



IDENTIFYING DATA

General physiotherapy I

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|---------------------|--|-----------|------|------------|
| Subject | General physiotherapy I | | | |
| Code | P05G171V01204 | | | |
| Study programme | Grado en Fisioterapia | | | |
| Descriptors | ECTS Credits | Choose | Year | Quadmester |
| | 9 | Mandatory | 2nd | 1st |
| Teaching language | Spanish Galician | | | |
| Department | | | | |
| Coordinator | Rodríguez Fuentes, Gustavo | | | |
| Lecturers | Abalo Núñez, María del Rocío Rodríguez Fuentes, Gustavo Soto González, María Mercedes | | | |
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| Web | http://http://gfuentes.webs.uvigo.es/ | | | |
| General description | <p>This is a compulsory subject in the second year of the Physiotherapy Degree (taught in the first four-month period). It studies the therapeutic use of massage therapy (both classical and some of its specific modalities), thermotherapy and hydrotherapy.</p> <p>Due to its contents, it is important to have previous knowledge of anatomy, physiology, biomechanics and palpatory anatomy. In addition, its framework within the degree programme serves at the same time to generate in the students, together with the other subjects of the course, the following students, together with the other subjects on basic general and specific knowledge of physiotherapy, a basis that facilitates Physiotherapy, a base that facilitates the development of the subjects called in the syllabus as "Physiotherapy in Clinical Specialities" and "Clinical Stays", in the third and fourth years, and which involve the interrelation of the knowledge of interrelation of basic and specific assessment and treatment knowledge used within the arsenal of a physiotherapist to treat specific pathological processes within each clinical speciality: traumatology, rheumatology, orthopaedics, peripheral neurology, genitourinary...</p> | | | |

Training and Learning Results

| | |
|------|--|
| Code | |
| A2 | Students are able to apply their knowledge to their work or vocation in a professional manner and possess the competences usually demonstrated through the development and defence of arguments and problem solving within their field of study. |
| B3 | Communicate effectively and clearly, both orally and in writing, with users of the health system as well as with other professionals. |
| C1 | To know the principles and theories of physical agents and their applications in physical therapy. |
| C7 | Know the physiological and structural changes that can occur as a result of the application of physiotherapy. |
| C12 | To know and apply the theoretical bases and the development of physiotherapeutic methods and procedures. |
| C14 | Understand and apply the manual and instrumental methods and procedures of assessment in Physical Therapy and Physical Rehabilitation, as well as the scientific evaluation of their usefulness and effectiveness. |
| C15 | Understand ergonomic and anthropometric principles. |
| C16 | Analyze, program and apply movement as a therapeutic measure, promoting the participation of the patient/user in the process. |
| C17 | Know, design and apply the different modalities and general procedures of intervention in Physiotherapy: Massage Therapy, Electrotherapy, Magnetotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy, Thermotherapy, Cryotherapy, Vibrotherapy, Phototherapy, Pressure Therapy, therapies derived from other physical agents, as well as fundamental aspects of Ergotherapy and other therapies related to the field of competence of physiotherapy. |
| C18 | Encourage the participation of the user and family in their recovery process. |
| C34 | To know and understand the morphology, physiology, pathology and behavior of people, both healthy and sick, in the natural and social environment. |

C36 To know and understand the methods, procedures and physiotherapeutic actions, aimed at both the actual therapy to be applied in the clinic for the reeducation or functional recovery, as well as the implementation of activities aimed at the promotion and maintenance of health.

D1 Ability to communicate orally and in writing in Galician.

D7 Maintain an attitude of learning and improvement.

D8 Ability to understand the meaning and application of the gender perspective in different areas of knowledge and professional practice with the aim of achieving a more just and egalitarian society.

Expected results from this subject

| Expected results from this subject | | Training and Learning Results | | |
|------------------------------------|----|-------------------------------|--|----------------|
| New | | B3 | C1 C12 C17 C36 | |
| New | A2 | B3 | C7 C12 C14 C15 C16 C17 C18 C34 C36 | D1 D7 D8 |
| New | A2 | B3 | C7 C12 C14 C15 C16 C17 C18 C34 C36 | D1 D7 D8 |
| New | | B3 | C1 C12 C17 C36 | |
| New | A2 | B3 | C7 C12 C14 C15 C16 C17 C18 C34 C36 | D1 D7 D8 |
| New | | B3 | C1 C12 C17 C36 | |
| New | A2 | B3 | C7 C12 C14 C15 C16 C17 C18 C34 C36 | D1 D7 D8 |
| New | | B3 | C1 C12 C17 C36 | |
| New | A2 | B3 | C7 C12 C14 C15 C16 C17 C18 C34 C36 | D1 D7 D8 |

Contents

| Topic | |
|--------------------------------|---|
| T1. Classical massage therapy. | T1.1. Introduction to massage (historical approach and anatomy to be taken into account). T1.2. General principles of classical massage (basic manoeuvres and considerations in the application of massage). T1.3. Effects, indications, contraindications and precautions. |

