

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

Code	33024
Name	Physiotherapy in clinical specialties I
Cycle	Grade
ECTS Credits	6.0
Academic year	2021 - 2022

Study (s)

Degree	Center	Acad. year	Period
1202 - Degree in Physiotherapy	Faculty of Physiotherapy	3	Second term

Subject-matter

Degree	Subject-matter	Character
1202 - Degree in Physiotherapy	14 - Physiotherapy in clinical specialties	Obligatory

Coordination

Name	Department
MORA AMERIGO, ENRIQUE	191 - Physiotherapy
PUIGCERVER ARANDA, PABLO	191 - Physiotherapy

SUMMARY

The Physiotherapy in Clinical Specialties I course pretends that student develops knowledge, skills and attitudes necessary to plan, intervene and assess physiotherapy techniques in order to promote, prevent and recover health status in the rheumatic and/or orthopedic diseases.

PREVIOUS KNOWLEDGE**Relationship to other subjects of the same degree**

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



Other requirements

It is not necessary previous requirements.

OUTCOMES

1202 - Degree in Physiotherapy

- Respect fundamental rights and equality between men and women.
- Recognise diversity, multiculturalism, democratic values and peace culture.
- Have the ability to organise and plan work.
- Know how to plan treatment goals in rheumatic and orthopaedic conditions, coagulopathies, oncological conditions, urogynecology, obstetrics, amputations and re-implants, based on Physiotherapy Clinical Records.
- Know how to establish a therapeutic plan to reach the goals from the Physiotherapy Diagnosis, established in accordance with internationally recognised standards and international validation instruments.
- Know how to apply the different physiotherapy techniques of promotion, prevention and health preservation in rheumatic and orthopaedic conditions, coagulopathies, oncological conditions, urogynecology, obstetrics, amputations and re-implants.
- Know how to assess the applied physiotherapy treatment and write the Discharge report.
- Know how to assess the results of the physiotherapy treatment.
- Know and apply good clinical practice guides.

LEARNING OUTCOMES

At the end of the course the students will be able to:

1. Plan aims and objectives of physiotherapy as it arises, from clinical diagnosis of rheumatic disease and / or orthopedic.
2. Apply the various techniques of physiotherapy promotion, prevention and health maintenance in various rheumatic diseases and / or orthopedic, following the principles of scientific evidence in physiotherapy.
3. Assess and evaluate the results applied to physical therapy, according to the rules and validation instruments accepted by the international scientific community.



DESCRIPTION OF CONTENTS

1. Overview

Lesson 1. Presentation of the course. Physiotherapy in rheumatic and orthopedic conditions.

2. Specific Orthopedic Conditions

Lesson 2. Physiotherapy in pathological deviations of the rachis I: Scoliosis.

Lesson 3. Physiotherapy in pathological deviations of the spine II: Hipercifosi back. Hiperlordosi back.

Lesson 4. Orthopedic Physical Therapy in the pathology of the foot.

Lesson 5. Physiotherapy in pediatric orthopedic diseases: congenital dislocation of hip and foot disorders of the child, etc.

Lesson 6. Physiotherapy in the pathology of the shoulder.

Lesson 7. Physiotherapy in the chronic tendon disorders.

3. Spinal pain syndromes

Lesson 8. Spinal pain syndromes I. Cervical spine.

Lesson 9. Spinal pain syndromes II. Dorsal spine.

Lesson 10. Spinal pain syndromes III. Lumbar spine I.

Lesson 11. Spinal pain syndromes IV. Lumbar spine II.

4. Rheumatic

Lesson 11. Rheumatic and Physiotherapy. General.

Lesson 12. Physiotherapy in the myofascial pain syndrome I.

Lesson 14. Physiotherapy in the fibromyalgia.

Lesson 15. Physiotherapy in the rheumatoid arthritis.

Lesson 16. Physiotherapy in the ankylosing spondyloarthritis.

Lesson 17. Physiotherapy arthropathy in other metabolic and inflammatory arthropathies.

Lesson 18. Physiotherapy in osteoarthritis I. General.

Lesson 19. Physiotherapy in osteoarthritis II. Coxarthrosis and gonarthrosis. Arthritic hand.

