**ASIGNATURA DE INTRODUCCIÓN A LA TERAPIA FÍSICA**

|  |  |
| --- | --- |
| 1. **Competences** | To integrate the therapeutic treatment through the initial assessment, planning, execution and evaluation of Physical Therapy techniques to improving the client/patient’s life quality. |
| 1. **Four-month Term** | First |
| 1. **Theory hours** | 30 |
| 1. **Practice hours** | 30 |
| 1. **Total hours** | 60 |
| 1. **Total hours per week in term** | 4 |
| 1. **Learning objective** | The students will identify the antecedents, concepts, and basic techniques of Physical Therapy, its characteristics and applications to improving the client/patient’s life quality. |

|  |  |  |  |
| --- | --- | --- | --- |
| **Learning units** | **Hours** | | |
| **Theory** | **Practice** | **Totals** |
| **I. Fundamentos de Terapia Física.** | 10 | 5 | 15 |
| **II. Técnicas aplicadas en la Terapia Física.** | 10 | 15 | 25 |
| **III. Mecanoterapia.** | 10 | 10 | 20 |
| **Totals** | **30** | **30** | **60** |

**INTRODUCCIÓN A LA TERAPIA FÍSICA**

*LEARNING UNITS*

|  |  |
| --- | --- |
| **1. Learning Unit** | **I. Fundamentos de Terapia Física.** |
| **2. Theory hours** | 10 |
| **3. Practice hours** | 5 |
| **4. Total hours** | 15 |
| **5. Objective of the Learning Unit** | The students will identify the antecedents, concepts and basic techniques of Physical Therapy, its characteristics and applications to contributing to the health and wellbeing of the client/patient. |

| **Topics** | **Know** | **Know how** | **Be** |
| --- | --- | --- | --- |
| Historic antecedents of Physical Therapy. | To identify historic facts that have impacted modern Physical Therapy. |  | Respectful  Empathic  Ethic  Analytical  Systematic  Organised  Neat  Observer  Objective  Team work |
| Concepts of Physical Therapy, application fields, and interdisciplinary and multi-disciplinary work. | To explain the concepts of physical theray at present:  - Definition of physical therapy by national and international organisms: WCPT, APTA, AMEFI.  Identifying the application fields of Physical Therapy.  To recognise the reach of different health professionals and the importance of interdisciplinary and multi-disciplinary work. |  | Respectful  Empathic  Ethic  Analytical  Systematic  Organised  Neat  Observer  Objective  Team work |
| Ethimologhy applied to the health area. | To identify the ethimology applied to the health area. | To select the ethimology applied to the health area. | Empathic  Ethic  Analytical  Systematic |
| Introduction to International Classification of Functioning, of disability, and of health, and the intervention models in Physical Therapy. | To recognise the International Classification of Functioning (ICF).  To identify the intervention models in Physical Therapy.  -MIF.  -Bio-psyco-social model. | To illustrate with examples the elements that form the Internacional Classification of Functioning, of disability, and of health.  To illustrate with examples the intervention models in Physical Therapy. | Respectful  Empathic  Ethic  Analytical  Systematic  Organised  Neat  Observer  Objective  Team work |
| Scientific method and physical therapy based on evidence. | To recognise different methods and tools to searching and selecting information based on scientific evidence. | To develop skills on search for reliable information. | Respectful  Empathic  Ethic  Analytical  Systematic  Organised  Neat  Observer  Objective  Team work |

