

Academic Year/course: 2022/23

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

Syllabus Information

Academic Year: 2022/23

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

1.1. Aims of the course

This subject aims to learn physical therapy approaches:

- to manage *urogynecological*, coloproctologic and sexual pathologies related to pelvic floor dysfunction.
- to manage static and dynamic postural pathologies.
- in obstetrics.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda (<https://www.un.org/sustainabledevelopment/es/>), in such a way that the acquisition of the subject learning results provides training and competence to contribute to some extent to its achievement.

? Objective 3: Health and well-being.

1.2. Context and importance of this course in the degree

This subject is in the third course of the degree and provides knowledge about the specific intervention physical therapy methods in obstetrics, urogynecological, coloproctologic and sexual pathologies related to pelvic floor dysfunctions and static and dynamic posture pathologies.

This subject continues in the fourth course of the degree with the subjects Dermatological, Obstetric and Urogynaecological Physiotherapy and Physiotherapy in Orthopedics, Pediatrics, and Geriatrics

1.3. Recommendations to take this course

Before starting the course, it is highly recommended to review the knowledge previously acquired in relation to the areas of ??subject in the courses: Human Anatomy I, Human Anatomy II, Human Physiology, Kinesiology, General Pathology in Physiotherapy, Medical-Surgical Conditions, Biomechanics and Movement Analysis, Assessment and Diagnosis in Physiotherapy I and II, General Intervention Procedures in Physiotherapy I and II.

2. Learning goals

2.1. Competences

The expected results will emphasize the acquisition of the following competencies:

General:

To know and understand the methods, procedures and physiotherapeutic actions for re-education or recovery functional , as well as carrying out activities aimed at promoting and maintaining health.

To evaluate the evolution of the treatment results in relation to the objectives set.

Know how to work in professional teams as a basic unit in which the professionals and other personnel of healthcare organizations are structured in a uni or multidisciplinary and interdisciplinary way.

To understand the importance of updating the knowledge, skills, abilities and attitudes that make up the professional competences of the Physiotherapist.

Communicate effectively and clearly, both orally and in writing, with users of the health system as well as with other professionals.

Specific:

To know the physiological and structural changes that can occur as a result of the application of physiotherapy.

To identify the changes produced as a result of the intervention of physiotherapy.

To know and apply the theoretical bases and the development of physiotherapy methods and procedures.

To encourage the participation of the user and family in their recovery process.

To identify the most appropriate physiotherapeutic treatment in the different processes of alteration, prevention and promotion of health as well as in the processes of growth and development.

To analyze, program and apply movement as a therapeutic measure, promoting patient-user participation in his/her process.

To understand and perform specific methods and techniques related to obstetrics, urogynecology disorders and orthopedics.

To promote healthy lifestyle habits through health education.

To know and apply quality mechanisms in physiotherapy practice, adjusting to criteria, indicators and recognized and validated quality standards for proper professional practice.

Transversal:

Ability to apply clinical reasoning.

Ability to assume ethical commitment.

Ability to develop creativity.

Ability to develop initiatives and entrepreneurial spirit.

Ability to work based on quality criteria.

Ability to plan and evaluate.

Ability to use properly computer media and new technologies.

Ability to develop information management skills.

2.2. Learning goals

Student will be able to accurately explain and execute the most commonly used physiotherapy techniques and methods for evaluation and treatment of urogynecology and orthopedics disorders, and in obstetrics.

2.3. Importance of learning goals

The learning outcomes enable the student to treat urogynecology and orthopedics disorders, and in obstetrics.

3. Assessment (1st and 2nd call)

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

Final exam and progress tests (Theoretical exam): 60%

Presentation and defense of papers, reports and reports (portfolio): 15%

Problem solving, exercises and practical cases (practical exam): 25%

Evaluation criteria

Theoretical final exam: Twenty multiple choice questions and one topic or practical assumptions will be developed, from among the contents addressed in the lectures, theory of practice of mandatory bibliography.

Final practical exam: It will be asked to execute two contents of those learned in the laboratory practices. They will have to relate to the respective theoretical knowledge. In addition, throughout the semester they will be valued in a way continued the following aspects:

Attendance (no more than 4 hours of absences (unexcused or not) are allowed on the total count of hours practices or group changes. Punctuality).

