

Academic Year/course: 2021/22

25649 - Physiotherapy Methods in Musculoskeletal Disorders

Syllabus Information

Academic Year: 2021/22

Subject: 25649 - Physiotherapy Methods in Musculoskeletal Disorders

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

Degree: 605 - Degree in Physiotherapy

ECTS: 7.0

Year: 2

Semester: Second semester

Subject Type: Compulsory

Module:

1. General information

1.1. Aims of the course

This subject aims to teach physiotherapy on the musculoskeletal system with highly specific methodologies.

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.

? Objective 4: Quality education.

? Objective 5: Gender equality.

? Objective 8: Decent work and economic growth.

1.2. Context and importance of this course in the degree

This subject initiates the student in the set of specific intervention methods with manual physiotherapy. It provides the fundamental bases of manual physiotherapy to later complement and develop with physiotherapy in the different clinical specialties.

1.3. Recommendations to take this course

It is recommended to have taken the subject, Fundamentals of Physiotherapy and Assessment in Physiotherapy I in the first year of degree and General Procedures in Physiotherapy that has been taught in the first semester of this same academic year, that is, second year of degree.

2. Learning goals

2.1. Competences

General Competences

- Know and understand the methods, procedures and physiotherapeutic actions, aimed at both the therapy itself to be applied in the clinic for re-education or functional recovery, as well as the performance of activities aimed at promoting and maintaining health.
- Evaluate the evolution of the results obtained with the treatment 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.
- Understand the importance of updating the knowledge, abilities, skills 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 Competences

- Know the physiological and structural changes that can occur as a result of the application of physiotherapy.
- Identify the changes produced as a result of the intervention of physiotherapy.
- Encourage the participation of the user and family in their recovery process.
- Know and apply the theoretical bases and the development of physiotherapy methods and procedures.
- 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.
- Understand and perform specific methods and techniques related to the locomotor system (including manual therapies, joint manipulative therapies, osteopathy and chiropractic).
- Analyze, program and apply movement as a therapeutic measure, promoting the participation of the patient / user in its process.
- Promote healthy lifestyle habits through health education.
- Know and apply quality mechanisms in physiotherapy practice, adjusting to criteria, indicators and recognized and validated quality standards for proper professional practice.

Transversal Competences

- Ability to apply critical reasoning
- Capacity for analysis and synthesis
- Ability to assume an ethical commitment
- Ability to work based on quality criteria
- Ability to develop creativity
- Ability to develop initiatives and an entrepreneurial spirit
- Ability to plan and evaluate
- Ability to adequately use computer media and new technologies
- Ability to develop information management skills
- Ability to criticize and self-criticize

2.2. Learning goals

1. Understand the basis of the methods and techniques of intervention in manual physiotherapy.
2. Knows the theories that support the ability to solve problems and clinical reasoning in the different intervention methods in manual physiotherapy using skills in accordance with the available resources, formulating the intervention objectives, selecting the most appropriate protocols or procedures for the planned care.
3. Applies the physical means, exercises and therapeutic techniques that include the different intervention methods in manual physiotherapy.
4. Incorporates the culture of health promotion and disease prevention by applying specific intervention methods in manual physiotherapy.
5. Keeps up-to-date the knowledge, skills and attitudes that comprise the specific intervention methods and techniques in manual physiotherapy, taking into account the criteria of adequacy, validity and efficacy.
6. Guarantees quality in the application of specific intervention methods in manual physiotherapy, respecting the established criteria.

2.3. Importance of learning goals

It is relevant for the training of the physiotherapist to know the mechanisms involved in the production of the patient's musculoskeletal symptoms and the influence that this will have on the selection and progression of manual therapy techniques. The types of mechanisms can be related to various dimensions. The manual physical therapist must be aware of the way in which manual therapy techniques can influence the mechanisms, and therefore affect the way and the speed with which the patient recovers from her disorder. Therefore, techniques that take into account the restoration of the altered musculoskeletal tissue to as normal a state and function as possible should be selected and applied correctly.

3. Assessment (1st and 2nd call)

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

Compulsory attendance at 80% of the practices.

Progress tests. Weighting 30%. Criteria: that the implementation is correct, that the part of the analysis is well elaborated and that the presentation is adequate.

Presentation and defense of works, reports and reports. Weighting 20%. Criteria: adequate description, relevance of the contents.

Problem solving, exercises and practical cases. Weighting 40%. Criteria: that it contains the required information, that the development part follows a logical process, that it presents the results obtained in an orderly manner, that the analysis part is well prepared and that the presentation is adequate.

Continuous assessment. Weighting 10%. Criteria: that participation in activities programmed in the subject shows the appropriate skills, aptitudes and attitudes.

Tests for non-face-to-face students or those who appear in other calls different from the first one.

Final exam: this test affects only those students who have not done the work necessary for the evaluation carried out continuously, or for those who want to raise the grade obtained with the previous evaluation procedures.

Carrying out an objective test on the content of the subject.

Practical test on the concepts developed and the skills learned in the practices.

The evaluation tests will be carried out in person if the situation allows it. In case of changing the conditions, and if instructions are received from the academic authorities, the tests will be carried out in a non-face-to-face mode using the online resources of the University of Zaragoza, which will be notified in advance.

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

Expository and participatory classes.

Laboratory practices / demonstration room / computer room.

Individual preparation of a Field Diary / Critical Record.

4.2. Learning tasks

A01 Expository and participative theoretical classes. Hours: 10 hours. Presence: 100

A03 Laboratory classes / demonstration room / computer room. Hours: 60 hours. Presence: 100

A04 Tutorials. Hours: 5. Presence: 0

A06 Autonomous work of the student. Hours: 100. Presence: 0

4.3. Syllabus

UNIT 1: Introduction. History of Manual Therapy. Presentation of different methodologies framed within Manual Therapy: Orthopedic Manual Therapy (OMT), osteopathy and chiropractic.

UNIT 2: Clinical reasoning in Manual Therapy.

UNIT 3: Manual Therapy of joint. Description, evaluation and principles of treatment of joint dysfunctions susceptible to treatment with manual therapy.

UNIT 4: Manual therapy of muscle. Description, evaluation and principles of treatment of muscular dysfunctions susceptible to treatment with manual therapy.

UNIT 5: Manual Therapy of tendon. Description, evaluation and principles of treatment of tendon dysfunctions in manual therapy.

UNIT 6: Manual Therapy of neural structures. Description, evaluation and principles of treatment of neural dysfunctions in manual therapy.

UNIT 7: Methods of dry puncture, neuromuscular bandage and diacutaneous fibrolysis applied to alterations of the neuromusculoskeletal system.

4.4. Course planning and calendar

The course will be taught in the second semester, of the second year.

Theoretical classes will be held on Mondays from 9 a.m. to 11 a.m. All the group.

The laboratory practices will be taught from Monday to Thursday from 11 a.m. to 3 p.m. Each group will study 4 hours a week.

Written presentation of the practice notebook the first week of June.

The planned training activities will be carried out in person in the classrooms and rooms designated by the Center. In case of changing the conditions, and if instructions are received from the academic authorities, the activities will be modified and adapted to be carried out in a non-face-to-face mode using the online resources of the University of Zaragoza, which it will be notified in advance.

4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=25649>