

Academic Year/course: 2021/22

## 25656 - Physiotherapy in Traumatology, Rheumatology, and Sports

### Syllabus Information

**Academic Year:** 2021/22

**Subject:** 25656 - Physiotherapy in Traumatology, Rheumatology, and Sports

**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

### 2. Learning goals

### 3. Assessment (1st and 2nd call)

### 4. Methodology, learning tasks, syllabus and resources

#### 4.1. Methodological overview

The methodology followed in the subject physiotherapy in traumatology, rheumatology and sport combine theoretical lectures of a single group, problem solving clinical cases and practical classes with the elaboration of a case report and the student's autonomous study.

Classroom materials will be available via Moodle.

#### 4.2. Learning tasks

**This is a 6 ECTS course organized as follows:**

#### **Lecture (10 hours).**

The theoretical content of the course will be presented in lectures and participatory models will be established with the student. These classes will be streamed on Google Meet

#### **Practice session (45 hours).**

These practical classes will be organized in four groups. The role playing will be the main method for the achievement of the learning objectives. In these classes, they will focus on manual and clinical reasoning skills.

#### **Case study (5 hours).**

These classes will focus on real-world clinical case problem solving, clinical reasoning, and

clinical guidelines evidence. It will be organized in two groups.

## **Autonomous and group work and study of the student (90 hours).**

### **4.3. Syllabus**

The course will address the following topics:

General topic I. Generalities of traumatology, physiotherapy competences in traumatology.

- Topic 1. Generalities in physiotherapy intervention in traumatology.
- Practice 1. General assessment in traumatology.
- Case study 1. Clinical history, anamnesis and physical exam in physiotherapy.

General topic II. Physiotherapy intervention in upper limb trauma.

- Topic 2. Physiotherapy intervention in bankart surgery.
- Topic 3. Physiotherapy intervention in colles fracture.
- Practice 2. Passive translatoric mobilization of the shoulder joint.
- Practice 3. Passive translatoric mobilization of the wrist joint.
- Case study 2. Clinical reasoning in shoulder musculoskeletal pathology.

General topic III. Physiotherapy intervention in lower limb trauma.

- Topic 4. Physiotherapy intervention in adult midshaft femur fractures.
- Topic 5. Physiotherapy intervention in total hip and knee replacement.
- Practice 4. Passive translatoric mobilization of the hip joint.
- Practice 5. Passive translatoric mobilization of the knee joint.
- Practice 6. Passive translatoric mobilization of the ankle joint.

General topic IV. Physiotherapy intervention in spine trauma.

- Topic 6. Physiotherapy intervention in whiplash syndrome.

General topic V. Generalities of rheumatology, physiotherapy competences in rheumatology.

- Topic 7. Physiotherapy intervention in rheumatoid arthritis and osteoarthritis.

General topic VI. Physiotherapy intervention in rheumatology.

- Topic 8. Physiotherapy intervention in fibromyalgia.
- Topic 9. Physiotherapy intervention in osteoporosis.
- Topic 10. Physiotherapy intervention in chronic low back pain.
- Practice 7. Assessment and diagnosis in hip and knee osteoarthritis.
- Practice 8. Physiotherapy intervention in hip and knee osteoarthritis.
- Practice 9. Physiotherapy intervention in ankylosing spondylitis.
- Practice 10. Physiotherapy intervention in chronic low back pain.
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General topic VII. Generalities of physiotherapy and competences in sport.

- Topic 11. General Physiotherapy intervention in sport.

General topic VIII. Assessment and diagnosis in sport musculoskeletal pathology.

- Practice 11. Assessment and diagnosis of knee ligament and meniscus pathology.
- Practice 12. Instrumental and manual muscular strength assessment.
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General topic IX. Physiotherapy intervention in sport.

- Topic 12. Physiotherapy intervention in acute and chronic ankle sprain.
- Topic 13. Physiotherapy intervention in anterior cruciate ligament surgery.
- Topic 14. Physiotherapy intervention in Achilles tendinopathy.
- Topic 15. Physiotherapy in anterior knee pain.
- Topic 16. Physiotherapy in hamstring strain.

Practice. Soft tissue interventions

- Practice 13. Passive stretching and autostretching.
- Practice 14. Instrumental soft tissue mobilization. Diacutaneous fibrolysis and others.
- Practice 15. Neuromuscular taping.
- Practice 16. Progressive loading exercise in muscular and tendinopathy strain.

Practice. Hypermobility.

- Practice 17. Active muscular stabilization. Upper limb.
- Practice 18. Active muscular stabilization. Lower limb.
- Practice 19. Taping.

General topic X. Generalities. Diagnostic imaging.

- Topic 17. Musculoskeletal ultrasound imaging.
- Case study 3. Musculoskeletal ultrasound imaging.

#### **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 (<https://fcs.unizar.es/>, <http://moodle2.unizar.es>)

Important dates:

- Case report exam: end December.
- Theoretical and practice final exam: January-February/June (official exam dates)

#### **4.5. Bibliography and recommended resources**

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=25656>