

1. DATOS BÁSICOS

Subject	Basic Manual Therapy
Title	Degree in Physiotherapy
University	Physical Activity and Sport Sciences
Course	1º
ECTS	12 ECTS (300h)
Character	Mandatory
Language	Spanish, French and English
Modality	Presential Course
Semester	2
Academic course	2024/25
Teacher coordinator	Beatriz Ruiz
Teacher	

2. PRESENTATION

Basic Manual Therapy is a subject that is taught in the first year of the Physiotherapy degree in the second semester.

Taking into account the formative profile that the student is expected to achieve, he or she carries a training on the theoretical bases and the development of the different manual and instrumental methods and procedures of assessment in Physiotherapy. At the same time, it helps the student to acquire theoretical knowledge and practical skills through knowledge of various tests and functional checks to issue a clinical diagnosis in physiotherapy.

All this will allow the future graduate to acquire all the knowledge and skills necessary to carry out correct critical reasoning, elaboration of treatment plans and start in the patient's therapy through the application of movement.

3. COMPETENCIAS Y RESULTADOS DE APRENDIZAJE

Basic skills:

- CB1: That the students have demonstrated that they possess and understand knowledge in an area of study that starts from the base of general secondary education, and is usually found at a level, which, although supported by advanced textbooks, also includes some aspects that involve knowledge from the forefront of their field of study.
- CB2: That students know how to apply their knowledge to their work or vocation in a professional way and have the skills that are usually demonstrated through the development and defense of arguments and problem solving within their area of study.
- CB3: That students have the ability to gather and interpret relevant data (usually within their area of study) to make judgments that include reflection on relevant issues of a social, scientific or ethical nature.
- CB4: That students can transmit information, ideas, problems and solutions to both specialized and non-specialized audiences.
- CB5: That students have developed those learning skills necessary to undertake further studies with a high degree of autonomy

The table below shows the relationship between the skills that are developed in the subject and the learning outcomes that are pursued:

Competences	Learning results
CB2, CB4, CT3.	RA1: Ability to advance in the professionalization of students in the management and treatment of patients.
CB1, CB2, CB3, CT4, CT13, CE109, CE111.	RA2: Understanding of fundamental concepts related to basic manual therapy.
CB1, CB2, CB3, CB4, CB5, CT3, CT4, CT13, CE108, CE109, CE110.	RA3: Ability to design a physiotherapy treatment protocol with the knowledge acquired.

4. CONTENTS

The subject is organized into four learning units, which, are divided into topics:

Learning unit 1. Theoretical bases and development of the methods and manual and instrumental procedures of Assessment in Physiotherapy:

1) Theoretical bases:

- a) Introduction to Kinesitherapy, Passive and Active Kinesitherapy.
- b) Evaluation of the patient in Physiotherapy

Learning unit 2. Knowledge of the various tests and functional checks, in their foundations, modalities and techniques, as well as the scientific evaluation of their usefulness and effectiveness:

- 1) Knowledge of functional tests:
 - a) Lumbo-abdominal region: Exploration.
 - b) Dorso-thoracic region: Exploration.
 - c) Cervical region and head: Exploration.
 - d) Pelvis: Exploration.
 - e) Hip: Exploration.
 - f) Knee: Exploration.
 - g) Ankle-foot: Exploration.
 - h) Shoulder girdle: Exploration.
 - i) Elbow: Exploration.
 - j) Forearm, wrist and hand: Exploration

Learning unit 3. Study and application of movement as a therapeutic measure, in the different parts of the locomotor system: head and trunk, upper and lower limb:

- 1) Study and application of movement:
 - a) Rachis as a whole. Joint physiology. Basic kinesiotherapy.
 - b) Lumbo-abdominal region: Joint physiology. Basic kinesiotherapy.
 - c) Dorso-thoracic region: Joint physiology. basic kinesiotherapy
 - d) Cervical region and head: Joint physiology. basic kinesiotherapy
 - e) Pelvis: joint physiology. Basic kinesiotherapy.
 - e) Hip. Joint physiology. basic kinesiotherapy
 - g) Knee. Joint physiology. basic kinesiotherapy

- h) Ankle-foot. Joint physiology. basic kinesiotherapy
- i) Shoulder girdle. Joint physiology. basic kinesiotherapy
- i) Elbow. Joint physiology. Basic kinesiotherapy.
- k) Forearm, wrist and hand. Joint physiology. basic kinesiotherapy

5. TEACHING-LEARNING METHODOLOGIES

The types of teaching-learning methodologies that will be applied are indicated below:

- Master class
- Simulation environments
- Cooperative learning
- Case Method
- Dialogic Learning

6. Learning Activities

The types of training activities that will be carried out and the dedication in hours of the student to each of them are identified below:

Presential Modality :

Training activity	Número de horas
Master Class	34 h
Analysis of practical cases	40 h
Self-learning	100 h
Practice in class	80 h
Counseling	10h
Virtual seminars	24h
Problem solving	12h
TOTAL	300 h

7. EVALUATION

A continuación, se relacionan los sistemas de evaluación, así como su peso sobre la calificación total de la asignatura:

Presential Modality :

Sistema de evaluación	Peso
Theoretical knowledge tests	35%
Practical knowledge tests	35%
Linguistic integration	10%
Goniometry	3%
Integrated activity knee	3%
Clinical cases	14%

In the Virtual Campus, when you access the subject, you will be able to consult in detail the evaluation activities that you must carry out, as well as the delivery dates and the evaluation procedures for each one of them.

