

**Elective Subject**  
(Academic Course 2022-2023)

**Subject title:** CLINICAL CASE STUDIES IN PHYSIOTHERAPY

**Code:** 804326

**Subject:** Elective

**Responsibility Center:** Faculty of Nursing, Physiotherapy and Podiatry

**Credits:** 3 ECTS

**Number of places offered:** 30

	Total (30% attendance)	Theory	Seminars	Practices	Others
<b>Classroom activities</b>	10	8	-	-	2

Course schedule: (semester, day and schedule): 1st semester / Tuesday / 13:30 — 14:30

**STUDENT PROFILE (University degrees for which they are offered, if applicable)**

4th year student of Physiotherapy Degree. It is recommended that students have prior knowledge of aspects related to the fundamentals of physiotherapy, with the assessment in physiotherapy, with basic knowledge of pathophysiology and medical-surgical conditions, as well as methods and actions in physiotherapy.

**BRIEF DESCRIPTOR**

To reach consensus on clinical judgments and physiotherapeutic approaches through group exposition and dissertation of the different aspects of the musculoskeletal pathological processes.

**OBJECTIVES**

Acquire the fundamental skills to assess the functional state of the patient, considering the physical, psychological and social aspects of the same, as well as to identify the most appropriate physiotherapeutic treatment in the different processes of alteration, prevention and promotion of health.

Through the different teaching-learning activities, the student will be able to carry out clinical reasoning that will allow him/her to identify and programme the process of action for a patient, applying the guidelines of good clinical practice, and encouraging his/her participation in the recovery process.

**ACADEMIC SKILLS**

- C.F C.G.17 - Identify the most appropriate physiotherapeutic treatment in the different processes of alteration, prevention and promotion of health, as well as in the processes of growth and development. Identify the situation of the patient/user through a physiotherapy care diagnosis, planning interventions and assessing their effectiveness in a cooperative work environment with other health science professionals. Know and apply good clinical practice guidelines.
- C.E.5 - Have the ability to assess the functional state of the patient/user from a physiotherapy perspective, considering the physical, psychological and social aspects of the patient/user. Understand and apply manual and instrumental assessment methods and procedures in Physiotherapy and Physical Rehabilitation, as well as the scientific evaluation of their usefulness and effectiveness.
- C.E.6 - Know and design the different modalities and general procedures of intervention in Physiotherapy: Massage therapy, Electrotherapy, Magnetotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy, Thermotherapy, Cryotherapy, Vibrotherapy,

Phototherapy, Pressure therapy, therapies derived from other physical agents, as well as fundamental aspects of Ergotherapy and other therapies related to the field of competence of Physiotherapy. Encourage the participation of the user and family in the recovery process.

- C.E.9 - Analyse, programme and apply movement as a therapeutic measure, promoting the participation of the patient/user in the process.

### **LEARNING OUTCOMES**

- Identify and propose the most appropriate physiotherapy intervention in the different processes of alteration, prevention and promotion of health, as well as in the processes of growth and development.
- Assess and identify the situation of the patient/user through a physiotherapy care diagnosis, planning interventions and evaluating their effectiveness.
- Understand and differentiate when and how to apply manual and instrumental assessment methods and procedures in Physiotherapy and Physical Rehabilitation.
- Encourage the participation of the user and family in their recovery process, using movement as a therapeutic measure.
- Know and apply good clinical practice guidelines.
- Maintain an attitude of learning and improvement.

### **TEACHING ACTIVITIES** (theoretical, practical, seminars, workshops, etc.)

Lectures in the classroom on the concepts and topics to be covered by means of an expository-participatory methodology (10h). The student will have to do group work (20h) (group preparation of the specific topics to be presented and discussed in class), as well as several group tutorials (18h) for the resolution of this work. In addition, the student will have to dedicate time weekly to the contents of the classes through searches and readings of specialised scientific information (27h of individual study/learning).

Description of the methodology:

- Classes in small groups for the development, application, deepening of knowledge through different strategies: problem-based learning, problem solving, case studies, debates, exposition by the student.
- Search and analysis of scientific information related to the proposed topic.
- Reinforcement of the material taught in class through the analysis and commentary of research articles.