**INTRODUCCIÓN A LA TERAPIA FÍSICA**

*EVALUATION PROCESS*

|  |  |  |
| --- | --- | --- |
| **Learning result** | **Learning sequence** | **Instruments and types evaluation** |
| Starting from revised information, the student will create a portfolio of evidences based on scientific evidence that includes:  - Timeline with historic antecedents of Physical Therapy.    - Comparative chart of definition of Physical Therapy based on different organisms.  - Chart with application fields. Work fields. Professionals that form the multi-disciplinary and interdisciplinary team.  - Glossary of ethimology applicable to health.  - Simulation of cases where criteria of CIF are identified and the selection of intervention model supported on the scientific model. | 1. To identify the historic antecedents that have impacted Physical Therapy at present. 2. To identify the concept and function of Physical Therapy at present.      1. To distinguish the application fields and the multi-disciplinary and interdisciplinary team members. 2. To identify the ethimology applied to the health area. 3. To recognise the International Classification of Functioning of disability and of health (ICF). 4. To identify the intervention models in Physical Therapy:   -MIF.  -Bio-psyco-social model.   1. To recognise the different methods and tools to searching and selecting information based on scientific evidence. | Portfolio of evidences.  Checklist.  Observation guide. |

**INTRODUCCIÓN A LA TERAPIA FÍSICA**

*TEACHING LEARNING PROCESS*

|  |  |
| --- | --- |
| **Learning methods and techniques** | **Didactic means and materials** |
| Investigation tasks. Collaborative teams. Guided practice.  Case simulation. | Internet connection. Audiovisual equipment. Whiteboard. Printed materials. Furniture. Anatomic models. |

*FORMATION SPACE*

|  |  |  |
| --- | --- | --- |
| **Classroom** | **Laboratory / Workshop** | **Company** |
| X |  |  |

**INTRODUCCIÓN A LA TERAPIA FÍSICA**

*LEARNING UNITS*

|  |  |
| --- | --- |
| **1. Learning Unit** | **II. Técnicas aplicadas en la Terapia Física.** |
| **2. Theory hours** | 10 |
| **3. Practice hours** | 15 |
| **4. Total hours** | 25 |
| **5. Objective of the Learning Unit** | The students will identify and match the techniques applicable to Physical Therapy to contibuting to health and wellbeing of the client/patient. |

|  |  |  |  |
| --- | --- | --- | --- |
| **Topics** | **Know** | **Know how** | **Be** |
| Education to the patient. | To identify the concept, objective and the techniques corresponding to edudation to client/patient.  To match the role of education to the patient in therapist-patient communication, as well as prevention in Physical Therapy. | To illustrate with examples the application of education to the patient in the field of Physical Therapy within different life stages, its benefits, and consequences for its lack. | Respectful  Empathic  Ethic  Analytical  Systematic  Organised  Neat  Observer  Objective  Team work. |

| Therapeutic exercise. | To identify the concept, objective, and the techniques corresponding to therapeutic exercise.  To know the importance of kinefilaxis within human health. | To illustrate with examples the application of therapeutic exercise in the field of Physical Therapy within the different life stages, its benefits, and consequences for its lack. | Respectful  Empathic  Ethic  Analytical  Systematic  Organised  Neat  Observer  Objective  Team work |
| --- | --- | --- | --- |
| Biophysical agents. | To identify the concept, objective and the techniques corresponding to biophysical agents.  To know the importance of biophysical agents in profilaxis within human health. | To illustrate with examples the application of biophysical agents in the field of Physical Therapy.  To illustrate with examples within the different life stages, its benefits, and consequences for its lack. | Respectful  Empathic  Ethic  Analytical  Systematic  Organised  Neat  Observer  Objective  Team work. |
| Manual therapy. | To identify the concept, objective and the techniques corresponding to manual therapy. | To illustrate with examples the application of manual therapy in the field of physical therapy within the different stages of life, its benefits and consequences due to lack of it. | Respectful  Empathic  Ethic  Analytical  Systematic  Organised  Neat  Objetivo  Team work |
| Functional training in AVDH y AIVD. | Identify the concept, objective and techniques corresponding to functional training in Activities of Daily Human Living (ADHL) and Instrumental Activities of Daily Living (IADL). | To exemplify the application of functional training in ADHL and IADL in the field of Physical Therapy within the different stages of life, its benefits and consequences due to lack of it. | Respectful  Empathic  Ethic  Analytical  Systematic  Organised  Neat  Observer  Objective  Team work |