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|---|---|
| T2. Specific modalities of massage therapy. | T2.1. Deep transverse massage. T2.2. Manual lymphatic drainage. T2.3. Myofascial release. |
| T3. Thermotherapy. | T3.1. Introduction to thermotherapy. T3.2. Thermotherapy. T3.3. Cryotherapy. |
| T4. Hydrotherapy. | T4.1. Fundamentals of hydrotherapy. T4.2. Hydrotherapy techniques. T4.3. Balneotherapy, climatotherapy and thalassotherapy. |
| P1. Classical massage. | P1.1. Classical massage manoeuvres. P1.2. Classical massage by body regions. |
| P2. Specific modalities of massage therapy. | P2.1. Deep transverse massage. P2.2. Manual lymphatic drainage. P2.3. Myofascial release. |
| P3. Thermotherapy. | P3.1. Thermotherapy. P3.2. Cryotherapy. |
| P4. Hydrotherapy. | P4.1. Application of hydrotherapeutic techniques. P4.2. Application of hydrokinetic techniques. |

Planning

| | Class hours | Hours outside the classroom | Total hours |
|----------------------------|-------------|-----------------------------|-------------|
| Introductory activities | 2 | 0 | 2 |
| Lecturing | 28 | 56 | 84 |
| Collaborative Learning | 2 | 0 | 2 |
| Laboratory practical | 40 | 60 | 100 |
| Objective questions exam | 1 | 0 | 1 |
| Essay questions exam | 1 | 0 | 1 |
| Simulation or Role Playing | 2 | 13 | 15 |
| Simulation or Role Playing | 2 | 18 | 20 |

*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 | Activities aimed at making contact with and gathering information about the student body, as well as to presenting the subject matter. |
| Lecturing | Theoretical-participative classes where the active participation of students is encouraged (use of methodologies such as puzzles, educational video analysis, case studies, etc.). Generic use of audiovisual media. Throughout the term, students will receive presentations prepared by the teaching staff, which will serve as a guide, through the teledocentre platform the MooVi distance-learning platform or the website of the lecturer coordinating the course (http://gfuentes.webs.uvigo.es/). |
| Collaborative Learning | Activity using Aronson's puzzle methodology. |
| Laboratory practical | Practical classes will follow a demonstrative methodology with a reasoned analysis of practical cases. The teacher will show the different physiotherapy methods and techniques, as well as their applications. The students will then carry out the practice between them in pairs, being corrected by the teacher, while trying to clarify any doubts that may arise. |

Personalized assistance

| Methodologies | Description |
|-------------------------|--|
| Introductory activities | It will take place in a large group and/or synchronous virtual session and will be aimed at providing guidance in the development of the subject and its development of the subject and its evaluation, as well as to solve possible doubts. |
| Lecturing | Personalised attention will be focused on solving any doubts that students may have and on guiding their efforts in the subject. students and to guide their efforts in the subject. |
| Collaborative Learning | Students will be guided in the development of the large group activity. |
| Laboratory practical | Personalised attention will be focused on resolving any doubts that students may have and on clarifying the evaluation rubric for the practical exam. |

Assessment

| Description | Qualification | Training and Learning Results |
|-------------|---------------|-------------------------------|
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| | | | | |
|----------------------------|--|----|-------|---|
| Objective questions exam | 20 single answer questions (maximum duration 25 minutes); all questions shall be of equal same value. In addition, it should be noted that blanks will not count against the number of questions left blank, but wrong answers will be counted, as indicated in the following formula: Marking = [correct answers - (errors/no. of options-1) / no. of questions] - 10 | 15 | B3 | C1 C7 C12 C17 C34 C36 |
| Essay questions exam | Theoretical examination of 5 short questions (maximum duration 60 minutes). All questions will have the same value. If you do not do the puzzle activity at the beginning of the subject, you will have to take one more question in the theory exam on the content covered in the puzzle activity. | 25 | B3 | C1 C7 C12 C17 C34 C36 |
| Simulation or Role Playing | Examination where each student will answer 2 questions (1 on hydrotherapy, worth 1.5 points, and 1 on deep transverse massage, thermotherapy or cryotherapy, worth 1 point). The question to be answered will be chosen at random by the students themselves from among the set of cases that were course on these contents. This exam will take place at the end of the teaching period corresponding to the subject (December). All questions will be graded from 0 to 10 points. | 25 | A2 B3 | C7 D1 C12 D7 C14 D8 C15 C16 C17 C18 C34 C36 |
| Simulation or Role Playing | Examination where each student will answer 2 questions (1 of massotherapy or myofascial myofascial release, worth 2.5 points, and 1 on manual lymphatic drainage, worth 1 point). The question to be answered will be chosen at random by the students themselves from the set of cases that were made throughout the course on these contents. This exam will take place on the official date that corresponds to the subject in January. All questions will be graded from 0 to 10 points. | 35 | A2 B3 | C7 D1 C12 D7 C14 D8 C15 C16 C17 C18 C34 C36 |

Other comments on the Evaluation

Students opting for **continuous assessment** will be assessed as described above and with the percentages indicated:- multiple-choice exam in mid-October, provided that the contents had been taught.- developmental questions exam at the end of the term (November-December), provided that the contents had been taught.- practical exam 1, at the end of the term (December). In order to take this exam, the student had to previously sit the two theory exams.- practical exam 2, on the official date corresponding to the subject (January).