### **CONTENT TOPICS**

#### **BLOCK I: Clinical cases of musculoskeletal pathology in the cervical-scapulothoracic axis**

- Topic 1: Cervical disorders
- Topic 2: Dorsoscapular disorders
- Topic 3: Scapulothoracic conditions

#### **BLOCK II: Clinical cases of musculoskeletal pathology in the Lumbo-Pelvic-Coccygeal Axis**

- Topic 4: Lumbar conditions
- Topic 5: Pelvic disorders
- Topic 6: Coxal disorders

#### **BLOCK III: Clinical cases of musculoskeletal pathology in the extremities**

- Topic 7: Upper limb conditions
- Topic 8: Lower limb disorders

**EVALUATION**

<b>REGULAR CONVOCATION</b>			
<b>EVALUATION ACTIVITY</b>	<b>WEIGHTING</b>	<b>REMARKS</b>	<b>MAXIMUM SCORE</b>
Final exam (objective test)	40%	Final written theoretical exam, multiple-choice and/or short questions, in which the contents of the topics developed in the theoretical classes will be evaluated, as well as any complementary information..	10
Clinical case resolution work	40%	Development of a group clinical case, where diagnostic hypotheses should be established, and design of a physiotherapeutic treatment.	10
Attendance and participation. Continuous evaluation.	20%	Attendance, dedication, interest and collaboration of the student in the development of the course will be continuously assessed. *Absence from 2 or more lectures will result in the loss of the continuous evaluation and an additional individual work will be required to pass the course in that academic year.	10
<b>To pass the course it is necessary to pass the final exam, the group work and the attendance/participation separately.</b>			
<b>EXTRAORDINARY CALL</b>			
<b>EVALUATION ACTIVITY</b>	<b>WEIGHTING</b>	<b>REMARKS</b>	<b>MAXIMUM SCORE</b>
Final exam (objective test)	40%	Final written theoretical exam, multiple-choice and/or short questions, in which the contents of the topics developed in the theoretical classes will be evaluated, as well as any complementary information..	10
Clinical case resolution work	40%	Development of a group clinical case, where diagnostic hypotheses should be established, and design of a physiotherapeutic treatment.	10
Attendance and participation. Continuous evaluation.	20%	Attendance, dedication, interest and collaboration of the student in the development of the course will be continuously assessed. *Absence from 2 or more lectures will result in the loss of the continuous evaluation and an additional individual work will be required to pass the course in that academic year.	10
<b>To pass the course it is necessary to pass the final exam, the group work and the attendance/participation separately.</b>			

## **BIBLIOGRAPHY - INTERNET Resources**

### **Bibliography:**

- Petty, NJ, Ryder D. Musculoskeletal Examination and Assessment. 5th Edition. Elsevier. 2018
- Petty NJ et al. Principles of Musculoskeletal Treatment and Management. 3th Edition. Elsevier. 2018.
- Jull G et al. Grieve's Modern Musculoskeletal Physiotherapy. Fourth Edition. Elsevier 2015.
- Magee DJ, Zachazewski JE, Quillen WS , Manske RC. Pathology and Intervention in Musculoskeletal Rehabilitation. 2nd Edition. Elsevier. 2015
- Butler DS. The Neurodynamic Techniques. Noigroup Publications. 2005
- Donnelly JM, Fernández de las Peñas C et al. Myofascial Pain and Dysfunction. The trigger Point Manual. Third Edition. Wolters Kluwer. 2019
- Van Griensven, Strong J, Unruh AM. Pain. A textbook for health professionals. 2nd Edition. Churchill Livingstone Elsevier. 2014.
- Sluka, KA. Mechanisms and Management of Pain for the Physical Therapist. International Association for Study of Pain. IASP Press. 2009.
- Hengeveld E, Banks K. Maitland Manupilación Vertebral. Tratamiento de los Trastornos Neuromusculoesqueléticos. 8a Edición. Elsevier. 2014.
- Cook C, Hegedus, E. Orthopedic Physical Examination Tests: An Evidence-Based Approach. 2<sup>nd</sup> Edition. Pearson. 2013.
- Cleland, J. Netter : Exploración clínica en ortopedia : un enfoque para fisioterapeutas basado en la evidencia. Barcelona: Masson, D.L. 2006
- Travell, Simons. Dolor y Disfunción Miofascial. Madrid: Panamericana,2002, vol 1 y 2
- Hill K, Chung F. Cardiopulmonary physical therapy. Management and casa studies. Slack Incorporated, 2013

### **INTERNET Resources:**

- Biblioteca Complutense: <https://biblioteca.ucm.es>
- Pubmed: <https://www.ncbi.nlm.nih.gov/>
- PEDro: <https://www.pedro.org.au/spanish/>
- Cochrane Library Plus: <https://www.cochranelibrary.com/es/>

**TEACHING STAFF** \*(It should be indicated whether teachers have completed all their teaching dedication or not)

#### **Teacher Responsible (coordinator):**

Ibai López de Uralde Villanueva

Department: Radiology, Rehabilitation and Physiotherapy

Teaching dedication: not complete