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| **Un conjunto de letras blancas en un fondo blanco  Descripción generada automáticamente con confianza media** | TÉCNICO SUPERIOR UNIVERSITARIO EN  TERAPIA FÍSICA ÁREA TURISMO DE SALUD Y BIENESTAR  EN COMPETENCIAS PROFESIONALES | **descarga** |

**ASIGNATURA DE INTRODUCCIÓN EN TERAPIAS MANUALES**

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| 1. **Competences** | To integrate the therapeutic treatment through initial assessment, planning, execution, and evaluation of techniques of physical therapy to the improvement of life quality of the client/patient. |
| 1. **Four-month term** | Third |
| 1. **Theory hours** | 33 |
| 1. **Practice hours** | 57 |
| 1. **Total hours** | 90 |
| 1. **Total hours per week in term** | 6 |
| 1. **Learning objective** | The students will develop protocols of manual techniques (massage, deep tissue, sporting and myofascial induction, and therapeutic massage) based on the initial diagnosis of the client/patient and applicable norm to contribute to the improvement of life quality. |

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| **Learning Units** | **Hours** | | |
| **Theory** | **Practice** | **Totals** |
| **I. Introducción a las Terapias Manuales.** | 5 | 2 |  |
| **II. Masaje.** | 10 | 20 | 30 |
| **III. Tejido Profundo.** | 10 | 10 | 20 |
| **IV. Inducción al Masaje Terapéutico y Miofascial.** | 8 | 25 | 33 |
| **Totals** | **33** | **57** | **90** |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*LEARNING UNITS*

|  |  |
| --- | --- |
| 1. **Learning Unit** | **I. Introducción a las Terapias Manuales.** |
| 1. **Theory hours** | 5 |
| 1. **Practice hours** | 2 |
| 1. **Total hours** | 7 |
| 1. **Objective of the Learning Unit** | The students will identify the basic concepts of manual therapies in rehabilitation, health and wellbeing, to contribute to the improvement of life quality of the client/patient. |

| **Topics** | **Know** | **Know how** | **Be** |
| --- | --- | --- | --- |
| Background of manual therapies. | To identify the historical evolution of manual therapies.  To describe the relation between physical therapy and manual therapy.  To identify the basic concepts of manual therapies.  To identify the theories underlying manual therapy. |  | Respectful  Empathetic  Analytical  Systematic  Organised  Neat  Observer  Objective  Ethic  Responsible |
| Modalities of manual therapies in rehabilitation. | To identify the different modalities of manual therapies applied to rehabilitation:  - Sport massage.  - Lymphatic drainage massage.  - Therapeutic massage.  - Ciriax massage.  - Myofascial liberation.  - Elongations. | To classify the different techniques and modalities of manual therapies applied to rehabilitation. | Respectful  Empathetic  Analytical  Systematic  Organised  Neat  Observer  Objective  Ethic  Responsible |
| Modalities of manual therapies in Health and Wellbeing Tourism. | To identify the different modalities of manual therapies applied in Health and Wellbeing Tourism:  - Relaxing massage.  - Swedish massage.  - Neuro sedative massage.  - Prenatal massage.  - Deep tissue massage.  - Alternative massages (reflexology, shiatsu, hot stones, Thai, lomi lomi, shantala, ayurdevic, holistic).  - Elongations. | To classify the different techniques and modalities of manual therapies applied in Health and Wellbeing Tourism. | Respectful  Empathetic  Analytical  Systematic  Organised  Neat  Observer  Objective  Ethic  Responsible |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*EVALUATION PROCESS*

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| **Learning Result** | **Learning Sequence** | **Instruments and types of evaluation** |
| The students will recognise the historical evolution of manual therapies through the design of a timeline.  To describe the modalities applied in Health and Wellbeing Tourism and rehabilitation through a comparative chart. | 1. To comprehend the general concepts and bases of manual therapies.  2. To describe the backgrounds of manual therapies.  3. To classify the modalities of manual therapies according to the application area. | Portfolio of evidences  Checklist |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*TEACHING LEARNING PROCESS*