7.1. Ordinary examination session

The final grade for the subject will be obtained by the sum of the results obtained in the blocks of theoretical and practical knowledge and training activities, according to the percentages described. In order to pass the subject, it is necessary to obtain an average grade of 5 in each of the blocks independently.

The student's minimum attendance at 50% of the practical classes will be required. The student who does not comply with this assistance will not have the right to carry out the practical evaluation tests.

Practical block 1: It will mean 35% of the final grade. Two practical objective tests will be carried out. A mark of 5 will be necessary in each exam to be able to make the average of the block.

Block 2 Theoretical: It will mean 35% of the final grade. Two objective theoretical tests will be carried out. A mark of 5 will be necessary in each exam to be able to make the average of the block.

Block 3 Training Activities: It will mean 30% of the final grade. This block is made up of: Integrated activity knee, Goniometry, Linguistic integration and Clinical cases. 2 clinical cases will be carried out. The average mark between the 4 blocks of training activities must be equal to or greater than 5. The student who does not have a minimum of 5 must carry out the activity that does not exceed 5 in the extraordinary test.

7.2. Final Exam Recovery

In case of not reaching the minimum contents and competences, the student will have the right to an extraordinary exam, presenting himself only to the tests not passed during the ordinary test.

8. SCHEDULE

This section indicates the schedule with delivery dates of evaluable activities of the subject:

Evaluation activities	Date
Activity 1: Practical objective tests	Weeks 8 y 18
Activity 2 Theoretical objective tests	Weeks 8 y 18
Activity 3: Linguistic integration	Weeks 1 to 17
Activity 4: Knowledge test (clinical cases)	Weeks 8 and 18
Activity 5: Learning folder (goniometry activity)	Weeks 1 and 2
Activity 6: Integrated activity knee	Week 10

This schedule may be modified for logistical reasons of the activities. Any modification will be notified to the student in a timely manner.

9. BILIOGRAPHY

The following is a recommended bibliography:

- Medical dictionary.
- Rouviere H. Human anatomy. 9th ed. Barcelona; 1987.
- Martínez Morillo M, Pastor Vega JM, Sendra Portero F. Manual of Physical Medicine. Barcelona: Harcourt Brace; 1998.
- Kapandji AI, Joint Physiology. 5th ed. Madrid: Pan American; 1997.
- Nordin M, Frankel VH. Basic biomechanics of the musculoskeletal system. 3rd ed. Madrid: Inter-American McGraw-Hill; 2004.
- Miralles Marrero RC, Miralles Rull I. Clinical biomechanics of locomotor system pathologies; Elsevier Masson; 2006.
- Hoppenfeld S, Physical examination of the spine and extremities. Mexico: The Modern Manual; 1979.
- Tixa S, Atlas of palpatory anatomy. 2nd ed. Barcelona: Massón, 2006.
- Frisch H, Method of exploration of the locomotor system and posture. 7th ed. Barcelona: Paidotribo; 2005.
- Norkin CC, White DJ, Goniometry: assessment of joint mobility. 3rd ed. Madrid: Marban. 2006.
- Hislop HJ, Montgomery J. Daniels Worthingham's Functional Muscle Testing. 6th ed. Madrid: Marbán; 1997.

- Genot C, Pierron G, Leroy A, Dufour M, Péninou G. Kinesitherapy. Madrid: Pan American; nineteen ninety six.
- Clay JH, Pounds DM. Basic clinical massage therapy. Madrid: McGraw Hill Interamericana; 2004
- Fritz S. Fundamentals of therapeutic massage. 3rd ed. Madrid: Elsevier; 2005.
- Klaus Buckup. Clinical tests for bone, joint and muscle pathology. 2nd ed. Barcelona: Massón; 2002

10. DIVERSITY ATTENTION UNITY

From the Educational Guidance and Diversity Unit (ODS) we offer support to our students during their university life to help them achieve their academic achievements. Other pillars of our action are the inclusion of students with specific educational support needs, universal accessibility in the different university facilities and equal opportunities.

From this Unit, it is offered to us students.

1. Accompaniment and follow-up by means of counselling and personalised plans for students who need to improve their academic performance.
2. In terms of attention to diversity, non-significant curricular adjustments are made, i.e. at the level of methodology and evaluation, for those pupils with specific educational support needs, thus pursuing equal opportunities for all students.
3. We offer students different training resources and resources to develop competencies that will enrich your personal and professional development.
4. Vocational guidance through the provision of tools and counselling for students 'in vocational doubt' who believe they have made a mistake in their choice of degree.

Students who need educational support can write to us at
orientacioneducativa@universidadeuropea.es

11. SATISFACTION SURVEY

Your opinion matters!

Universidad Europea encourages you to participate in satisfaction surveys to detect strong points and areas for improvement regarding the teaching staff, the qualification and the teaching-learning process.

The surveys will be available in the survey area of your virtual campus or through your email.

Your evaluation is necessary to improve the quality of the degree.

Thank you very much for your participation.

