

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

**Code:** 33023  
**Name:** Osteopathic therapy  
**Cycle:** Undergraduate Studies  
**ECTS Credits:** 4.5  
**Academic year:** 2025-26

**STUDY (S)**

Degree	Center	Acad. year	Period
1202 - Degree in Physiotherapy	Facultat de Fisioteràpia	4	Second quarter

**SUBJECT-MATTER**

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

**COORDINATION**

TORRES CUECO RAFAEL

LLUCH GIRBES ENRIQUE JUAN

**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****COMPETENCES / LEARNING OUTCOMES**

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Acquire knowledge related to the information and communication technologies.

Acquire sensitivity to environmental issues.

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.

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 assess the results of the physiotherapy treatment.

Know how to establish a therapeutic plan to reach the proposed goals.

Know how to evaluate the physiotherapy treatment applied.

Recognise diversity, multiculturalism, democratic values and peace culture.

Respect fundamental rights and equality between men and women.

Work in teams.

## DESCRIPTION OF CONTENTS

### **1. Musculoskeletal physiotherapy: current situation, conceptual models and paradigms.**

- Recommendations for the management of the patient with chronic musculoskeletal pain: patient-centered care, screening for red flags, screening for psychosocial factors, imaging tests, physical examination, use of PROMs, education, physical activity, exercise and manual therapy.

- Treatment versus management. Evidence-based practice and emotion-based practice. The problem of over-medicalization: over-diagnosis and over-treatment.

### **2. Clinical reasoning.**

- Concept of clinical reasoning. Types of clinical reasoning according to the focus.

- Hypothetico-deductive reasoning versus clinical pattern recognition reasoning. Definition and



characteristics.

- Factors influencing clinical reasoning: critical thinking, knowledge, cognition, meta-cognition.
- Concept of expert. Attributes of the expert. How to become an expert.
- Categories of hypotheses of clinical reasoning.

### **3. Clinical evaluation of the patient with musculoskeletal pain.**

- The anamnesis. Basic concepts. Motivational interviewing.
- Physical assessment. Basic concepts.
- Role of imaging techniques in patients with musculoskeletal pain.

### **4. Mechanisms of action of the treatments used for the management of musculoskeletal pain.**

- Mediating factors of treatments: biomechanical and neurophysiological factors.
- Treatment moderating factors: non-specific treatment factors (natural history, regression to the mean) and contextual factors (therapist, patient, therapist-patient relationship, treatment, therapeutic environment).
- Concept of placebo and nocebo. How to increase placebo and avoid nocebo.

### **5. Neuropathic pain.**

- Introduction and basic concepts.
- Pathophysiology of neuropathic pain.
- Clinical presentation of neuropathic pain and types of neuropathic pain.
- Assessment and treatment strategies for neuropathic pain.

### **6. Chronic complex pain.**

- Terminology: chronic pain, complex chronic pain, central sensitization, nociplastic pain.



- Diagnosis of the patient with complex chronic pain.
- Treatment strategies for the management of the patient with complex chronic pain: pain science education, psychology informed practice, exercise, manual therapy, sensory discrimination training, graded motor imagery, sleep hygiene.

## 7. Practical program

Practice 1: Management of the patient in the clinical setting. Shoulder pain: Clinical reasoning, implementation of anamnesis, physical assessment and complementary tests.

Practice 2: Management of the patient in the clinical setting. Shoulder pain: Education, Manual Therapy and Therapeutic Exercise depending on the Pathology, physical impairments and patient preferences.

Practice 3: Management of the patient in the clinical setting. Low back pain: Clinical reasoning, implementation of anamnesis, physical assessment and complementary tests.

Practice 4: Management of the patient in the clinical setting. Low back pain: Education, Manual Therapy and Therapeutic Exercise depending on the Pathology, physical impairments and patient preferences

Practice 5: Management of the patient in the clinical setting. Neck pain: Clinical reasoning, implementation of anamnesis, physical assessment and complementary tests.

Practice 6: Management of the patient in the clinical setting. Neck pain: Education, Manual Therapy and Therapeutic Exercise depending on the Pathology, physical impairments and patient preferences.

Practice 7: Treatment strategies for the Patient with Complex Chronic Pain: pain science education.

Practice 8: Treatment strategies for the Patient with Complex Chronic Pain: movement exposure techniques and graded motor imagery.

## WORKLOAD

### PRESENCIAL ACTIVITIES

Activity	Hours
Theory	20,00
Laboratory	25,00
<b>Total hours</b>	<b>45,00</b>

### NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	0,00
Independent study and work	47,50
Preparation of lessons	0,00
Preparation for assessment activities	20,00
Resolution of case studies	0,00
<b>Total hours</b>	<b>67,50</b>



## 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 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**

- Falla D, Cook C, Lewis J, McCarthy C, Sterling M. *Grieve's Modern Musculoskeletal Physiotherapy*. Editorial Elsevier. 5ª edición. 2024.
- Ryder D, Barnard K. *Petty's Musculoskeletal Examination and Assessment: A Handbook for Therapists (Physiotherapy Essentials)*. Editorial Elsevier. 6ª edición. 2023.
- Lewis J, Fernández de las Peñas C. *The Shoulder: Theory and Practice*. Handspring Publishing Limited. 1ª edición. 2022.
- Lluch Girbés E, López Cubas C. *Pattern Recognition of Clinical Syndromes related to Neuromusculoskeletal Pain Disorders*. Zerapi S.C. 1ª edición. 2021.
- Torres Cueco, R. *Essential Guide to the Cervical Spine ¿ Volumen 1: Clinical Assessment and Therapeutic Approaches*. Editorial Elsevier. 1º edición. 2017.
- Torres Cueco, R. *Essential Guide to the Cervical Spine - Volume Two: Clinical Syndromes and Manipulative Treatment: 2*. Editorial Elsevier. 1º edición. 2017.
- Jull G, Falla D, Treleaven J, O'Leary S. *Management of Neck Pain Disorders: a research informed approach (English Edition)*. Editorial Elsevier. 1º edición. 2017.



- Fernández de las Peñas C, Cleland J, Dommerholt J. Manual-Therapy-for-Musculoskeletal-Pain-Syndromes. Editorial Elsevier. 1º edición. 2015.
- Gifford L. Aches and Pains volumen 1-3. CNS Press. 1ª edición. 2014.
- Butler D, Moseley L. Explain Pain. Noigroup Publications. 2ª edición. 2013.

### **Additional**

- Hing W, Hall T, Mulligan B. The Mulligan Concept of Manual Therapy: Textbook of Techniques. Editorial Elsevier. 2ª edición. 2019.
- Vicenzino B, Hing W, Rivett D, Hall T. Mobilisation with Movement: the art and the science. Churchill Livingstone. Australia. 2011.
- Lederman E. The science and practice of Manual Therapy. Editorial Churchill Livingstone. 2ª edición. 2005.