Lesson 20. Physiotherapy in bone diseases. Osteoporosis.

5. Specific Orthopedic Conditions

Practice 1. Scoliosis 1. Assessment and measurement curves, corsets, Schroth principles of the method.

Practice 2. Scoliosis 2. Schroth Method.

**6. Spinal pain syndromes**

Practice 3. Physical therapy for spinal pain syndromes of the cervical spine.

Practice 4. Physiotherapy in pain syndromes of the spine spinal cord.

Practice 5. Physiotherapy in spinal pain syndromes of the lumbar spine.

7. Rheumatic

Practice 6: Physical therapy in myofascial pain syndrome I.

Practice 7: Physical therapy in myofascial pain syndrome II.

Practice 8: Seminar: clinical cases I.

Practice 9: Seminar: clinical cases II.

8. Teamwork

Practice 10. Oral presentation.

WORKLOAD

ACTIVITY	Hours	% To be attended
Laboratory practices	40,00	100
Theory classes	20,00	100
Development of group work	20,00	0
Preparation of evaluation activities	32,00	0
Preparing lectures	25,00	0
Preparation of practical classes and problem	13,00	0
TOTAL	150,00	

TEACHING METHODOLOGY

The theoretical teaching will take place in the classroom with the agenda for the exposure (type lecture participatory activities). Students know in advance the topics in order to answer questions, concepts, and encourage their participation.

In the practical program, students will learn by solving problems and exercises, group activities and case studies, and skills training and procedures used in physiotherapy of rheumatic diseases and orthopedic simulation techniques. It will stimulate work in small groups. The presence of the practices will be mandatory, and missing, justifiably, to 30% of them.

In addition, students, groups must conduct and present a paper on a topic provided by the teacher.



The teaching program might be modified during the development of the subject if the professor considers it appropriate, in order to guarantee the teaching quality and the learning process.

EVALUATION

Theoretical program (40% of final mark)

Final exam: a) multiple choice test (10%). Mark = $[\text{hits} - (\text{errors} / \text{n}^\circ \text{ options} - 1)] \times (\text{maximal mark} / \text{n}^\circ \text{ questions})$; b) 6 short answer test (30%).

Practical program (60% of final mark)

1. Simulation of techniques and solving of practical cases (40%).
2. Presentation of individual work (10%). Compulsory.
3. Assistance and participation at class (10%).

The score of the subject will be the sum of the maximum score obtained in block theory and the maximum score obtained in the practice block. The final grade for the course will be averaged, provided the student has obtained at least 5 of 10 in each of the sections: theoretical and practical. In all the written tests will penalize bad use of language.

Within the framework of a Teaching Innovation Project, some practical groups (after consensus with the students) will be adapted to the evaluation in order to promote the critical capacity and competencies of the subject within the framework of the Digital Society. This adaptation includes:

20% Continuous evaluation according to general involvement and skills in the practices

10% continuous evaluation activities at home.

10% Content development and impact of an account in TikTok on Disclosure physiotherapy.

10% Individual tracking of several accounts in RR.SS. (Instagram, FaceBook, Linkedin, Twitter) and critical analysis of them.

10% Attendance and class participation.

REFERENCES

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Additional

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ADDENDUM COVID-19

This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council

This addendum will only be activated if the health situation so requires and with the prior agreement of Consell de Govern.

1. Contents

The contents initially included in the teaching guide are maintained.

2. Workload and temporary teaching planning

The proportion of the different activities that add up to the hours of dedication in ECTS credits marked in the original teaching guide has been maintained.

3. Teaching methodology

Depending on the needs, teaching will be adapted to the blended or non-classroom mode, through the implementation of the corresponding teaching strategies (i.e. hybrid teaching, videoconference sessions, voice-over presentations, videos or additional multimedia material).

The tutorials may be conducted virtually, following the guidelines of the Universitat de València, via e-mail or videoconference, through the Blackboard Collaborate or Teams platform.



4. Evaluation:

The final evaluation tests will be presential, and only in case of problems caused by the evolution of the pandemic, final evaluation tests will be done online through Aula Virtual of the Universitat de València.

