

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

Code: 33026
Name: Physiotherapy in clinical specialities III
Cycle: Undergraduate Studies
ECTS Credits: 6
Academic year: 2025-26

STUDY (S)

| Degree | Center | Acad. year | Period |
|--------------------------------|--------------------------|------------|----------------|
| 1202 - Degree in Physiotherapy | Facultat de Fisioteràpia | 3 | Second quarter |

SUBJECT-MATTER

| Degree | Subject-matter | Character |
|--------------------------------|--|------------|
| 1202 - Degree in Physiotherapy | Physiotherapy in clinical specialities | COMPULSORY |

COORDINATION

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BALASCH I BERNAT MERCÈ

SUMMARY

The subject of Clinical Specialities in Physical Therapy III will help the student to know the functions of the physiotherapist in Primary Care as well as the treatment process in the most common pathologies of physiotherapy in Primary Care services, not only at the community care but also at the home treatments.

Throughout the subject the student will learn the importance of Primary Care to improve health. The central themes of the course are: health (instead of being the disease), knowledge of people and communities and early and comprehensive approach to health needs.

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.



COMPETENCES / LEARNING OUTCOMES

1202 - Degree in Physiotherapy

Have the ability to organise and plan work.

Know and apply good clinical practice guides.

Know how to apply the different physiotherapy techniques of promotion, prevention and health preservation in Primary Care, in the different stages of cognitive-motor development, and the proprioceptive methods, soft tissue techniques and motor re-education methods in nervous system disorders.

Know how to assess the applied physiotherapy treatment and write the Discharge report.

Know how to assess the results of the physiotherapy treatment.

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 plan treatment goals in the different clinical specialities of Primary Care and in the different stages of cognitive-motor development from the Physiotherapy Clinical Records.

Recognise diversity, multiculturalism, democratic values and peace culture.

Respect fundamental rights and equality between men and women.

DESCRIPTION OF CONTENTS

1. Conceptual framework and generalities of physiotherapy in Primary Care (theoretical program).

Item 1. Physiotherapy in Primary Care. Physiotherapy in home care and in community care. Health prevention and promotion programs.

2. Physical therapy in Primary Care: adults (theoretical program).

Item 2. Approach to the patient with chronic pain from Primary Care.

Item 3. Physiotherapy in Primary Care in cervical disorders. Therapeutic exercise.

Item 4. Physiotherapy in Primary Care in shoulder disorders. Therapeutic exercise.

Item 5. Physiotherapy in Primary Care in lumbar disorders. Therapeutic exercise.

Item 6. Preventive physiotherapy in the workplace.



3. Physical therapy in Primary Care: older adults (theoretical program).

- Item 7. Active aging. Therapeutic exercise.
- Item 8. Frailty and falls prevention.
- Item 9. Physiotherapy in Primary Care in the main degenerative diseases.
- Item 10. Foot care. Recommendations about footwear.

4. Physical therapy in Primary Care: pregnant (theoretical program).

- Item 11. Primary Care physiotherapy in pregnant women.
- Item 12. Primary Care physiotherapy in postpartum period and menopause.

5. Physical therapy in Primary Care in infants, children and adolescents (theoretical program).

- Item 13. Primary Care physiotherapy in infants.
- Item 14. Primary Care physiotherapy in children and adolescents.

6. Conceptual framework and generalities of physiotherapy in Primary Care (practical program).

Practice 1: Physical therapy community care programs.

7. Physical therapy in Primary Care: adults (practical program).

- Practice 2. Approach to the patient with chronic pain from Primary Care.
- Practice 3. Prevention and therapeutic exercise in cervical disorders.
- Practice 4. Prevention and therapeutic exercise in shoulder disorders.
- Practice 5. Prevention and therapeutic exercise in lumbar spine disorders.

8. Physical therapy in Primary Care: older adults (practical program).

Practice 6. Physical therapy in home care and community care in older adults.