Students who do not pass the subject will keep the part passed for the second opportunity exam of the same academic year (which means at least 5 out of 10 or more in each of the parts that make up the assessment, which means, at least, having 0.75 points in the multiple-choice exam, 1.25 in the theoretical and practical exams in December, and 1.75 points in the practical exam in January).

In the event that the student does not pass each of the parts of the subject, and even if the average gives a pass mark, he/she will fail the subject and will be given a mark of 4.5 in the report.

On the other hand, those students who decide to opt for a **global evaluation**, this will initially be done on the official dates of the subject (January) and will consist of:- a theoretical exam of development questions composed of 8 short questions and a maximum duration of 90 minutes. In this exam, all the questions will have the same value (each one will be valued from 0 to 10 points). The value of this exam will be 40% of the total grade for the subject.- a practical exam of 4 scenarios carried out under the same conditions as those described in the continuous assessment and carrying the same weighting in the overall mark for the practical examination described therein. The value of this exam will be 60% of the total grade for the subject.

As in the case of continuous assessment, **in order to pass the subject the student will have to pass each of these exams** (obtaining a 5 out of 10 or more in each of them, which means at least 2 points in the theory exam and 3 in the practical exam), **in the event that the student does not pass the subject**, the part passed will be kept for the second opportunity exam of the same academic year, and, **if the student does not pass each of the parts of the subject**, and even if the average gives a pass mark, he/she will fail the subject and will be given a mark of 4.5 in the transcript.

The Teaching Guide follows the "Regulations on the evaluation, grading and quality of teaching and the student learning process", approved by the Cloister on 18 April 2023, as well as the specific adaptations for the Degree in Physiotherapy determined by the Board of the Centre.

Sources of information

Basic Bibliography

Albornoz Cabello M, Meroño Gallut J., **Procedimientos generales de Fisioterapia. Práctica basada en la evidencia.**, 1ª, Elsevier España, 2012

Seco Calvo J, dir., **Procedimientos Generales en Fisioterapia.**, 1ª, Médica Panamericana, 2021

Complementary Bibliography

- Cameron MH., **Agentes físicos en rehabilitación: práctica basada en la evidencia.**, 5ª, Elsevier España, 2019
- Ferrandez J.-C., **El Sistema linfático: historia, iconografía e implicaciones fisioterapéuticas.**, 1ª, Médica Panamericana, 2006
- Güeita Rodríguez J, Alonso Fraile M., **Terapia acuática. Abordaje desde la Fisioterapia, la Terapia Ocupacional y la Logopedia.**, 2ª, Elsevier, 2020
- Leduc A, Leduc O., **Drenaje Linfático. Teoría y Práctica.**, 1ª, Elsevier Masson, 2003
- Pilat A., **Terapias miofasciales: inducción miofascial.**, 1ª, McGraw-Hill - Interamericana de España, 2003
- Seco Calvo J, dir., **Métodos específicos de intervención en Fisioterapia. Sistema musculoesquelético I.**, 1ª, Médica Panamericana, 2016
- Tomson D, Schuchhardt C., **Drenaje linfático. Teoría, técnicas básicas y aplicadas y fisioterapia descongestiva.**, 1ª, Ergón, 2018
- Torres M, Salvat I., **Guía de masoterapia para fisioterapeutas.**, 1ª, Médica Panamericana, 2006
- Wittlinger H, Wittlinger D, Wittlinger A, Wittlinger M., **Drenaje linfático según el Método del Dr. Vodder.**, 1ª, Médica Panamericana, 2012

Recommendations

Subjects that continue the syllabus

Physical therapy in clinical specialties II/P05G171V01309

Subjects that are recommended to be taken simultaneously

General physiotherapy II/P05G171V01205

Subjects that it is recommended to have taken before

Human anatomy: Medical-surgical conditions/P05G171V01107

Human anatomy: Human anatomy/P05G171V01101

Physiology: Human physiology/P05G171V01102

Physiology: Functional movement in physiotherapy/P05G171V01105

Physiotherapy evaluation/P05G171V01108

Other comments

In the MooVi e-learning platform, in the personal data, in addition to the e-mail address, it would be convenient to indicate a contact telephone number (where you can be reached quickly in case of emergency, normally the mobile phone) and to upload a photograph (to make it easier for the teacher, especially in the first weeks, to identify the students).