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| **Teaching methods and techniques** | **Didactic means and materials** |
| Scenographic representations.  Brainstorm.  Graphic organisers.  Master class. | Audiovisual equipment.  Internet connection.  Whiteboard.  Equipment and furniture. |

*FORMATION SPACE*

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| **Classroom** | **Laboratory / Workshop** | **Company** |
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**INTRODUCCIÓN EN TERAPIAS MANUALES**

*LEARNING UNITS*

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| **1. Learning Unit** | **II. Masaje**. |
| **2. Theory hours** | 10 |
| **3. Practice hours** | 20 |
| **4. Total hours** | 30 |
| **5. Objective of the Learning Unit** | The students will perform the different massage techniques to treat physical problems and to contribute to the wellbeing of the client/patient. |

| **Topics** | **Know** | **Know how** | **Be** |
| --- | --- | --- | --- |
| Relaxing massage. | To explain the basic massage techniques, instructions, and counterinstructions.  Conditions of the therapist and the client/patient:  - Conditioning fo the area and equipment to be used.  - Postures, positioning, respiration-rhythm of the therapist and the client/patient.  - Movements:  Effleurage o rubbing, friction, petrissage o kneading, pressure,  percusion, basic elongations and neurosedative techniques, physiological effects. | Demostrar las técnicas básicas de masaje y su secuencia de utilización.  Identificar beneficios, indicaciones y contraindicaciones generales del masaje.  Identificar la importancia de las condiciones físicas del terapeuta y del paciente/cliente. | Respectful  Empathetic  Analytical  Systematic  Organised  Neat  Observer  Objective  Ethic  Responsible |
| Sport massage. | To explain the basic techniques of sport massage, benefits, instructions and counterinstructions:  -Conditioning of area and organisation of equipment to be used.  -To explain the phase of training and competence.  To identify the systematisation of sport massage:  - Pre-competence  - During the competence  - Post-competence and  recovering  To classify the manipulations according to sports practice.  Phylactic massage: types, characteristics, mechanisms, and execution times.  To explain the specific instructions and counterinstructions for each system involved in sport practice.  To recognise the components and characteristics of clinical propaediutics. | To propose protocols of techniques of sport massage according to the phase of training and competence.  To demonstrate the techniques of sport massage. | Respectful  Empathetic  Analytical  Systematic  Organised  Neat  Observer  Objective  Ethic  Responsible |
| Lymphatic drainage. | To recognise the anatomic and physiological bases of the lymphatic system.  To identify the pathologies of the vascular-lymphatic system and the importance of its treatment in the health and wellbeing state of the client/patient.  To explain the different manual and automatic techniques of lymphatic drainage, as well as their characteristics, mechanisms, instructions and counterinstructions:  Manual:  - Vodder technique.  - Leduc technique.  - Foldi technique.  - Hidrology and  lymphology technique.  Automatic.  -Presoterapy technique. | To assess the state of the vascular-lymphatic system.  To select the appropriate techniques according to the needs of the client/patient.  To propose protocols of techniques of lymphatic drainage considering the initial assessment of the client/patient.  To perform the techniques of lymphatic drainage to promote the functioning of the circulatory system. | Respectful  Empathetic  Analytical  Systematic  Organised  Neat  Observer  Objective  Ethic  Responsible |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*EVALUATION PROCESS*

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| **Learning Result** | **Learning Sequence** | **Instruments and types of evaluation** |
| To develop a practical case of massage according to the clinical history of the client/patient making a report that includes:  - Technical sheet of the clinical history.  - Current condition of the musculo-skeletal system.  - Clinical chart of the client/patient.  - Instructions and counterinstructions  - Massage protocols.  - Evolution.  -Conclusions and tracking. | 1. To identify the types of intervention of massage.  2. To list the benefits, instructions, and counterinstructions of the different modalities of massage application.  3. To select the techniques of massage according to the clinical chart.  4. To develop the protocol of massage according to the needs of the client/patient.  5. To execute the protocol of intervention.  6. To assess and measure results of the application of the chosen technique. | Practical case.  Checklist.  Observation guides. |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*TEACHING LEARNING PROCESS*