**INTRODUCCIÓN A LA TERAPIA FÍSICA**

*EVALUATION PROCESS*

|  |  |  |
| --- | --- | --- |
| **Learning result** | **Learning sequence** | **Instruments and types of evaluation** |
| Starting from the theory-practice revised information, the student will create a report based on a series of clinic cases that includes:  -Client/patient’s name.  -Client/patient’s age.  -Current condition.  -Selection of the biophysical agent to use, according to the current client/patient’s ailment.  -Selection of a type of therapeutic exercise based on the analysis of the clinical case.  -Approach of examples of activities of daily human life and instrumental applied to the clinic case. | 1. To identify the concept, objective and techniques corresponding to education to the patient.  2. To match the role of education to the patient in therapist-patient communication, as well as prevention in physical therapy.  3. To identy the concept, objective and techniques corresponding to therapeutic exercise.  4. To know the importance of kineflexis within human health.  5. To identify the concept, objective and techniques corresponding to manual therapy.  6. To identify the concept, objective, and techniques corresponding to functional training in Activities of Daily Human Living (ADHL) and Instrumental Activities of Daily Living (IADL). | Case study.  Checklist. |

**INTRODUCCIÓN A LA TERAPIA FÍSICA**

*TEACHING LEARNING PROCESS*

|  |  |
| --- | --- |
| **Teaching methods and techniques** | **Didactic means and materials** |
| Case analysis. Investigation tasks. Collaborative teams. | Internet connection. Audiovisual equipment. Whiteboard. Printed material. Furniture. Anatomic models. |

*FORMATION SPACE*

|  |  |  |
| --- | --- | --- |
| **Classroom** | **Laboratory / Workshop** | **Company** |
| X |  |  |

**INTRODUCCIÓN A LA TERAPIA FÍSICA**

*LEARNING UNITS*

|  |  |
| --- | --- |
| **1. Learning Unit** | **III. Mecanoterapia.** |
| **2. Theory hours** | 10 |
| **3. Practice hours** | 10 |
| **4. Total hours** | 20 |
| **5. Objective of the Learning Unit** | The students will identify the use and correct application of equipment and tools that are found in a therapeutic gymnasium, as well as the concept of ergonomy and the factors that intervene in it, to contributing to health and wellbeing of the client/patient. |

| **Topics** | **Know** | **Know how** | **Be** |
| --- | --- | --- | --- |
| Mechano-therapy. | To identify the basic concepts and classification of mechano-therapy.  To recognise the indications and contraindications to the use of mechano-therapy. | To locate the equipment and furniture en the mechano-therapy area. | Respectful  Empathic  Ethic  Analytical  Systematic  Organised  Neat  Observer  Objective  Team work |
| Foundations and application of ergonomy in Physical Therapy. | To identify the concept, objective, and historic antecedents of ergonomy.  To recognise the factors that intervene in ergonomy. | To illustrate with examples ergonomy in a work centre. | Respectful  Empathic  Ethic  Analytical  Systematic  Organised  Neat  Observer  Objective  Team work |

**INTRODUCCIÓN A LA TERAPIA FÍSICA**

*EVALUATION PROCESS*

|  |  |  |
| --- | --- | --- |
| **Learning result** | **Learning sequence** | **Instruments and types of evaluations** |
| Starting from the revised information, the student will create an evidence portfolio based on scientific evidence that includes:  - Map mind of mechano-therapy and types of mechano-therapy.  - Timeline of antecedents of ergonomy.  - Summary of different types of equipment including that of displacement, of muscle potentiation, of range of movement ease, of accesories, of self-perception and equilibrium. | 1. To differenciate the types of mechano-therapy.  2. To recognise the instructions and counterinstructions on the use of mechano-therapy.    3. To select the mechano-therapy equipment.  4. To identify the bases of ergonomy.  5. To recognise the factors that intervene in ergonomy: effort, postures, repetitive movements. | Map mind.  Timeline.  Summary.  Checklist. |

**INTRODUCCIÓN A LA TERAPIA FÍSICA**

*TEACHING LEARNING PROCESS*

|  |  |
| --- | --- |
| **Teaching methods and techniques** | **Didactic means and materials** |
| Case analysis. Investigation tasks. Collaborative teams. | Internet connection. Audiovisual equipment. Whiteboard. Printed material.  Furniture. |