Attitude: respectful and proactive participation.

Hygienic issues such as: wearing hair up, unpainted and short nails, not wearing rings, bracelets, necklaces or other objects or garments that make it difficult to practice. It will be necessary to go with suitable clothes). It could be assessed practical contents along sessions. If they is enough criteria to evaluate practical part, practical exam will not be necessary.

Portfolio: It may involve the development of techniques during practice.

Failure to pass any of the assessment tests in the final call in January will mean the need to pass said activity / s in the June call (both from the same academic year). In this case, the rating Apt obtained in the first call will be saved only for the second call of the same academic year.

Students who are not in attendance or who do not reach the attendance criteria:

The theory and portfolio exam will be carried out as previously stated. The practical exam will consist of at least two

questions of the practical topics of the subject.

EVALUATION CRITERIA

The quantitative and qualitative rating system will be as follows:

- 0.0 - 4.9: fail (F)
- 5.0 - 6.9: passed (E, D)
- 7.0 - 8.9: Notable (C, B)
- 9.0 - 9.4: Outstanding (A)
- 9.5 - 10: Honor Roll (A+)

The evaluation tests will be carried out face-to-face. If instructions received from the authorities academicare in the sense of non-face-to-face evaluation, the tests will be carried out in a non-presential mode, using the online resources of Universidad de Zaragoza, which will be notified in advance.

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions and autonomous work.

Students are expected to participate actively in the class throughout the semester.

Classroom materials will be available via Moodle. These include a repository of the lecture notes used in class.

Further information regarding the course will be provided on the first day of class.

4.2. Learning tasks

This is a 6 ECTS course organized as follows:

- **Lectures** (0.5 ECTS: 10 hours). Whole group sessions of 50 minutes each one. The professor will explain the theoretical contents, which are available in advance on the virtual platform Moodle.
- **Practice sessions** (2 ECTS: 50 hours). Sessions where students practice technical procedures in laboratory.
- **Autonomous work** (3.5 ECTS: 90 hours). Time devoted to study the course contents and prepare the sessions and assignments.

4.3. Syllabus

Lectures

I. Physical Therapy procedures in obstetrics and urogynecological dysfunctions

- 1.- Conceptual framework for physical therapy in pelvic floor dysfunctions and alterations in pelvic statics.
- 2.- Physical Therapy examination of abdomen-pelvic-perineal region.
- 3.- Physical Therapy procedures in obstetrics and urogynecological dysfunctions:
 - Manual therapy
 - Instrumental techniques
 - Active kinesitherapy for abdomen-pelvic-perineal region.
 - Behavioral techniques

II. Physical therapy in chronic pain

- 1.- Primary chronic pain: central sensibilization mechanisms.
- 2.- Neurocognitives procedure: Perfetti's method, graduated motor imagery, gradual exposure.

III. Physical Therapy in static and dynamics dysfunctions:

1. Physical Therapy procedures in spinal deformities.
2. Orthopedics in spinal deformities.
3. Orthopedics and physical therapy procedures in extremities.

Practice sessions:

I. Physical Therapy procedures in obstetrics and urogynecological dysfunctions

- 1.- Physical Therapy examination of abdomen-pelvic-perineal region.
- 2.- Physical Therapy procedures in obstetrics and urogynecological dysfunctions:
 - Manual therapy: perineal massage, joint and muscle procedures in pelvic region.
 - Instrumental techniques: biofeedback, electric-stimulation, orthosis, kinesiotaping, trigger points treatment, vibrators, pessary, dilator, incontinence tampon.
 - Active kinesitherapy for abdomen-pelvic-perineal region: lumbar-pelvic stabilization. hypopressive exercises. pilates.

fitball .

- Behavioral techniques: voiding calendar, hyperpressure mechanism correction.

II. Physical therapy in chronic pain

- Neurocognitives procedure: Perfetti's method, graduated motor imagery
- Neurodynamics level 3.

III. Physical Therapy in static and dynamics dysfunctions:

- Physical Therapy procedures in spinal deformities.
- Orthopedics in spinal deformities.
- Orthopedics and physical therapy procedures in extremities.

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" website and the Degree website.

4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=25658>