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| --- | --- |
| **Teaching methods and techniques** | **Didactic means and materials** |
| Practical cases.  Brainstorm.  Graphic organisers.  Master class. | Audiovisual equipment.  Internet connection.  Whiteboard.  Equipment and furniture.  Anatomic models. |

*FORMATION SPACE*

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

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*LEARNING UNITS*

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| --- | --- |
| 1. **Learning Unit** | **III. Masaje de Tejido Profundo.** |
| 1. **Theory hours** | 10 |
| 1. **Practice hours** | 10 |
| 1. **Total hours** | 20 |
| 1. **Objective of the Learning Unit** | The students will provide a long and effective treatment of the myofascial trigger points through manual techniques to improve the life quality of the client/patient. |

| **Topics** | **Know** | **Know how** | **Be** |
| --- | --- | --- | --- |
| Myofascial trigger points. | To identify the generalities, characteristics, nature, and activation factors, and perpetuation of trigger points.  To identify the classification and physiopathology of trigger points. | To distinguish trigger points. | Respectful  Empathetic  Analytical  Systematic  Organised  Neat  Observer  Objective  Ethic  Responsible |
| Techniques of deep tissue massage and Ciriax (transverse deep). | To identify the objectives, types, and function of the muscle chains.  To explain the techniques of deep tissue massage with Effleurage technique, stretching, friction, petrissage, separation of muscle compartments, tapotement, and vibrations.  To identify the instructions and counterinstructions of deep tissue massage.  To explain the main techniques of Ciriax massage, instructions and counterinstructions. | To perform the deep tissue massage techniques.  To perform the techniques of Ciriax massage. | Respectful  Empathetic  Analytical  Systematic  Organised  Neat  Observer  Objective  Ethic  Responsible |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*EVALUATION PROCESS*

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| **Learning Result** | **Learning Sequence** | **Instruments and types of evaluation** |
| To develop a protocol of intervetion for deep tissue conditions and according to the clinical chart of the client/patient, preparing a report that includes:  - Technical file of the clinical history.  - Current state of the musculoskelatal system.  - Clinical chart of the client/patient.  - Instructions and counterinstructions.  - Protocols of intervention.  - Evolution.  - Conclusions and tracking. | 1.To identify the types of intervention of manual therapy for the treatment of myofascial trigger points.  2.To define the needs of the client/patient previously assessed.  3.To select the manual techniques according to the clinical chart.  4.To develop the protocol of intervention according to the needs of the client/patient.  5.To execute the protocl chosen.  6.To assess and measure results of application of the techniques chosen. | Practical case  Checklist  Observation guides |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*TEACHING LEARNING PROCESS*

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| **Teaching methods and techniques** | **Didactic means and materials** |
| Pracical cases elaboration.  Brainstorm.  Graphic organisers.  Master class. | Audiovisual equipment.  Internet connection.  Whiteboard.  Equipment and furniture.  Practice in laboratories.  Anatomic models. |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*FORMATION SPACE*

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| **Classroom** | **Laboratory / Workshop** | **Company** |
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**INTRODUCCIÓN EN TERAPIAS MANUALES**

*LEARNING UNITS*

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| --- | --- |
| 1. **Learning Unit** | **IV. Inducción Miofascial y Masaje Terapéutico.** |
| 1. **Theory hours** | 8 |
| 1. **Practice hours** | 25 |
| 1. **Total hours** | 33 |
| 1. **Objective of the Learning Unit** | The students will apply the techniques of myofascial induction and of therapeutic massage to promote the client/patient’s recovery. |

