



## Teaching Guide

Identifying Data					2016/17
Subject (*)	FISIOTERAPIA ESTÉTICA, PLÁSTICA E REPARADORA		Code	651G01033	
Study programme	Grao en Fisioterapia				
Descriptors					
Cycle	Period	Year	Type	Credits	
Graduate	1st four-month period	Fourth	Optativa	6	
Language	SpanishGalician				
Teaching method	Face-to-face				
Prerequisites					
Department	Fisioterapia				
Coordinador	Senin Camargo, Francisco José	E-mail	francisco.senin@udc.es		
Lecturers	Senin Camargo, Francisco José Ulla Soneira, Miriam	E-mail	francisco.senin@udc.es miriam.ulla@udc.es		
Web					
General description	<p>The aim of the subject "Physiotherapy for aesthetic, plastic and reconstructive lissues" is- from a scientific approach- to support the clinical, semiological, diagnostics and treatment physiotherapy aspects of the major deficiencies that occur with obvious imperfections (hydrolipodystrophy and lipid oedemas). There is also the intervention of physiotherapy after surgical approach in plastic, aesthetic and reconstructive surgery. It will also address aspects of the assessment of skin that will serve the student to complete their assessment in usual physiotherapy. Meet the appliance that is currently being used in the world of aesthetic and apply it to the aesthetic alterations.</p>				

## Study programme competences

Code	Study programme competences
A5	Valorar el estado funcional del paciente, considerando los aspectos físicos, psicológicos y sociales.
A6	Valoración diagnóstica de cuidados de fisioterapia según las normas y con los instrumentos de validación reconocidos internacionalmente.
A8	Ejecutar, dirigir y coordinar el plan de intervención de fisioterapia, utilizando las herramientas terapéuticas propias y atendiendo a la individualidad del usuario.
A9	Evaluar la evolución de los resultados obtenidos con el tratamiento en relación con los objetivos marcados.
A15	Participar en la elaboración de protocolos asistenciales de fisioterapia basada en la evidencia científica, fomentando actividades profesionales que dinamicen la investigación en fisioterapia.
A18	Adquirir habilidades de gestión clínica que incluyan el uso eficiente de los recursos sanitarios y desarrollar actividades de planificación, gestión y control en las unidades asistenciales donde se preste atención en fisioterapia y su relación con otros servicios sanitarios.
C1	Expresarse correctamente, tanto de forma oral coma escrita, nas linguas oficiais da comunidade autónoma.
C6	Valorar criticamente o coñecemento, a tecnoloxía e a información dispoñible para resolver os problemas cos que deben enfrontarse.

## Learning outcomes

Learning outcomes	Study programme competences		
To develop and complete records systemically Physiotherapy in the patient with aesthetic changes.	A18		
To develop and complete records systemically Physiotherapy in the patient with aesthetic changes.	A5		
To determine the physiotherapy diagnostic according to internationally recognized validation tools.	A6		C1
To do, direct and coordinate the intervention plan in Physiotherapy using the therapeutic tools and considering the individuality of the user	A8		C6
Avaliar a evolución dos resultados obtidos co tratamento en relación cos obxectivos propostos.	A9		C1
To set physiotherapy treatment protocols based on scientific evidence, promoting professional activities that stimulate research in aesthetic physiotherapy.	A15		C6

## Contents



Topic	Sub-topic
1. A pel e os seus anexos	1.1. Estructura e función 1.2. Penetración sustancias 1.3. Envelhecimento
2. Texido adiposo e obesidade	2.1. Tipos tecido 2.2. Fisioloxía 2.3. Fisiopatoloxía da obesidade
3. Valoración en estética	3.1. Valoración do tecido cutáneo e adiposo 3.2. Antropometría 3.3. Valoración da circulación
4. Abdomen postparto	4.1. Valoración da musculatura abdominal e da diástase 4.2. Valoración da pel 4.3. Abordaxe
5. Trastornos circulatorios e do tecido adiposo nos membros inferiores	6.1. Edemas: venosos, linfáticos 6.2. Fisioloxía do sistema venoso e linfático 6.3. Patoloxía venosa e linfática 6.4. Lipedema, linfedema e hidrolipodistrofia
6. Drenaxe linfático manual	6.1 Fisioloxía sistema linfático 6.2 Anatomía das vías superficiais 6.4. Presoterapia
7. Ciruxía estética	7.1 Cicatrices 7.2. Mamoplastia 7.3 Abdominoplastia 7.4 Liposucción
8. Estudio de técnicas instrumentales en estética	8.1. Láser e luz pulsada intensa 8.2. Depresoterapia y presoterapia. 8.3. Técnicas de radiofrecuencia 8.4. Electroestimulación integral 8.5 Ondas de choque
9. Exercicio físico na adiposidade	9.1 Efectos do exercicio físico na adiposidade 9.2. Tipos de exercicio
10. Reimplantes e amputación	10.1 Amputación do Membro superior. Evaluación. Grado de amputación. Nivel de la lesión. Mecanismo traumático 10.2. Reimplantes. Etapas do reimplante Proxecto terapéutico Valoración Obxetivos Intervención
Práctica 1	Valoración del tejido cutáneo, circulación linfovenosa, y valoración específica del abdomen.
Práctica 2	Masaje lipolítico y del abdomen (masaje intestinal)
Práctica 3	Diagnóstico diferencial entre lipedema, linfedema y edema venoso
Práctica 4	Técnicas de drenaje linfático facial y corporal.
Práctica 5	Corrientes en estética (electroestimulación integral y local). Tratamiento de diástasis abdominal con corrientes

