1. CORE DATA

Course Subject	INTEGRATED PROCEDURES IN PHYSIOTHERAPY I
Qualification Degree	PHYSIOTHERAPY
School/Faculty	FACULTY OF MEDICINE, HEALTH AND SPORT
Year	SECOND
ECTS	9
Type	COMPULSORY
Language/s	SPANISH
Mode	ON-CAMPUS ATTENDANCE
Semester	S1
Academic year	2025/2026
Coordinating teacher	Carlos Barragán/Mónica García
Group teacher	

2. INTRODUCTION

This subject, of Compulsory nature, is taught in the first semester of the 2nd year of the Bachelor's Degree in Physiotherapy. It is a Compulsory subject with a value of 9 ECTS.

This subject is based on the physiotherapy approach to the different acute, chronic and degenerative musculoskeletal injuries that require integrated treatment.

We will deal with the different pathologies that will follow the aforementioned characteristics and we will study in depth the articular, muscular, neural treatment and those physical means that are key in the approach to these dysfunctions.

3. KNOWLEDGE, SKILLS AND COMPETENCIES

Knowledge:

CON1. Identify the different pathological processes that can affect the systems of the human body.

CON7. Know and understand the sciences, models, techniques and instruments on which physiotherapy is based, articulated and developed.

CON10. Know and understand the physiotherapeutic methods, procedures and actions, aimed at both the actual therapy to be applied in the clinic for the re-education or functional recovery, and the performance of activities aimed at the promotion and maintenance of health.

- Core recognised the Core concepts related to the bases of tissue repair of muscle, tendon and ligament tissue.

Skills:

HAB6. Apply specialist knowledge to clinical practice.

HAB10. Assessment of the evolution of the results obtained with the treatment in relation to the objectives set.
HAB11. Prepare the physiotherapy care discharge report once the proposed objectives have been met.

- Apply knowledge of therapeutic exercise in multiple pathologies.
- Develop a treatment protocol using the techniques learnt in the course.
- Carry out in-depth and synthesis work based on research in the Core bibliographical sources related to the Contents of the subject.
- Deepen clinical reasoning to solve theoretical-practical cases.
- Apply the scientific basis of therapeutic procedures in physiotherapy.
- Relate knowledge of the anatomy and physiology of the musculoskeletal system to the main signs and symptoms of the pathologies studied.

Competencies:

COMP2. Know and understand the sciences, models, techniques and instruments on which physiotherapy is based, articulated and developed.

COMP5. Know and understand the methods, procedures and physiotherapeutic actions, aimed at both the actual therapy to be applied in the clinic for re-education or functional recovery, and the implementation of activities aimed at the promotion and maintenance of health.

COMP13. Assess the evolution of the results obtained with the treatment in relation to the objectives set.

COMP14. Prepare the physiotherapy care discharge report once the proposed objectives have been met.

COMP24 Transmit messages (ideas, concepts, feelings, arguments), both orally and in writing, strategically aligning the interests of the different agents involved in communication in the academic and professional environment.

COMP28. Integrate analysis with critical thinking in a process of assessment of different ideas or professional possibilities and their potential for error, based on evidence and objective data leading to effective and valid decision-making.

COMP30. Show ethical behaviour and social commitment in the performance of the activities of a profession, as well as sensitivity to inequality and diversity.

4. CONTENTS

Theoretical/practical Contents

1. **Therapeutic procedures for the main dysfunctions of the spine: Orthopaedic treatment of acute and chronic pain.**

- Neck pain with restriction of movement
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Headache, migraine and cervicogenic orofacial pain
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Sacroiliac pain
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Osteochondritis
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

2. **Therapeutic procedures for degenerative diseases of the spine.**

- Discogenic pain of the cervical, thoracic and lumbar spine
    - Neural, articular and muscular approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Facet pain of the cervical thoracic and lumbar spine
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Radiculopathies of cervical, thoracic and lumbar origin
    - Neural, articular and muscular approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy
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3. Therapeutic procedures for the main upper limb dysfunctions: Orthopaedic treatment of acute and chronic pain

- Adhesive Capsulitis
    - Neural, articular and muscular approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Rotator cuff and long head of biceps tendinopathies
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and Electrotherapy

- Myofascial shoulder girdle pain syndrome
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise

    - Physical therapy and electrotherapy

- Epicondylalgia
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Carpal tunnel syndrome
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Peripheral neuropathies of the upper limb
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

4. Therapeutic procedures for degenerative upper limb diseases
    - Arthrosis and other degenerative processes of the shoulder girdle
        - Neural, articular and muscular approach.
            - Treatment with joint therapy
            - Treatment from a soft tissue approach
            - Neurodynamics
        - Exercise
        - Physical therapy and electrotherapy