9. Physical therapy in Primary Care: pregnant, postpartum period and menopause

Practice 7. Prevention and therapeutic exercise in pregnant women and during postpartum.



10. Physical therapy in Primary Care in infants, children and adolescents (practical program).

Practice 8. Physical therapy in Primary Care in infants.

WORKLOAD

PRESENCIAL ACTIVITIES

| Activity | Hours |
|--------------------|--------------|
| Theory | 30,00 |
| Laboratory | 30,00 |
| Total hours | 60,00 |

NON PRESENCIAL ACTIVITIES

| Activity | Hours |
|---------------------------------------|--------------|
| Attendance at other activities | 0,00 |
| Individual or group project | 20,00 |
| Independent study and work | 0,00 |
| Preparation of lessons | 36,00 |
| Preparation for assessment activities | 34,00 |
| Resolution of case studies | 0,00 |
| Total hours | 90,00 |

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.

For the practical program students will solve problems and exercises, group activities and case studies. They will be trained in skills and physical therapy procedures used in Primary Care.

Students will also work in small groups.

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 (50% of the final mark)



1. Theoretical exam: a) Multiple choice test of 20 questions (20%), $Mark = [hits - (errors/n^{\circ} options - 1)] * (maximal\ mark/n^{\circ} questions)$; b) 3 short development questions (25%).

2. Continuous evaluation activities (5%). Delivery of three activities proposed during the subject.

Practical program (50% of the final mark)

1. Oral practical exam (35%). Simulation of the physical therapy techniques presented at the practice lessons and case studies.

2. Group work (15%). Presentation of a mandatory group work.

The final mark of the subject will be the weighted sum of the marks obtained in both the theoretical program and the practical program blocks, provided that the student has obtained at least 50% of the maximum score in each of the tests: theoretical exam, group work and oral practical exam.

Due to the non-recoverable nature of the practical classes, non-attendance to practices implies the impossibility of passing the subject in any of the 2 calls. Those activities of continuous evaluation that require face-to-face due to their particular characteristics, may not be recoverable outside the hours of completion established in the schedule.

All written tests will penalize the incorrect spelling (orthography and grammar). Attendance at practices is mandatory. Attendance to 80% of the practices is required, being possible the non-attendance to 20%, but only for duly justified reasons.

REFERENCES

Bàsic

- Bazterrica IA, et al. Abordaje no farmacológico del dolor. FMC-Formación Médica Continuada en Atención Primaria. 2020;27(3):145-153.
- Butler DS, Moseley GL. Explicando el dolor. Noigroup Publications; 2010.
- Kroll HR. Exercise therapy for chronic pain. Phys Med Rehabil Clin N Am. 2015;26(2):263-281. - Malfiet A, et al. Applying contemporary neuroscience in exercise interventions for chronic spinal pain: treatment protocol. Braz J Phys Ther. 2017;21(5):378-387.
- Paz Lourido B, Martínez Rodríguez A. Fisioterapia en Atención Primaria. Síntesis; 2008.
- Paz Lourido B, Da Rocha VM. Fisioterapia comunitaria: el camino desde la conceptualización a la intervención con la comunidad. Fisioterapia. 2008;30(5): 244-250.
- Sparling PB, et al. Recommendations for physical activity in older adults. BMJ. 2015;350.

Additional

- Booth J, et al. Exercise for chronic musculoskeletal pain: a biopsychosocial approach. Musculoskeletal Care. 2017;15(4):413-421.
- Hutting N, et al. Promoting the use of self-management strategies for people with persistent musculoskeletal disorders: the role of physical therapists. J Orthop Sports Phys Ther. 2019;49(4):212-215.



- Lluch E, Dueñas L. Entendiendo el dolor: pensando un poco más allá de músculos y articulaciones. En Fisioterapia del suelo pélvico. Manual para la prevención y el tratamiento en la mujer, en el hombre y en la infancia (pp. 27-34). Editorial médica Panamericana; 2022.

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