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| **Topics** | **Know** | **Know how** | **Be** |
| Myofascial induction. | To recognise the types of muscle fascias and the anatomic and functional bases of the fascial system.  To identify the biomechanic considerations related to the fascial system.  To describe the main lesions of the myofascial system and diagnosis techniques.  To classify the treatment of the myofascial lesions:  -Superficial, also named direct techniques or sliding techniques (J-shape sliding, transverse sliding, and longitudinal sliding).  -Deep, also named indirect techniques or sustained techniques (transverse plane technique, telescopic technique, and rocking of the dura).  To explain the treatment principles according to the needs of the client/patient. | To propose protocols of myofascial techniques considering the current state of the myofascial and the musculoskelatal systems.  To perform the chosen techniques of treatment of lesions of the myofascial system. | Respectful  Empathetic  Analytical  Systematic  Organised  Neat  Observer  Objective  Ethic  Responsible |
| Therapeutic massage. | To explain the techniques of therapeutic massage and its benefits, objectives, and specific effects.  To identify the instructions and counterinstructions.  To identify the considerations by age range and pathologies of the locomotor system. | To apply techniques of therapeutic massage to improve the physical and emotional state of the client/patient. | Respectful  Empathetic  Analytical  Systematic  Organised  Neat  Observer  Objective  Ethic  Responsible |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*EVALUATION PROCESS*

|  |  |  |
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| **Learning Result** | **Learning Sequence** | **Instruments and types of evaluation** |
| To develop a protocol of intervetion for conditions of the lymphatic system according to the clinical chart of the client/patient making a report that includes:  - Technical file of the clinical history.  - Currect state of the lymphatic system.  - Clinical chart of the client/patient.  - Instructions and counterinstructions.  - Protocols of intervention.  - Evolution.  -Conclusions and tracking. | 1. To identify the types of intervetion en different conditions of the myofascial and the locomotor systems.  2. To define the needs of the client/patient according to a previous assessment.  3. To select the more convenient techniques according to the clinical history.  4. To develop the protocol of intervention according to the needs of the client/patient:  -Execute the protocol.  -Assess and measure results of the application of the chosen techniques. | Practical case.  Checklist.  Observation guides. |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*TEACHING LEARNING PROCESS*

|  |  |
| --- | --- |
| **Teaching methods and techniques** | **Didactic means and materials** |
| Learning based on projects.  Role play.  Brainstorm.  Graphic organisers.  Master class. | Audiovisual equipment.  Internet connection.  Whiteboard.  Anatomic models. |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

*FORMATION SPACE*

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

**INTRODUCCIÓN EN TERAPIAS MANUALES**

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

| **Capacity** | **Performance Criteria** |
| --- | --- |
| To assess the physical condition of the customer/patient through the diagnostic interpretation and applying techniques of physical exploration and clinic interview to establish the treatment plan. | To write a report of therapeutic assesment, which will be added to the therapeutic record, that includes:   * Specialist who canalises * Informed consentment * Personal information * Current ailment * Clinic history * Physical and therapeutic assessment |
| To determine the therapeutic treatment through selection and programming of therapeutic techniques, area, equipment, work material, human resource, and calendarisation, to contribute to the evolution of the health condition of the client/patient and their wellbeing. | To create a treatment protocol, which will be added to the therapeutic record, that includes:  - Chronogram of sessions per treatment.  - Place or workplace.  - Techniques used.  - 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 on the rehabilitation, health condition and wellbeing of the client/client. | To perform the manual techniques and electrotherapy according to the protocol established: facilities, equipment and goods to use, times, temperature; instructions, counterinstructions, and benefits to the client/patient.  To track 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.  • Advances of the treatment.  • Observations.  • Reaction or affectation.  • Suggestions of tracking and medical reassessment.  • Therapist in charge and their speciality. |
| To assess the evolution and satisfaction of the client/client through analysis of results to propose modifications to the treatment and to contribute to the fullfilment of its objectives. | To write a report of results, which will be added to the therapeutic record, that includes:   * Fullfilment of activities programmed. * Equipment used. * Techniques used. * Fullfilment of hygiene and security norms. * Degree of evolution of the customer/patient. * Degree of satisfaction of the customer/patient. * Conclusions to the treatment. * Observations and modifications proposal to the treatment. |

**INTRODUCCIÓN EN TERAPIAS MANUALES**

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