

## 25649 - Physiotherapy Methods in Musculoskeletal Disorders

### Syllabus Information

**Academic year:** 2023/24

**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

The objective of this subject is to teach physiotherapy methods on the musculoskeletal system. These approaches and objectives are aligned with the next Sustainable Development Goal (SDG) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to its achievement.

Goal 3: Health and Wellness. All learning results of the subject provide training and competence to contribute to some extent to their achievement.

It is recommended to have taken the subjects Fundamentals of Physical Therapy, Kinesiotherapy and General Procedures in Physiotherapy I.

### 2. Learning results

1. Understands the fundamentals of manual physical therapy intervention methods and techniques.
2. Knows the theories underpinning problem-solving skills and clinical reasoning in the different methods of intervention in manual physiotherapy using skills in line with available resources, formulating intervention objectives, selecting the protocols or procedures most appropriate to the planned care.
3. Applies the physical means, exercises and therapeutic techniques that include the different methods of intervention in manual physiotherapy.
4. Incorporates the culture of health promotion and disease prevention by applying the specific methods of manual physiotherapy intervention.
5. Maintains updated knowledge, skills and attitudes that comprise the specific methods and techniques of intervention in manual physiotherapy according to the criteria of adequacy, validity and effectiveness.
6. Ensures quality in the application of specific methods of intervention in manual physiotherapy, respecting the established criteria.

### 3. Syllabus

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

Unit 2: Clinical reasoning.

Topic 3: Manual joint therapy. Description, evaluation and principles of treatment of joint dysfunctions. Unit 4: Manual muscle therapy. Description, evaluation and principles of treatment of muscular dysfunctions. Unit 5: Manual tendon therapy. Description, evaluation and principles of treatment of tendon dysfunctions. Unit 6: Manual therapy of neural structures. Description, evaluation and principles of treatment of neural dysfunctions.

Unit 7: Dry needling, neuromuscular taping and diacutaneous fibrolysis methods applied to disorders of the neuromusculoskeletal system.

### 4. Academic activities

Explanatory and participative classes Hours: 10

Laboratory practices/demonstration room/computer room. Hours: 60

Autonomous work of the student. Study and individual elaboration of a Field Diary/Critical Sheet. Hours: 100

### 5. Assessment system

Continuous evaluation: Compulsory attendance to 80% of the practices.

Progress tests that are included in the practical teaching and receive immediate formative feedback. Weighting 30%. Criteria:

that the implementation is correct and that the analysis part is well elaborated.

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

Problem solving, exercises and case studies. 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 elaborated and that the presentation is adequate.

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

Final exam: this test only affects students who have not done the work required for the evaluation, or for those who want to improve the grade obtained with it

Completion of a written test on the development of an open question and a practical test on the skills learned in the practices (only for those who do not attend 80% of the practices).