

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

Code	33023
Name	Osteopathic therapy
Cycle	Grade
ECTS Credits	4.5
Academic year	2023 - 2024

Study (s)

Degree	Center	Acad. year	Period
1202 - Degree in Physiotherapy	Faculty of Physiotherapy	4	First term

Subject-matter

Degree	Subject-matter	Character
1202 - Degree in Physiotherapy	13 - Specific intervention methods in physiotherapy	Obligatory

Coordination

Name	Department
LLUCH GIRBES, ENRIQUE JUAN	191 - Physiotherapy
TORRES CUECO, RAFAEL	191 - Physiotherapy

SUMMARY

The subject Terapia Osteopática is designed to guide students on current knowledge in the field of physiotherapy and pain and to acquire the clinical reasoning and technical skills necessary for the treatment of different pain conditions mainly of the musculoskeletal system.

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

- Respect fundamental rights and equality between men and women.
- Recognise diversity, multiculturality, democratic values and peace culture.
- Work in teams.
- Acquire knowledge related to the information and communication technologies.
- Acquire sensitivity to environmental issues.
- Know how to establish a therapeutic plan to reach the proposed goals.
- Know how to apply the different physiotherapy techniques for the promotion, prevention and health preservation in the pathologies of the locomotor, respiratory, cardiovascular and nervous systems. Know how to apply manual techniques, manipulative therapy, osteopathy and chiropractic techniques.
- Know how to evaluate the physiotherapy treatment applied.
- Know how to assess the results of the physiotherapy treatment.
- Know how to apply specific techniques that consider the implications of orthopaedics in physiotherapy, therapeutic reflex techniques, as well as other alternative and/or complementary methodologies and techniques with approved safety and effectiveness according to the state of development of science.

LEARNING OUTCOMES

At the end of the subject, the student must be able of:

1. Correctly assess the patient before, during and after the manual therapy intervention.
2. To design a treatment strategy with manual therapy for the promotion, prevention and health maintenance regarding different pathologies of the musculoskeletal system.
3. To acquire skills to use manual therapy, therapeutic exercise and motor control reeducation in the musculoskeletal system pathologies.

To work in a team and understand the relevance of a multidisciplinary approach.



DESCRIPTION OF CONTENTS

1. Physiotherapy and Pain: definition and basic concepts

Understand the importance of the problem of pain in clinical practice. The different paradigms of pain and the importance of the neurobiological and psychosocial paradigm are studied. The role that physiotherapy should play in the treatment of pain is analyzed.

2. Historical framework of Manual Therapy: definition and fundamental concepts

To know the historical framework of manual therapy and how it has evolved along the history. To study the history of the osteopathy and chiropractic as well as its influence in the manual therapy. To study the different manipulative trends which have been appearing within the physiotherapy and also the contributions of various authors in their evolution.

3. Clinical reasoning and diagnosis in Physiotherapy and Pain

Clinical reasoning can be defined as the thinking and decision-making processes which underpin clinical practice. The clinical reasoning involves the application of relevant knowledge (information, procedures, concepts) and clinical skills to treat the patient individually.

4. Pain and its mechanisms

Understand the importance of the problem of pain in clinical practice. The different paradigms of pain and the importance of the neurobiological and psychosocial paradigm are studied. The role that physiotherapy should play in the treatment of pain is analyzed.

5. Clinical assessment in Manual Therapy: clinical tests, clinical prediction rules, diagnostic classification diagrams.

This thematic unit is an introduction to the theoretical aspects that characterize the clinical examination in manual therapy. It emphasizes that the clinical evaluation is based on theoretical knowledge and updated clinical reasoning processes that enable us to carry out a clinical history and a physical exam. The clinical evaluation of the patient is divided into two parts: the clinical history or subjective screening and physical examination

6. Therapeutic approaches within Manual Therapy

The objective of this unit is to study the different diagnostic, assessment and therapeutic procedures on manual therapy the diverse tissues that can be asses and treat

- General aspects in the therapeutic approach of the articular system with manual therapy
- General aspects in the therapeutic approach of the muscular system with manual therapy
- General aspects in the therapeutic approach of the neural system with manual therapy

**7. Mechanisms of Manual Therapy**

The aim of this unit is to review the therapeutic effects of manual therapy:

- Mechanical effects
- Neurophysiological effects

8. Manual Therapy and musculoskeletal pain: management strategies in chronic pain

Introduction to pain neurobiology advances and its application in pain management. The aim is to bring the current knowledge on pain neurophysiology. To screen an assessment of patients with chronic pain syndromes. An introduction in the neurobiological model of chronic pain. An introduction on the pain biopsychosocial model. An introduction on the cognitive behavioral approach of chronic pain

9. Practical program

- Basic manual therapy techniques of the articular system
- Basic manual therapy techniques of the muscular system
- Basic manual therapy techniques of the neural system
- Basic manual therapy techniques of movement control
- Manual therapy of the cervical spine
- Manual therapy of the thoracic spine
- Manual therapy of the lumbar spine
- Manual therapy of the pelvis
- Manual therapy of the shoulder girdle
- Manual therapy of the elbow
- Manual therapy of wrist and hand
- Manual therapy of the hip
- Manual therapy of knee
- Manual therapy of the ankle and foot

WORKLOAD

ACTIVITY	Hours	% To be attended
Laboratory practices	25,00	100
Theory classes	20,00	100
Study and independent work	23,75	0
Readings supplementary material	23,75	0
Preparation of evaluation activities	20,00	0
TOTAL	112,50	



TEACHING METHODOLOGY

The theory lectures will take place in the classroom with the exposure of the program, participatory activities and cases of study. In the practical program, the student will learn through the resolution of problems and exercises, group activities and cases of study, and they will be trained in skills and procedures used in manual therapy. The student will prepare a portfolio over the course of the subject and submit it before the deadline indicated by the lecturer.

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, deems it appropriate.

EVALUATION

Theoretical Program (50% of the final mark)

1. Written test: a) multiple-choice exam with 30 questions (30 %). Score = $[\text{hits} - (\text{errors} / \text{number of choices} - 1)] * (\text{maximum score} / \text{number of questions})$; (b) 2 short questions to development (20 %).

Practical Program (50% of the final mark)

1. Oral examination (50%). Simulation of the techniques in the practices and cases of study.

The final mark for the course will be average, only when the student will have obtained at least a 5 out of 10 in each of the blocks theoretical and practical.

REFERENCES

Basic

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Additional

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