

Academic Year/course: 2021/22

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

Syllabus Information

Academic Year: 2021/22

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

2. Learning goals

3. Assessment (1st and 2nd call)

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 cinesitherapy 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 cinesitherapy for abdomen-pelvic-perineal region: lumbar-pelvic stabilitation, hypopressive exercies, 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>