

**COURSE DATA****DATA SUBJECT**

**Code:** 33015  
**Name:** General proceedings for intervention in physiotherapy II  
**Cycle:** Undergraduate Studies  
**ECTS Credits:** 6  
**Academic year:** 2025-26

**STUDY (S)**

Degree	Center	Acad. year	Period
1202 - Degree in Physiotherapy	Facultat de Fisioteràpia	2	Second quarter

**SUBJECT-MATTER**

Degree	Subject-matter	Character
1202 - Degree in Physiotherapy	General procedures in physiotherapy intervention	COMPULSORY

**COORDINATION**

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**SUMMARY**

- Physiotherapeutic procedures of hydrotherapy and its application
- Physiotherapeutic procedures of balneotherapy and its application
- Physiotherapeutic procedures of climatotherapy and its application
- Physiotherapeutic procedures of thalassotherapy and its application
- Physiotherapeutic procedures of thermotherapy and its application
- Physiotherapeutic procedures of cryotherapy and its application
- Physiotherapeutic procedures of massage therapy and its application
- Physiotherapeutic procedures of occupational therapy and its application

**PREVIOUS KNOWLEDGE****RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE**

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

**OTHER REQUIREMENTS**



No academic prerequisites are necessary

## COMPETENCES / LEARNING OUTCOMES

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Acquire knowledge related to the information and communication technologies.

Apply, direct and coordinate the physiotherapy intervention plan using the own therapeutic tools and considering the patient's individuality.

Encourage the participation of the user in the recovering process.

Have the ability to organise and plan work.

Know, design and apply other therapies related to the physiotherapy field.

Know about general physiotherapy procedures: Masotherapy, Electrotherapy, Magnetotherapy, Ergotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy, Thermotherapy, Cryotherapy, Vibrotherapy, Phototherapy, Pressotherapy, and those derived from other physical agents.

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

Know how to use general physiotherapy procedures: Masotherapy, Electrotherapy, Magnetotherapy, Ergotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy, Thermotherapy, Cryotherapy, Vibrotherapy, Phototherapy, Pressotherapy, and those derived from other physical agents.

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 be able to communicate information, ideas, problems and solutions to both expert and lay audiences.

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 have developed the learning skills needed to undertake further study with a high degree of autonomy.

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.

Work in teams.

## DESCRIPTION OF CONTENTS



## **1. Unit I: massotherapy (3 hours)**

Unit 1.- Therapeutic massage in different body regions I  
Unit 2.- Therapeutic massage in different body regions II  
Unit 3.- Special techniques of massage

## **2. Unit II: Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy (13 hours)**

Unit 4.- Hydrotherapy: physical basis and therapeutic effects  
Unit 5.- Safety equipment in the hydrotherapy area  
Unit 6.- Hydrotherapy: therapeutic techniques and procedures  
Unit 7.- The mineral waters. balneotherapy.  
Unit 8.- Climatotherapy and heliotherapy  
Unit 9.- Thalassotherapy  
Unit 10. Special methods of hydrokinesitherapy  
Unit 11.- Therapeutic Water Activities I: Introduction. Justification of the program.  
Unit 12.- Therapeutic Water Activities II: Therapeutic resources in the aquatic therapy.  
Unit 13.- Therapeutic Water Activities III: Special Populations

## **3. Unit III: Thermotherapy, Cryotherapy**

Unit 14. Heat therapy: thermotherapy  
Unit 15. Cold therapy: cryotherapy

## **4. Unit IV: Ergotherapy**

Unit 16. Fundamentals of occupational therapy. Manipulative skills

## **5. Practical I. Massage**

Practice 1. Massage in different corporal regions I: back and neck.  
Practice 2. Massage in different corporal regions the II: top members and low members.  
Practice 3. Massage in different corporal regions the III: abdomen. Face and Head. Clinical cases.  
Practice 4. Special technologies of massage.

Practice 5: Hydrotherapy in the physiotherapy service of H. La Fe de Valencia.  
Practice 6: Aquatic therapeutic activity I: Cervico-scapular syndrome.  
Practice 7: Aquatic therapeutic activity II: lumbo-pelvic syndromes.



## 6. Practical II. Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy.

Practice 5: Hydrotherapy in the physiotherapy service of H. La Fe de Valencia.

