



## IDENTIFYING DATA

### (\*)Exercicio terapéutico no tratamento de patoloxía musculoesquelética e recuperación do deportista

|                     |   |           |      |            |
|---------------------|---|-----------|------|------------|
| Subject             | (*)Exercicio terapéutico no tratamento de patoloxía musculoesquelética e recuperación do deportista   |           |      |            |
| Code                | P05M191V01105   |           |      |            |
| Study programme     | Máster Universitario en Ejercicio terapéutico en fisioterapia   |           |      |            |
| Descriptors         | ECTS Credits  | Choose    | Year | Quadmester |
|                     | 3   | Mandatory | 1st  | 1st        |
| Teaching language   | Spanish<br>Galician   |           |      |            |
| Department          |   |           |      |            |
| Coordinator         | Alonso Calvete, Alejandra   |           |      |            |
| Lecturers           | Alonso Calvete, Alejandra<br>Mollinedo Cardalda, Irimia   |           |      |            |
| E-mail              | alejalonso@uvigo.es   |           |      |            |
| Web                 |   |           |      |            |
| General description | Mandatory subject of 3 credits in the that will board the pathologies but frequent in the sportsmen and the treatment by means of therapeutic exercise for his recovery |           |      |            |

## Training and Learning Results

|      |  |
|------|--|
| Code |  |
| A2   | That the students know how to apply the knowledge acquired and their ability to solve problems in new or little-known environments within broader (or multidisciplinary) contexts related to their area of study.  |
| A3   | That the students are able to integrate knowledge and face the complexity of formulating judgments based on information that, being incomplete or limited, includes reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments. |
| B1   | Know how to work in teams that are structured in a uni or multidisciplinary and interdisciplinary way as a professional specialized in Therapeutic Exercise in Physiotherapy.  |
| B2   | Incorporate the ethical and legal principles of the physiotherapist profession into professional practice, as well as integrate social and community aspects in decision-making in interventions focused on Therapeutic Exercise in Physiotherapy.                                     |
| C9   | Understand the complexity of the effects of therapeutic exercise at the cardiovascular, respiratory, endocrine, neurological and skeletal muscle levels in different population groups.  |
| C10  | Design and apply therapeutic exercise programs in the prevention and treatment of pathologies or musculoskeletal, cardiovascular, respiratory, endocrine, neurodegenerative diseases, in urogynecological and obstetric dysfunctions, and oncological processes.                       |
| C11  | Adapt therapeutic exercise sessions based on the characteristics of the patient, the pathology and the environment.  |
| 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.  |
| C13  | Design, execute and direct injury prevention and recovery programs for athletes based on therapeutic exercise.   |
| D3   | Sustainability and environmental commitment. Equitable, responsible and efficient use of resources.  |
| D7   | Develop leadership and organization skills.  |
| D8   | Maintain an attitude of learning and improvement.  |

## Expected results from this subject

|                                    |                               |
|------------------------------------|-------------------------------|
| Expected results from this subject | Training and Learning Results |
|------------------------------------|-------------------------------|

|  |   |
|--|---|
| Know all the appearances related with the therapeutic exercise in musculoskeletal pathologies. | A2<br>B2<br>C9<br>D3                      |
| Know design programs of therapeutic exercise in musculoskeletal pathologies.                   | A2<br>A3<br>B1<br>C10<br>C11<br>C12<br>D8 |
| Design programs of therapeutic exercise oriented to the sporty: prevention and recovery.       | A3<br>B2<br>C10<br>C13<br>D7              |

## Contents

|  |   |
|--|---|
| Topic  |   |
| - Therapeutic exercise and alterations of the spine.                                   | - |
| - Exercises in different clinical specialitys related with the musculoskeletal system. | - |
| - Therapeutic exercise in the injuries musculoskeletal                                 | - |
| -Recovery and injury prevention prevention   | - |

## Planning

|                         | Class hours | Hours outside the classroom | Total hours |
|-------------------------|-------------|-----------------------------|-------------|
| Introductory activities | 1           | 0                           | 1           |
| Lecturing               | 6           | 19                          | 25          |
| Laboratory practical    | 8           | 19                          | 27          |
| Portfolio / dossier     | 0           | 4                           | 4           |
| Systematic observation  | 8           | 0                           | 8           |
| Essay                   | 1           | 9                           | 10          |

