



## IDENTIFYING DATA

### (\*)Exercicio terapéutico en procesos e patoloxías obstétricas e urolinecolóxicas

Subject	(*)Exercicio terapéutico en procesos e patoloxías obstétricas e urolinecolóxicas			
Code	P05M191V01202			
Study programme	Máster Universitario en Ejercicio terapéutico en fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	3	Mandatory	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Soto González, María Mercedes			
Lecturers	da Cuña Carrera, Iria Soto González, María Mercedes			
E-mail	m.soto@uvigo.es			
Web				
General description	It is a compulsory matter of the second semester. It pretends that the students purchase the necessary knowledges for the design and application of programs of therapeutic exercise in the distinct processes and pathologies obstetrics and urogynecology.			

## 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.
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.
D1	Ability to understand the meaning and application of the gender perspective in the different fields of knowledge and in professional practice with the aim of achieving a fairer and more equal society.
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
Identify the dysfunctions urogynecology more frequent in the man and in the woman	A3 D1 D8

Know the physiological changes that become in the woman in the pregnancy and in the postpartum	A2 A3 D1 D8
Design and apply programs of therapeutic exercise in obstetrics	A2 A3 B1 C10 C11 C12 D6 D8
Design and apply programs of therapeutic exercise in urinary dysfunctions and defecation	A2 A3 B1 C10 C11 C12 D6 D8
Design and apply programs of therapeutic exercise in sexual dysfunctions	A2 A3 B1 C10 C11 C12 D6 D8

## Contents

### Topic

\*Anatomo-\*fisiología Of the woman and of the man -

\*Ejercicio Therapeutic for the prevention and treatment of dysfunctions \*obstétricas and \*uroginecológicas -

## Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	6.5	23	29.5
Laboratory practical	15.5	19	34.5
Mentored work	0	9	9
Essay	1	0	1
Systematic observation	0.5	0	0.5
Objective questions exam	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	In the masterclasses will carry out introductory activities, resolution of problems and studies of cases
Laboratory practical	In the practical classes will carry out resolution of problems and studies of cases
Mentored work	The students will have to make a work on the contents of the subject

## Personalized assistance

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

## Assessment

Description	Qualification	Training and Learning Results
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Essay	Will carry out a work in group that will consist in the reading and analysis of scientific articles	40	A3	B1		
Systematic observation	During the realisation of the practices will effect a systematic observation that value the attitude, aptitude and development of the practices	40	A2 A3	B1	C10 C11 C12	D6 D8
Objective questions exam	Will carry out one tests type test	20	A2 A3	B1	C10 C11 C12	D1 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.

If you do not pass any of the parts of the exam, the part passed within the same academic year will be kept.

### 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

Bo K, Berghmans B, Morkved S, Van Kampen M., **Evidence-based physical therapy for the pelvic floor**, 2ª, Bridging Science and clinical practice, 2014

Ramirez I, Blanco L, Kauffmann S., **Rehabilitación del suelo pélvico femenino. Practica clínica basada en la evidencia**, 1ª, Médica Panamericana, 2013

Broseta Rico E, Budía Alba A, burgúes Gasión JP, Luján Marco S., **Urología práctica**, 5ª, Elsevier, 2020

Castillo Montes FJ., **Fisioterapia obstétrica y uroginecológica**, 1ª, Formación Alcalá, 2018

Castillo Montes FJ., **Fisioterapia obstétrica y uroginecológica**, 1ª, Formación Alcalá, 2018

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

#### Complementary Bibliography

Soto M, Da Cuña I, Gutiérrez M, López S., Ojea A, Lantarón E., **arly 3-month treatment with comprehensive physical therapy program restores continence in urinary incontinence patients after radical prostatectomy: A randomized controlled trial**, Neurourol Urodyn ., 2020

Soto-González M, Da Cuña-Carrera I, Gutiérrez-Nieto M, Lantarón-Caeiro EM., **Assessment of male urinary incontinence postprostatectomy through the Consultation on Incontinence Questionnaire-Short Form**, Prog Urol, 2020

Soto-González M, Da Cuña-Carrera I, Gutiérrez-Nieto M, Lantarón-Caeiro EM., **Assessment of male urinary incontinence postprostatectomy through the Consultation on Incontinence Questionnaire-Short Form.**, Prog Urol, 2020

Cabero i Roura L, Saldívar Rodríguez D, Fajardo Dueñas S., **Manual de obstetricia y ginecología**, Ergon, 2016

Alcázar, J, **Ecografía en Reproducción, Endometriosis, Dolor Pélvico y Suelo Pélvico**, Panamericana, 2022

### Recommendations

#### Subjects that are recommended to be taken simultaneously

(\*)Ejercicio terapéutico no tratamiento de alteracións abdomino-lumbo-pelvianas/P05M191V01205