Practice 6: Aquatic therapeutic activity I: Cervico-scapular syndrome. Practice 8: Aquatic Aquatic Activity III: Special Populations.

Practice 9: Aquatic Aquatic Activity IV.

## 7. Practical III. Cryotherapy and thermotherapy.

Practice 10. Application of different techniques of cryotherapy and thermotherapy.

## 8. Group work

Practice 11. Presentation of group work

### WORKLOAD

#### PRESENCIAL ACTIVITIES

Activity	Hours
Theory	20,00
Laboratory	40,00
<b>Total hours</b>	<b>60,00</b>

#### NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	25,00
Independent study and work	14,00
Preparation of lessons	25,00
Preparation for assessment activities	26,00
Resolution of case studies	0,00
<b>Total hours</b>	<b>90,00</b>

### TEACHING METHODOLOGY

The theoretical contents will take place in the classroom by means of master class lectures linked with participatory activities. Students know in advance the topics in order to encourage them to ask questions, concepts, as well as to promote their participation. The classroom will be conducted by audio visual means to facilitate explanation.

The practical program will be developed in different settings: laboratory practices, hydrotherapy area in



hospitals and swimming pools. In the practical lessons the students will study the general intervention procedures contained in this subject through simulation exercises, case studies and work in small groups. Student work will be guided and collected in the portfolio.

**"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

### 9.1. Theoretical program (40%)

- Test exam 50 multiple-choice questions,  $\text{Mark} = [\text{hits} - (\text{mistakes}/\text{n}^\circ \text{ options} - 1)] \times (\text{highest score}/\text{number of questions})$ .

### 9.2. Practical program (60%)

#### 9.2.1. Continuous assessment activities

- Portfolio (7'5%). The portfolio is not mandatory. Since it is a continuous assessment activity will be scored only when when the student attends at least 60% of the practices.
- Teamwork of literature search (7'5%.)
- Plagiarism, both in group work and in the portfolios, mean failing the course.
- It penalizes the incorrect spelling.

#### 9.2.2. Exam

- Final practical exam (45%), composed of oral and written questions.
- The final course grade will be averaged, provided the student has passed each of the sections of the course as follows: minimum score of 2 points in the theoretical program and 2.25 points in the practical examination of the practical program.

## REFERENCES



### Basic References

- Albornoz M, Meroño J. Procedimientos generales de fisioterapia. Práctica basada en la evidencia. Barcelona: Elsevier; 2012.
- Aramburu C, Muñoz E, Igual C. Electroterapia, Termoterapia e Hidroterapia. Madrid: Editorial Síntesis; 1998.
- Cameron MH. Agentes físicos en rehabilitación. De la investigación a la práctica. 3ª Edición. Barcelona: Elsevier España; 2009.
- Cassar MP. Manual de masaje terapéutico: una guía completa dirigida al estudiante y al fisioterapeuta profesional. Madrid: McGraw-Hill; 2001.
- Ceballos MA. Glosario de hidrología médica. Madrid: Universidad Europea-CEES; 2001.
- Gómez J. Habilidades y destrezas en terapia ocupacional. Zaragoza: Mira; 2000.
- Hernández A et al. Técnicas y Tecnologías en Hidrología Médica e Hidroterapia. Madrid: AETS - Instituto de Salud Carlos III; 2006.
- Koury JM. Acuaterapia. Guía de rehabilitación y fisioterapia en la piscina. Barcelona: Bellaterra; 1998.
- Pérez MR. Principios de hidroterapia y balneoterapia. Madrid: McGraw-Hill Interamericana; 2005.
- Plaja J. Analgesia por medios físicos. Madrid: McGraw-Hill Interamericana; 2003.
- Torres M, Salvat I. Guía de Masoterapia para fisioterapeutas. Madrid: Médica Panamericana; 2006.

### Additional References

- Colado JA. Acondicionamiento físico en el medio acuático. Barcelona: Paidotribo; 2004.
- James H. Clay, David M. Pounds. Masoterapia clínica básica: integración terapéutico-anatómica. Madrid: McGraw-Hill Interamericana; 2004
- Pappas M. Actividades acuáticas: ejercicios de tonificación, cardiovasculares y de rehabilitación. Barcelona: Paidotribo; 2006.

In addition, each subject will specify the books, scientific articles and readings of interest recommended for the preparation of the contents addressed.