VNIVERSITAT DE VALÈNCIA

Course Guide
33015 General proceedings for intervention in physiotherapy II

COURSE DATA

Data Subject	
Code	33015
Name	General proceedings for intervention in physiotherapy II
Cycle	Grade
ECTS Credits	6.0
Academic year	2024 - 2025

Study (s)

Degree	Center	Acad. year	Period
1202 - Degree in Physiotherapy	Faculty of Physiotherapy	2	Second term

Subject-matter

Degree	Subject-matter	Character
1202 - Degree in Physiotherapy	10 - General procedures in physiotherapy intervention	Obligatory

Coordination

Name	Department
CASTELLANO IZQUIERDO, LAURA	191 - Physiotherapy
ROIG CASASUS, SERGIO	191 - Physiotherapy

SUMMARY

- Physiotherapeutic procedures of hydrotherapy and its application
- Physiotherapeutic procedures of balneotherapy and its application
- Physiotherapeutic procedures of climatotherapy and its application
- Physiotherapeutic procedures of thalassotherapy and its application
- Physiotherapeutic procedures of thermotherapy and its application
- Physiotherapeutic procedures of cryotherapy and its application
- Physiotherapeutic procedures of massage therapy and its application
- Physiotherapeutic procedures of occupational therapy and its application

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

No academic prerequisites are necessary

1202 - Degree in Physiotherapy

- Students must have acquired knowledge and understanding in a specific field of study, on the basis of general secondary education and at a level that includes mainly knowledge drawn from advanced textbooks, but also some cutting-edge knowledge in their field of study.
- Students must be able to apply their knowledge to their work or vocation in a professional manner and have acquired the competences required for the preparation and defence of arguments and for problem solving in their field of study.
- Students must have the ability to gather and interpret relevant data (usually in their field of study) to make judgements that take relevant social, scientific or ethical issues into consideration.
- Students must be able to communicate information, ideas, problems and solutions to both expert and lay audiences.
- Students must have developed the learning skills needed to undertake further study with a high degree of autonomy.
- Know and understand the physiotherapy methods, procedures and interventions applied in clinical settings for both, functional recovering or re-education and in activities aimed at health promotion and maintenance
- Apply, direct and coordinate the physiotherapy intervention plan using the own therapeutic tools and considering the patient's individuality.
- Work in teams.
- Have the ability to organise and plan work.
- Acquire knowledge related to the information and communication technologies.
- Know about general physiotherapy procedures: Masotherapy, Electrotherapy, Magnetotherapy, Ergotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy, Thermotherapy, Cryotherapy, Vibrotherapy, Phototherapy, Pressotherapy, and those derived from other physical agents.
- Know how to use general physiotherapy procedures: Masotherapy, Electrotherapy, Magnetotherapy, Ergotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy, Thermotherapy, Cryotherapy, Vibrotherapy, Phototherapy, Pressotherapy, and those derived from other physical agents.

- Know, design and apply other therapies related to the physiotherapy field.
- Encourage the participation of the user in the recovering process.

The student will be able to apply tramientos general physiotherapy such as massage therapy, occupational therapy, hydrotherapy, balneotherapy, climatotherapy, thalassotherapy, thermotherapy, cryotherapy, and those resulting from physical agents.

DESCRIPTION OF CONTENTS

1. Unit I: massotherapy (3 hours)

Unit 1.- Therapeutic massage in different body regions I
Unit 2. - Therapeutic massage in different body regions II
Unit 3. - Special techniques of massage

2. Unit II: Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy (13 hours)

Unit 4.- Hydrotherapy: physical basis and therapeutic effects
Unit 5.- Safety equipment in the hydrotherapy area
Unit 6.- Hydrotherapy: therapeutic techniques and procedures
Unit 7.- The mineral waters. balneotherapy.
Unit 8.- Climatotherapy and heliotherapy
Unit 9.- Thalassotherapy
Unit 10. Special methods of hydrokinesitherapy
Unit 11.- Therapeutic Water Activities I: Introduction. Justification of the program.
Unit 12.- Therapeutic Water Activities II: Therapeutic resources in the aquatic therapy.
Unit 13.- Therapeutic Water Activities III: Special Populations

3. Unit III: Thermotherapy, Cryotherapy

Unit 14. Heat therapy: thermotherapy
Unit 15. Cold therapy: cryotherapy

4. Unit IV: Ergotherapy

Unit 16. Fundamentals of occupational therapy. Manipulative skills

5. Practical I. Massage

Practice 1. Massage in different corporal regions I: back and neck.
Practice 2. Massage in different corporal regions the IInd: top members and low members.
Practice 3. Massage in different corporal regions the IIIrd: abdomen. Face and Head. Clinical cases.
Practice 4. Special technologies of massage.

6. Practical II. Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy.

Practice 5: Hydrotherapy in the physiotherapy service of H. La Fe de Valencia.
Practice 6: Aquatic therapeutic activity I: Cervico-scapular syndrome.
Practice 7: Aquatic therapeutic activity II: lumbo-pelvic syndromes.
Practice 8: Aquatic Aquatic Activity III: Special Populations.
Practice 9: Aquatic Aquatic Activity IV.

7. Practical III. Cryotherapy and thermotherapy.

Practice 10. Application of different techniques of cryotherapy and thermotherapy.

8. Group work

Practice 11. Presentation of group work

WORKLOAD

ACTIVITY	Hours	% To be attended
Laboratory practices	40,00	100
Theory classes	20,00	100
Development of individual work	25,00	0
Study and independent work	14,00	0
Preparation of evaluation activities	26,00	0
Preparing lectures	25,00	0
TOTAL	**150,00**	

TEACHING METHODOLOGY

The theoretical contents will take place in the classroom by means of master class lectures linked with participatory activities. Students know in advance the topics in order to encourage them to ask questions, concepts, as well as to promote their participation. The classroom will be conducted by audio visual means to facilitate explanation.

The practical program will be developed in different settings: laboratory practices, hydrotherapy area in hospitals and swimming pools. In the practical lessons the students will study the general intervention procedures contained in this subject through simulation exercises, case studies and work in small groups. Student work will be guided and collected in the portfolio.

"The teaching program may be modified during the development of the course if the teacher under teacher quality criteria and assimilation of knowledge by the student, it deems appropriate".

EVALUATION

9.1. Theorical program (40%)

- Test exam 50 multiple-choice questions, Mark= [hits – (mistakes/nº options -1)]x (highest score/number of questions).

9.2. Practical program (60%)

9.2.1. Continuous assessment activities

- Portfolio (7'5%). The portfolio is not mandatory. Since it is a continuous assessment activity will be scored only when when the student attends at least 60% of the practices.
- Teamwork of literature search (7'5%.)
- Plagiarism, both in group work and in the portfolios, mean failing the course.
- It penalizes the incorrect spelling.

9.2.2. Exam

- Final practical exam (45%)
- The final course grade will be averaged, provided the student has passed each of the sections of the course as follows: minimum score of 2 points in the theoretical program and 2.25 points in the practical examination of the practical program.

REFERENCES

Basic

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Additional

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