

Elective Subject
(Academic Course 2024-2025)

Subject title: CLINICAL CASES STUDY 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	Group seminars
Classroom activities	24	11			13

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

KNOWLEDGES

- To know the different modalities and general procedures of intervention in Physiotherapy: Massage Therapy, Electrotherapy, Magnetotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy, Thermotherapy, Cryotherapy, Vibrotherapy, Phototherapy, Pressotherapy, 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 their recovery process.
- Understand how to apply manual and instrumental assessment methods and procedures in Physical Therapy and Physical Rehabilitation, as well as the scientific evaluation of their usefulness and effectiveness.
- To know the good clinical practice guidelines.

SKILLS

- Ability to assess from a Physiotherapy perspective, the functional status of the patient/user, considering the physical, psychological and social aspects of the patient/user.
- Ability to understand and analyze the situation of the patient/user through a diagnosis of Physiotherapy care, planning interventions, and evaluating their effectiveness in a cooperative work environment with other professionals in health sciences.
- Ability to identify the most appropriate physiotherapeutic treatment in the different processes of alteration, prevention and health promotion, as well as in the processes of growth and development.
- Ability to analyze, program and apply movement as a therapeutic measure, promoting the participation of the patient/user in the process.

COMPETENCIES

- Apply manual and instrumental methods and procedures of assessment in Physical Therapy and Physical Rehabilitation.
- Determine the situation of the patient/user through a physiotherapy care diagnosis, planning interventions and evaluation of their effectiveness.
- To guide the most appropriate physical therapy intervention in the different processes of alteration, prevention and health promotion, as well as in the processes of growth and development.
- Apply and integrate good clinical practice guidelines in the decision-making process of assessment and treatment of patients with different pathologies of the musculoskeletal system.

LEARNING OUTCOMES

- Understand and differentiate when and how to apply manual and instrumental methods and procedures of assessment in Physical Therapy and Physical Rehabilitation.
- Assess and identify the patient's/user's situation through a physiotherapy care diagnosis, planning interventions and evaluating their effectiveness.
- Identify and propose the most appropriate physiotherapy intervention in the different processes of alteration, prevention and health promotion, as well as in the processes of growth and development.
- 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 in the decision-making process of assessment and treatment of patients with different pathologies of the musculoskeletal system.
- 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 (11h). The student will have to do group work (25h) (non face-to-face group preparation of the specific topics to be presented and discussed in class), as well as various group seminars (13h) for the preparation and resolution of the contents of a clinical case. In addition, the student will have to dedicate time weekly to the contents of the classes through searches and readings of specialized scientific information (30h 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.
- Seminars/tutorials where students will have to reason and present clinical cases.

CONTENT TOPICS

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

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

BLOCK II: Clinical cases of musculoskeletal pathology in the Lumbo-Pelvic-Coccygeal axis

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

BLOCK III: Clinical cases of musculoskeletal pathology in the extremities

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

EVALUATION

REGULAR CONVOCATION			
EVALUATION ACTIVITY	WEIGHTING	REMARKS	MAXIMUM SCORE
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
EXTRAORDINARY CALL			
EVALUATION ACTIVITY	WEIGHTING	REMARKS	MAXIMUM SCORE
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

BIBLIOGRAPHY - INTERNET Resources

Bibliografía:

- 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. 4th Edition. Elsevier 2015.
- Magee DJ, Zachazewski JE, Quillen WS , Manske RC. Pathology and Intervention in Musculoskeletal Rehabilitation. 2nd Edition. Elsevier. 2015
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- Donnelly JM, Fernández de las Peñas C et al. Myofascial Pain and Dysfunction. The trigger Point Manual. 3rd 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 Manipulación Vertebral. Tratamiento de los Trastornos Neuromusculosqueléticos. 8a Edición. Elsevier. 2014.
- Cook C, Hegedus, E. Orthopedic Physical Examination Tests: An Evidence-Based Approach. 2nd Edition. Pearson. 2013.
- Cleland, J. Netter : Exploración clínica en ortopedia : un enfoque basado en la evidencia. 3a Edición. Barcelona: Masson, D.L. 2017
- Travell, Simons. Dolor y Disfunción Miofascial: el Manual de los Puntos Gatillo. Vol 1 y 2. 3a Edición. Madrid: Panamericana. 2019.
- Hill K, Chung F. Cardiopulmonary physical therapy. Management and casa studies. Slack Incorporated, 2013
- Gifford L. Aches and Pains (Three Books). Philippa Tindle. 2021.
- Kisner C, Colby, LA. Therapeutic exercise: Foundations and Techniques. 6th Edition. F.A. Davis Company. 2012.

Recursos Internet:

- 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):

Name: Ibai López de Uralde Villanueva

Department: Radiology, Rehabilitation and Physiotherapy