    - Avascular necrosis of the glenohumeral joint
        - Neural, joint and muscle approach.
            - Treatment with joint therapy
            - Treatment from a soft tissue approach
            - Neurodynamics
        - Exercise
        - Physical therapy and electrotherapy

- Wrist and hand complex arthrosis
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Upper limb prostheses

5. Therapeutic procedures for the main dysfunctions of the lower limb: Orthopaedic treatment of acute and chronic pain

- Trochanteric pain syndrome
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Femoroacetabular Impingement
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Myofascial pain of the hip joint
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise
    - Physical therapy and electrotherapy

- Myofascial pain syndrome of the knee joint
    - Neural, joint and muscle approach.
        - Treatment with joint therapy
        - Treatment from a soft tissue approach
        - Neurodynamics
    - Exercise

- Physical therapy and electrotherapy

- Peripheral neuropathies of the lower limb
  - Neural, joint and muscle approach.
    - Treatment with joint therapy
    - Treatment from a soft tissue approach
    - Neurodynamics
  - Exercise
  - Physical therapy and electrotherapy

- Plantar fasciitis
  - Neural, joint and muscle approach.
    - Treatment with joint therapy
    - Treatment from a soft tissue approach
    - Neurodynamics
  - Exercise
  - Physical therapy and electrotherapy

- Metatarsalgia/talalgia
  - Neural, joint and muscle approach.
    - Treatment with joint therapy
    - Treatment from a soft tissue approach
    - Neurodynamics
  - Exercise
  - Physical therapy and electrotherapy

6. Therapeutic procedures for degenerative diseases of the lower limb

- Osteoarthritis of the hip joint
  - Neural, joint and muscle approach.
    - Treatment with joint therapy
    - Treatment from a soft tissue approach
    - Neurodynamics
  - Exercise
  - Physical therapy and electrotherapy

- Osteoporosis of the hip joint and lower extremity
  - Neural, joint and muscle approach.
    - Treatment with joint therapy
    - Treatment from a soft tissue approach
    - Neurodynamics
  - Exercise

  - Physical therapy and electrotherapy

- Knee osteoarthritis (femorotibial)
  - Neural, joint and muscle approach.
    - Treatment with joint therapy
    - Treatment from a soft tissue approach
    - Neurodynamics
  - Exercise
  - Physical therapy and electrotherapy

- Osteoarthritis of the ankle-foot complex
  - Neural, joint and muscle approach.
    - Treatment with joint therapy
    - Treatment from a soft tissue approach
    - Neurodynamics
  - Exercise
  - Physical therapy and electrotherapy

- Hallux-Valgus /hallux rigidus
  - Neural, joint and muscle approach.
    - Treatment with joint therapy
    - Treatment from a soft tissue approach
    - Neurodynamics
  - Exercise
  - Physical therapy and electrotherapy

- Tendinopathies of the lower limb (patellar, Achilles, goosefoot and iliotibial band syndrome)
  - Neural, articular and muscular approach.
    - Treatment with joint therapy
    - Treatment from a soft tissue approach
    - Neurodynamics
  - Exercise
  - Physical therapy and electrotherapy

- Lower limb prosthesis and treatment of the amputee patient.

Practical Contents

- Maitland Method
- Mulligan Method
- Mckenzie Method
- Neurodynamics
- Online application where you can practice with the electrotherapy machines.

- Electrotherapy
    - Diathermy
    - TDCS
    - Electro-stimulation
    - Tens
    - Shock waves
    - Superinductive

- Motor control exercise
    - Spine
    - MMII
    - MMSS

- Myofascial pain syndrome
- Upper and lower limb prosthesis
- Dressing of the amputee patient.

5. METHODOLOGICAL D OCENT METHODOLOGIES

- Masterclasses
- Case study method
- Cooperative learning
- Workshop learning based on workshop learning
- Simulation environments

6. LEARNING ACTIVITIES

The following identifies the types of Learning activities to be carried out and the time commitment in student hours for each of them:

On-campus delivery:

Learning activity	Number of hours
Masterclasses	20
Practical seminars	25
Analysis and resolution of case studies	3
Oral presentations of assignments	3
Writing reports and papers	0
Workshop activities and/or Laboratory activities	24

Self-study work	0
Debates and panel discussions	12
Tutorials	18
On-campus Face-to face assessment tests	3
Total	108

7. ASSESSMENT

The following is a list of the Assessment systems, as well as their weight in the total grade for the course:

On-campus delivery:

Assessment systems	Weight	
Theoretical Assessment Tests	20%	60%
Practical assessment tests	40%	
Oral presentations	10%	40%
Reports and papers	10%	
Case/problem (clinical case)	10%	
Assessment of performance (rubric of the student's day to day)	10%	

7.1 Ordinary Exam period

In order to be eligible for the Ordinary Exam period, a minimum of 50% On-campus attendance is required. However, students with overlapping and/or demonstrable employment contracts will be dealt with individually with each teacher.

