through continuous evaluation. The continuous evaluation will value the student's participation, the capacity to assimilate and integrate contents and the resolution of the follow-up activities.

- Theoretical exam (60% final grade): It will consist of two parts: a multiple-choice test and a development part. The multiple-choice test will consist of 20 questions on theoretical and practical contents with four possible answers and only one correct answer. Penalties will be applied wrong answers (0.25 will be deducted for each error). The development part will consist of a development question that will address contents of the theoretical and practical classes. The final grade of the theoretical exam will be the average of the two parts, being necessary to achieve at least a 5 in each of the parts to average.

For students who cannot attend the official call of the theoretical exam (justified cause: personal or family health, federation activity), the multiple choice part will be replaced by 5 short essay questions.

It is essential to pass each of the evaluation activities in order to pass the subject.

All the evaluation activities mentioned above will be considered in each of the official calls of the subject.

Grading and grading system:

The final grade for the subject results from the following weighting:

- 15%: the grade of the portfolio presentation (internship report).
- 25%: the grade of the practical exam (resolution of 2 practical cases).
- 60%: the grade of the theoretical exam.

It is essential to pass each of the evaluation activities in order to pass the subject.

Grading system in accordance with current legislation:

0.0-4.9 Failure

5.0-6.9 Passed

7.0-8.9 Notable

9.0-10 Outstanding

One "Honour" will be awarded for every 20 students enrolled. It will be awarded to those students with the highest final grades.

In case of a tie in the final numerical grade, the highest grade in the theoretical exam will be taken into account. And in case of a tie, the highest grade on the development question will be taken into account..