

25617 - Specific intervention methods in physiotherapy I

Información del Plan Docente

Academic Year	2017/18
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.Introduction

"Specific Intervention Methods in Physiotherapy I" teaches manual therapy as a process of exploration, evaluation, prevention and treatment of arthro-neuromuscular conditions using manual physiotherapy. This may include manual and/or instrumental mobilization and active exercise. Early use of translatoric linear bone movements to different degrees (Kaltenborn, 2009) may be one approach to ensure that an ideal functional environment is maintained. Manual mobilization techniques should be clinically used as a means to an end, as determined by a clinical reasoning process. The general objective could be to return to optimal amplitudes of movement or to ensure the progress of a disorder along its natural course. Manual mobilization techniques, therefore, should be part of the dynamic, multidimensional process of homeostasis. Many techniques are considered therapeutic manual procedures. These include soft tissue manipulation, massage, manual traction, joint manipulation or high-velocity thrust techniques and joint mobilization.

1.2.Recommendations to take this course

1.3.Context and importance of this course in the degree

1.4.Activities and key dates

2.Learning goals

2.1.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

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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."

2.2.Importance of learning goals

3.Aims of the course and competences

3.1.Aims of the course

3.2.Competences

4.Assessment (1st and 2nd call)

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

5.Methodology, learning tasks, syllabus and resources

5.1.Methodological overview

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 tasks

- 1- Large lecture (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.
- 2- Laboratory session (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- 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).

5.3.Syllabus

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.

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.

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- 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.Course planning and calendar

- 12 large lectures in a single group throughout the 2nd semester.
- 23 laboratory sessions 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