In order to pass the course in the Ordinary Exam period you must obtain a grade of 5.0 out of 10.0 in the final grade of each of the parts of the course.

Assessment is divided into blocks that must be passed independently (theory, practice and active methodologies). In order to be able to average the final mark, each block must be passed with a mark of 5 or more.

7.2. Extraordinary exam period

In order to pass the course in the Extraordinary exam period you must obtain a grade higher or equal to 5.0 out of 10.0 in the final grade of each of the parts of the course.

An assessment will be made of the blocks NOT passed in the ordinary assessment. Theory, practice, scientific work.

8. TIMELINE

This section shows the Timeline with dates for the delivery of Assessable activities of the Subject:

Assessable activities	Date
Activity 1: Case study problem	Week
Activity 2: Theoretical objective test	9th week
Activity 3: Practical objective test	9th Week
Activity 4: Report and papers	11th week
Activity 5: Theoretical objective test	17thWeek
Activity 6: Exhibition	17th Week
Activity 7: Practical objective test	18th Week
Activity 8: Performance assessment	Continued

This Timeline may be subject to modifications due to logistical reasons of the activities. Any modification will be notified to the student in due time and form.

9. BIBLIOGRAPHY

- Banks, K 2010, *Maitland's clinical companion: an essential guide for students*, Churchill Livingstone/Elsevier, Edinburgh.
- Banks, K & Henveld, E 2005, *Maitland's peripheral manipulation*, 4th edn, Elsevier/Butterworth Heinemann, Edinburgh.
- Banks, K & Henveld, E 2005, *Maitland's vertebral manipulation*, 4th edn, Elsevier/Butterworth Heinemann, Edinburgh.
- Boyling, J and Jull G, (2005). *Grieve's Modern Manual Therapy*. *The Vertebral Column* 1st ed. Churchil Livingstone.
- Butler, D 2000, *The sensitive nervous system*, NOI Publications, Adelaide
- Butler, D 2009, *Explain Pain*, Practical notes from *NOI Courses,* University of Valencia, Valencia
- Butler, D 2009, *The sensitive nervous system*, Practical notes from *NOI Curses,*FORTEMA, Pontevedra
- Cleland, J (2011), *Netter's orthopaedic clinical examination: an evidence-based approach*, 2nd ed / edn, Saunders/Elsevier, Philadelphia, Pa.

- García Sánchez PC, "23 and 1/2 Hours: What a PT could do to improve our patients general health" http://ed.ted.com/on/MgPm8FnB [web page] Spain: 2013
- Jones, M (2011). "CR Theory & Practice." Practical notes from *MPTP,* ICPY, UniSA, AdelaideJones, M and Magarey, M (2011). "Subjective Assessment."
- Jones, N & Magarey, M (2011). "Neurodynamic assessment." Practical notes from *MPTP,* ICPY, UniSA, Adelaide.
- Jones, M. A. (1992). "Clinical reasoning in manual therapy." *Physical Therapy.* 72(12): 875.
- Magarey, M (2011). "CR Theory & Practice." Practical notes from *MPTP,* ICPY, UniSA, Adelaide.
- Schifferergger, E (2009). "Mobilization of the NS." Practical notes from *NOI Courses,* FORTEMA, Pontevedra.
- "Understanding Pain in less than five minutes" [video] Australia: GP Access and Hunter Integrated Pain Service, NSW Goverment; 2011.

10. DIVERSITY UNIT

From the Educational Guidance and Diversity Unit (ODI) we offer support to our students throughout 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 campuses of the university and equal opportunities.

This unit offers students

1. Accompaniment and monitoring through counselling and personalised plans for students who need to improve their academic performance.
2. In the subject of attention to diversity, non-significant curricular adjustments are made, that is, in terms of Methodological and Assessment, for those students with specific educational support needs, thus pursuing equal opportunities for all students.
3. We offer students different extracurricular training resources to develop various Competencies that will enrich their personal and professional development.
4. Vocational guidance through the provision of tools and advice to students with vocational doubts or 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 SURVEYS

Your opinion matters!

Universidad Europea encourages you to participate in the Satisfaction Surveys to detect strengths and areas for improvement in the teaching staff, the Qualification and the teaching-learning process.

The surveys will be available in the survey area of your online campus or via email.

Your feedback is necessary to improve the quality of the Degree.

Thank you very much for your participation.