*FORMATION SPACE*

|  |  |  |
| --- | --- | --- |
| **Classroom** | **Laboratory / Workshop** | **Company** |
| X | X |  |

**INTRODUCCIÓN A LA TERAPIA FÍSICA**

*CAPACITIES DERIVED FROM THE PROFESSIONAL COMPETENCES TO WHICH THE SUBJECT CONTRIBUTES*

| **Capacity** | **Performance Criteria** |
| --- | --- |
| To assess the physical state of the client/patient through diagnostic interpretation and applying physical exploration techniques, and clinic interview to establish the treatment plan. | To elaborate a therapeutic assessment report, which will be added to the therapeutic record, that includes:   * Specialist who channels. * Informed consensment. * Personal information. * Current ailment. * Clinical record. * Physical and therapeutic assessment. |
| To determine the therapeutic treatment through the selection and programming of therapeutic techniques, area, equipment, work material, human resource, and calendarisation to contribute to the evolution of the health status and wellbeing of the client/patient. | To elaborate a treatment protocol, which will be added to the therapeutic record, that includes:   * Chronogram of sessions per treatment. * Place or workplace. * Techniques to use. * Therapeutic counterinstructions. * Risks and complications. * List of material and equipment to use according to the applicable norm. * Projection of the evolution of the client/patient. * Therapist in charge and their speciality. |
| To develop the therapeutic treatment through manual therapies and electrotherapy to contribute to rehabilitation, health status and wellbeing of the client/patient. | To perform the manual techniques and electrotherapy according to the protocol established: facilities, equipment and goods to use, times, temperature; instructions and counterinstructions and benefits to the client/patient.  To keep track of the application of the treatment, which will be added to the therapeutic record, that includes:   * Date, time, and session number. * Treatment specifying the manual techniques and electrotherapy used. * Treatment progress. * Observations. * Reaction or affectation. * Suggestions of monitoring and medical assessment. * Therapist in charge and their speciality. |
| To evaluate the evolution and satisfaction of the client/patient through results analysis to propose modifications to the treatment and to contribute to the achievement of its objectives. | To elaborate a report of results, which will be added to the therapeutic record, that includes:   * Fullfilment of programmed activities. * Equipment used. * Techniques applied. * Fullfilment of hygiene and security norms. * Degree of evolution of client/patient. * Degree of satisfaction of client/patient. * Treatment conclusions. * Observations and proposal of modifications to the treatment. |

# 

**INTRODUCCIÓN A LA TERAPIA FÍSICA**

*BIBLIOGRAPHIC SOURCES*

| **Author** | **Year** | **Title of Document** | **City** | **Country** | **Editorial** |
| --- | --- | --- | --- | --- | --- |
| M.Torres & I. Salvat | 2006 | Guía de Masoterapia para Fisioterapeutas. | Madrid | España | Panamericana |
| Cameron, Michelle H. | 2009 | Agentes Físicos en Rehabilitación. | Barcelona | España | Elsevier |
| Gallego Izquierdo, Tomás | 2007 | Bases teóricas y fundamentos de la fisioterapia. | Madrid | España | Panamericana |
| Obregón Sánchez, María Guadalupe | 2016 | Fundamentos de ergonomía. | Azcapotzalco | México | Patria S.A. de C.V. |
| Castillo M., Juan Alberto | 2010 | Ergonomía Fundamentos para el desarrollo de soluciones ergonómicas. | Bogotá | Colombia | Universidad del Rosario |
| Asensio-Cuest, Sabina | 2012 | Evaluación ergonómica de puestos de trabajo. | Madrid | España | Paraninfo |
| American Physical Therapist Associaton | 2021 | APTA Guide to Physical Therapist Practice. | Alexandria | Estados Unidos |  |
| World Confederation for Physical Therapy. | 2019 | Descripción de la Fisioterapia. | Londres | Reino Unido |  |