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

## Methodologies

|                         | Description  |
|-------------------------|--|
| Introductory activities | Activity directed the presentation of the subject as well as gather information of the students  |
| Lecturing               | Exhibition of the contents by part of the/the educational. Theoretical classes-participatory where boost the active participation of the students. |
| Laboratory practical    | Collaborative activities and of resolution of problems   |

## Personalized assistance

| Methodologies           | Description  |
|-------------------------|--|
| Introductory activities | The personalised attention will be centred in the resolution of doubts that can have the students in relation to organisation of the subject   |
| Lecturing               | The personalised attention will be centred in the resolution of doubts that can have the students in relation with the subject through tutorship face-to-face, email and/or remote campus.                               |
| Laboratory practical    | The personalised attention will be centred in the resolution of doubts that can have the students in relation to the practical contents of collective or/individual way of face-to-face way or through the remote campus |
| Tests                   | Description  |
| Essay                   | The personalised attention will be centred in the resolution of doubts that can have the students in relation to the work.   |

## Assessment

|                     | Description  | Qualification | Training and Learning Results |            |    |
|---------------------|--|---------------|-------------------------------|------------|----|
| Portfolio / dossier | (*O alumnado terá que elaborar un cartafol das sesións prácticas | 20            | B2                            | C10<br>C12 | D3 |

|                        |  |    |          |    |                                |          |
|------------------------|--|----|----------|----|--------------------------------|----------|
| Systematic observation | (*)O alumnado será avaliado nas actividades que se propoñan nas sesións prácticas e teóricas | 40 | A2       | B1 | C9<br>C10<br>C11<br>C12<br>C13 | D7<br>D8 |
| Essay                  | (*)O alumnado realizará o traballo proposto polo docente                                     | 40 | A2<br>A3 | B2 | C9<br>C10<br>C11<br>C13        | D3<br>D7 |

### Other comments on the Evaluation

Students may request the waiver of continuous assessment by informing the coordinator of the subject within the established period.

If so, the evaluation will be: 60% the work and 40% exam of objective questions.

To pass the subject, students must have independently passed all the evaluation sections and have attended 80% of the practical classes. The non-attendance to the practices supposes the loss to the continuous evaluation.

Students who have one of the approved parts will keep the passed part for the next call within the same academic year.

### 2nd chance

The students can examine 100% of the subject on this occasion, through 60% the work and 40% objective questions exam.

To pass the subject, both evaluation tests must be passed independently

In any of the calls, if the students obtain a numerical grade greater than 5, but do not meet the requirements established to pass the subject, they will have a grade of 4.5 (failed). In case of lower grades, the grade obtained will be given

### Sources of information

#### Basic Bibliography

Kisner, C., **Ejercicio terapéutico: Fundamentos y técnicas**, Paidotribo, 2005

Tarantino, F, **Entrenamiento propioceptivo**, Panamericana, 2017

Boyle, M., **El entrenamiento funcional aplicado a los deportes**, Tuto, 2017

#### Complementary Bibliography

Hall, C., **Ejercicio terapéutico : recuperación funcional**, Paidotribo, 2006

Salom, J., **Readaptación tras as lesiones deportivas. Tratamiento multidisciplinar basado en la evidencia**, Panamericana, 2020

American College of Sports Medicine, Riebe D, Ehrman JK, Liguor G, Magal, M, **ACSM's guidelines for exercise testing and prescription**, 10, Philadelphia: Wolters Kluwer, 2018

Jull, G., Falla, D, Treleaven, J, O'Leary, S, Lewis, J, **Management of Neck Pain Disorders: A research informed approach**, Elsevier Health Sciences, 2018

Lewis J, **Rotator cuff related shoulder pain: Assessment, management and uncertainties**, Manual Therapy, 2016

Lewis J, **Rotator Cuff related shoulder pain. Advances in understanding and management**, Journal of Science and Medicine in Sport,, 2017

Menon A, May S, **Shoulder pain: Differential diagnosis with mechanical diagnosis and therapy extremity assessment □ A case report**, Manual Therapy, 2013

Wright, RW, **Effectiveness of physical therapy in treating atraumatic full-thickness rotator cuff tears: A multicenter prospective cohort study**, Journal of Shoulder and Elbow Surgery, 2013

### Recommendations