



IDENTIFYING DATA

(*)Exercicio terapéutico no tratamento de alteracións abdomino-lumbo-pelvianas

Subject	(*)Exercicio terapéutico no tratamento de alteracións abdomino-lumbo-pelvianas			
Code	P05M191V01205			
Study programme	Máster Universitario en Ejercicio terapéutico en fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	3	Optional	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	da Cuña Carrera, Iria			
Lecturers	da Cuña Carrera, Iria Soto González, María Mercedes			
E-mail	iriadc@uvigo.es			
Web				
General description	It is an elective subject of the second semester. It pretends that the students know different methods of assessment of the abdominal musculature as well as different exercises for the approach of abdominal-lumbo-pelvic alterations.			

Training and Learning Results

Code	
A1	Possess and understand knowledge that provides a foundation or opportunity to be original in the development and/or application of ideas, often in a research context.
A5	That students have the learning skills that allow them to continue studying in a way that will be largely self-directed or autonomous.
B3	Transmit information in a clear way to the users of the health system, as well as with other professionals.
C4	Analyze, program and apply movement as a therapeutic measure, promoting the participation of the patient/user in the process.
C12	Apply a protocol for measuring the functional capacity of patients based on their characteristics, as well as the pathology in the different areas of specialization.
C14	Design and apply therapeutic exercise programs in the elderly.
D2	Ability to communicate orally and in writing in the Galician language.
D6	Creativity, entrepreneurial spirit and adaptation to new situations.
D8	Maintain an attitude of learning and improvement.

Expected results from this subject

Expected results from this subject	Training and Learning Results
Know the anatomy and physiology of the abdominal cavity as well as his dysfunctions	A1 D2 D8
Be able to evaluate the abdominal musculature with different devices of assessment	C12 D2 D8
Know design and apply a program of therapeutic exercise in the dysfunctions *abdomino-*lumbo-*pelvianas	A5 B3 C4 C14 D2 D6 D8

Contents

Topic

Anatomy and physiology of the abdominal cavity -
Methods of evaluation of the abdominal musculature -
Abdominal exercises applied to dysfunctions -
*abdomino-*lumbo-*pelvianas

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	6	14	20
Laboratory practical	11.5	19	30.5
Mentored work	5	18	23
Systematic observation	0.5	0	0.5
Essay	0.5	0	0.5
Essay	0.5	0	0.5

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Lecturing	They will employ methodologies like introductory activities, lesson magistral and flipped learning
Laboratory practical	They will make practices related with the *temario of the matter
Mentored work	Will carry out a work related with the contents of the matter

Personalized assistance

Methodologies	Description
Lecturing	The students will be able to request *tutorías by email, by remote or face-to-face campus
Laboratory practical	The students will be able to request *tutorías by email, by remote or face-to-face campus
Mentored work	The students will be able to request *tutorías by email, by remote or face-to-face campus

Assessment

	Description	Qualification	Training and Learning Results			
Systematic observation	During the practices will carry out a systematic observation to evaluate the aptitude, attitude, knowledges and skills	40	A1 A5	B3	C4 C12 C14	D2 D6 D8
Essay	The work will develop mainly during the practical classes	40	A1 A5	B3	C4 C12 C14	D2 D6 D8
Essay	The work will develop mainly during the practical classes	20	A1 A5	B3	C12	D2 D6 D8

Other comments on the Evaluation

In order to pass the subject, it is mandatory to attend 80% of the classes in person.

If students want to waive continuous assessment, they can request it within the corresponding period, informing the subject coordinator. The overall assessment will consist of an objective tests exam (50%) and the performance of a laboratory practice exam (50%) To pass the subject, the theoretical and practical exams must be passed independently.

2nd chance

The assessment in the second opportunity will consist of an objective tests exam (50%) and the completion of a laboratory practice exam (50%). To pass the subject, the theoretical and practical exam must be passed independently.

In any of the calls, if the student obtains a numerical rating higher than 5, but does not meet the requirements established to pass the subject, he will have a rating of 4.5 (failure).

Sources of information

Basic Bibliography

Diane Lee, Surrey BC, **Diastasis Rectus Abdominis, A Clinical Guide for Those Who Are Split Down The Middle,** Learn with Diane Lee, 2017

McGill S., **Trastornos de la Espalda Baja. Prevención y Rehabilitación Basadas en la Evidencia**, Editorial Orbishealth, 2021

Presto DC, Sahpiro BE., **Electromiografía y trastornos neuromusculares**, 4ª, Elsevier, 2021

Torres M, Meldaña A, **Fisioterapia del suelo pélvico**, panamericana, 2022

Complementary Bibliography

De Gasquet, B., **Abdominales: ¡detén la masacre!**, RBA Libros, S.A., 2015

Caufriez, M.; Esparza, S; Caufriez, S, **El Método Hipopresivo del Dr. Marcel Caufriez, Tomo I: Génesis y Programa Estático de Base de la GAH**, MC Editions, 2021

Da Cuña-Carrera I; Alonso-Calvete A; Soto-González M; Lantarón Caeiro E., **How Do the Abdominal Muscles Change during Hypopressive Exercise?**, 2021

Da Cuña-Carrera I; Soto González E; Alonso-Calvete A; González-González Y; Lantarón Caeiro E., **Immediate effects of different types of abdominal exercises on the inter-rectus distance**, 2021

Da Cuña-Carrera I; Alonso-Calvete A; Lantarón Caeiro EM.; Soto-González M;., **Are There Any Differences in Abdominal Activation between Women and Men during Hypopressive Exercises?**, 2021

Da Cuña-Carrera I; Alonso-Calvete A; González-González Y; Soto-González M., **Changes in abdominal muscles architecture induced by different types of breathing**, 2022

Recommendations

Subjects that it is recommended to have taken before

(*)Ejercicio terapéutico en procesos e patologías obstétricas e urogincológicas/P05M191V01202