## Planning



Methodologies / tests	Competencies	Ordinary class hours	Student?s personal work hours	Total hours
Case study	A5 A6 A8 A9 C6	15	15	30
Practical test:	A6 A5 C1	30	30	60
Mixed objective/subjective test	A15 A18 C6	2	40	42
Guest lecture / keynote speech	A6 A8 C6	15	0	15
Personalized attention		3	0	3

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

Methodologies	
Methodologies	Description
Case study	Methodology where the subject is confronted with the description of a specific situation that raises a problem that has to be understood, appreciated and solved by a group of people through a process of discussion. The student stands before a specific problem (case) that describes a real situation of working life, and should be able to analyze a series of facts relating to a particular field of knowledge or action, to reach a reasoned through a process of discussion in small working groups decision.
Practical test:	Methodology that allows students to learn effectively through the implementation of practical activities, such as demonstrations, exercises, experiments and research.
Mixed objective/subjective test	Metodoloxía escrita na que o alumnado mostra os coñecementos adquiridos na materia
Guest lecture / keynote speech	Oral presentation complemented by the use of media and the introduction of some questions to the students, in order to impart knowledge and facilitate learning.

Personalized attention	
Methodologies	Description
Guest lecture / keynote speech Case study Practical test:	In each and every one of the methodologies, the student will have access to personalized attention through face and / or virtual tutorials, through the moodle platform and / or email.

Assessment			
Methodologies	Competencies	Description	Qualification
Case study	A5 A6 A8 A9 C6	It will be 50% continuous assessment (attending classes and participation) and 50% to the study and clinical cases.	30
Practical test:	A6 A5 C1	Student ability to implement the theoretical knowledge they acquired will be assessed as well as the application of manual techniques used in the field of physiotherapy aesthetic, plastic and reconstructive, both conservative level and after the surgical approach. Next to the management of any equipment described in lectures. The assessment will be continuously.	20
Mixed objective/subjective test	A15 A18 C6	Combined test (test questions and open questions). 50 % of the mark is assigned to test questions and the other 50 % to open questions (developing a topic or solving a clinical case).	50

Assessment comments
To pass the subject will be essential to achieve a 5 on each of the tests.

Sources of information



<b>Basic</b>	<ul style="list-style-type: none"><li>- Vidurizaga, Esparza, Deltell, Ameselmen. (2011). Medicina Estética. Abordaje terapéutico. Madrid: Panamericana</li><li>- Jean-Claude Ferrandez, Serge Theys, Jean-Yves Bouchet (2002). Reeducación de los edemas de los miembros inferiores. Barcelona: Masson</li><li>- B. Vigurt (2009). Kinesiterapia y celulitis. EMC. Tomo IV. (26-585-A-10). París: Elsevier</li><li>- Joachim E. Zuther (2009). Lymphedema Management. The Comprehensive Guide for practitioners. 2º Edition. . Thieme</li><li>- Peyrefitte, Gérard (1994). Biología de la piel. . Barcelona: Masson</li><li>- ? José López Chicharro, Almudena Fernández Vaquero (2006). Fisiología del ejercicio. 3ª Edición. . Madrid; Panamericana</li><li>- Med-estetica.com. (). Revista on-line de medicina estética..</li><li>- Manuel Pombo Fernández, Juan Rodríguez Barnada, Xavier Brunet P, Bernardo Requena (2004). Electroestimulación: entrenamiento y periodización. Paidotribo</li><li>- (). .</li></ul> <p>&lt;br /&gt;</p>
<b>Complementary</b>	

## Recommendations

### Subjects that it is recommended to have taken before

PATOLOGÍA MÉDICO-CIRÚRGICA II/651G01018

REHABILITACIÓN CARDIO-RESPIRATORIA E VASCULAR/651G01020

FISIOTERAPIA ONCOLÓGICA E DAS DISFUNCIÓNS BIOQUÍMICAS E TEGUMENTARIAS/651G01023

### Subjects that are recommended to be taken simultaneously

### Subjects that continue the syllabus

NUTRICIÓN E FISIOTERAPIA/651G01026

### Other comments

(\*)The teaching guide is the document in which the URV publishes the information about all its courses. It is a public document and cannot be modified. Only in exceptional cases can it be revised by the competent agent or duly revised so that it is in line with current legislation.