

**COURSE DATA****Data Subject**

Code	33016
Name	Kinesitherapy
Cycle	Grade
ECTS Credits	9.0
Academic year	2023 - 2024

Study (s)

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

Subject-matter

Degree	Subject-matter	Character
1202 - Degree in Physiotherapy	11 - Kinesitherapy	Obligatory

Coordination

Name	Department
ALAKHDAR MOHMARA, YASSER	191 - Physiotherapy
VELASCO CARRASCO, MARIA DEL CARMEN	191 - Physiotherapy

SUMMARY

- Fundamentals of Kinesitherapy and its importance within the General Physiotherapy.
- Theoretical basis of therapy through kinetic physical agents.
- The movement as a physical agent.
- Kinesitherapy methods and techniques applicable to patients/users.
- Theoretical basis and fundamentals.
- Principles of the different kinesitherapy techniques

PREVIOUS KNOWLEDGE



Relationship to other subjects of the same degree

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

Other requirements

OUTCOMES

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.
- Respect fundamental rights and equality between men and women.
- Work in teams.
- Have the ability to organise and plan work.
- Acquire knowledge related to the information and communication technologies.
- Acquire sensitivity to environmental issues.
- Know the fundamentals of Kinesiotherapy and its importance within Physiotherapy.
- Know the diverse agents based on movement.
- Know the theoretical bases and the applying principles of the different kinesiotherapy techniques.
- Know how to apply kinesiotherapy techniques.
- Know the ergonomic and anthropometric principles.



- Encourage the participation of the /patient user in the recovering process.
- Know how to analyse, programme and apply movement as a therapeutic measure.

LEARNING OUTCOMES

By completing this course the student will be able to apply treatments through movement, whether passive, active or against resistance, while you know these techniques relate to and complement other physical therapy procedure.

DESCRIPTION OF CONTENTS

1. INTRODUCTION

Item 1. Concept. Importance. Kinetic Physical agents. Item 2. Overall. Effects on the body. General indications and contraindications. Item 3. Kinesitherapy room. Equipment. Mechano.

2. IMMOBILIZATION AND RELAXATION

Item 4. Total immobilization. Lodging and transfers. Item 5. Partial immobilization. Casts, braces, splints. Item 6. Taping. Item 7. Relaxation techniques.

3. PASSIVE EXERCISE THERAPY

Item 8. Passive exercise therapy. Basic Principles. Classification. Item 9. Joint Mobilization. Principles of application. Item 10. Massage. Basic Principles. Item 11. Massage. Basic maneuvers. Item 12. Manual Therapy: bases and applications. Basics of handling. Item 13. Joint and musculoskeletal traction positions. Item 14. Transfers and patient management.

4. ACTIVE EXERCISE THERAPY

Item 15. Active exercise therapy. Basic Principles. Classification. Item 16. Fundamentals of human movement. Item 17. Assisted active mobilization manual and mechanical. Item 18. Suspensions. Item 19. Rehabilitation and exercise. Item 20. Posture and postural correction. Item 21. Stretching I. Item 22. Stretching II. Item 23. Proprioceptive Rehabilitation. Item 24. Coordination. March. Item 25. Balance.

5. EXERCISE THERAPY AGAINST RESISTENCE

Item 26. Mobilization against resistance. General principles. Item 27. Mobilization against resistance. Principles of application. Item 28. Basic Poleoterapia. Poleoterapia fitness machines. Item 29. Differentiated work force. Item 30. Fitness Techniques I. Unit 31. Fitness Techniques II.



6. SPECIAL CINESITERAPIA

Item 32. Disability and Physiotherapy I

Item 33. Disability and Physiotherapy II

7. PREVENTIVE KINESITHERAPY

Item 34. Postural hygiene.

Item 35. Anthropometry and ergonomics.

8. CASES STUDY

CASE STUDY 1

CASE STUDY 2

CASE STUDY 3

CASE STUDY 4

CASE STUDY 5

9. PRACTICAL PROGRAM 1

DETENTION AND RELAXATION

Practice 1. Postural changes. Transfers. Patient Management

Practice 2. Taping. Basic applications.

Practice 3. Relaxation techniques. Systems (tie splints and braces)

PASSIVE kinesitherapy

Practice 4. Joint Mobilization.

Practice 5. Massage. Basic maneuvers.

Practice 6. Massage on upper limb

10. PRACTICAL PROGRAM 2

ACTIVE KINESITHERAPY

Practice 7. Massage on lower limb.

Practice 8. Articular and vertebral tractions (manual and instrumental).

Practice 9. Active exercise therapy. Functional rehabilitation exercises.

Practice 10. Proprioceptive reeducation. Coordination. Balance.

Practice 11. Suspensions. Posture and postural correction.

CINESITERAPIA AGAINST RESISTANCE

Practice 12. Mobilization against manual resistance

Practice 13. Suspensions and Poleotherapy

**11. SEMINARS**

- 1 - Poleoterapia on weight machines.
- 2 - Analysis of the movement.

WORKLOAD

ACTIVITY	Hours	% To be attended
Laboratory practices	50,00	100
Theory classes	40,00	100
Development of group work	20,00	0
Development of individual work	40,00	0
Study and independent work	13,00	0
Preparation of evaluation activities	42,00	0
Preparing lectures	20,00	0
TOTAL	225,00	

TEACHING METHODOLOGY

The course consists of a theoretical and practical. During the theoretical sessions will use a teaching-learning methodology based on participatory lecture. Also will be various group activities. In all practical classes are conducted simulation exercises. To encourage self-learning, in the first practice will be proposed to a clinical guideline to be treated with exercise therapy (individually) and the analysis of the analytic movement, global or functional (group).

“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**6.1. Programa teórico Theoretical program**

Written test	⇒ Test type with 40 multiple choice questions, with correct one of four answer options being correct. Note = $[\text{successes} - (\text{mistakes} / \text{options} - 1)] \times (\text{highest score} / \text{number of questions})$, 2 short-answer	80%
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	questions or clinical case type.	
Continuous assessment	Presentation of 3 individual activities and group along the course	20%
		50% of the final

6.2. Practical program

Oral Test	Practical examination on the content of the subject.	100%
		1. 50% of the final

The student must overcome both parts to make average being the minimum of each part to approve of a 5 out of 10.

REFERENCES

Basic

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- HALL, C.M.; BRODY, L.T.: Ejercicio terapéutico. Recuperación funcional. Editorial Paidotribo. Barcelona. 2006.
- RODRIGUEZ GARCÍA, P.L.: Ejercicio físico en salas de acondicionamiento muscular. Ed. Panamericana. Madrid. 2008.



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- NEIGER, H.: Estiramientos analíticos manuales, Técnicas Pasivas. Ed. Panamericana. 1998. Madrid.
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Additional

- CALAIS, B. Anatomía para el movimiento I y II. Ed. La liebre de Marzo. Barcelona. 1991.
- KENDALL, FP. Músculos: pruebas y funciones. 2a ed, Marbán. 2007. Barcelona.
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- XHARDEZ, Y.: Vademécum de kinesiología. Ed. El Ateneo. Barcelona. 2000.
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- DOLTO, B. J.: La cinesiterapia práctica. Ed. Paidotribo. Barcelona. 1995.
- GARCÍA, N.; MARTÍNEZ, A. y TABUENCA, A.: La tonificación muscular, teoría y práctica. Ed. Paidotribo. 1999. Barcelona.