



## Teaching Guide

Identifying Data					2019/20
Subject (*)	GENERAL PHYSIOTHERAPY		Code	651G01008	
Study programme	Grao en Fisioterapia				
Descriptors					
Cycle	Period	Year	Type	Credits	
Graduate	Yearly	First	Obligatory	9	
Language	SpanishGalician				
Teaching method	Face-to-face				
Prerequisites					
Department	Ciencias Biomédicas, Medicina e FisioterapiaFisioterapia, Medicina e Ciencias Biomédicas				
Coordinador	Riveiro Temprano, Socorro	E-mail	socorro.riveiro.temprano@udc.es		
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Web					
General description	<p>This subject aims to train students to choose the appropriate technics of electrotherapy, ultrasonic therapy, light therapy, magnetic therapy, massage therapy, hydrotherapy and balneotherapy, based on existing scientific knowledge, clinical experience and specific needs (contextual, clinical and psychosocial ones). To get it, the key points are the knowledge of the physical nature of each agent, the effects produced (other adjustable parameters) and how they translate them into physiological and therapeutic effects.</p> <p>To get the skills in the use of equipment and techniques, self working- besides the laboratory classes -is required.</p> <p>One group in the second module (electrotherapy and ultrasonotherapy) will be in ENGLISH for those students interested (but ONLY in the SECOND TERM, so there WILL NOT BE ANY ENGLISH CLASSES IN THE FIRST TERM- NOR THEORETICAL NOR PRACTICAL LESSONS).</p>				

## Study programme competences / results

Code	Study programme competences / results
A3	Coñecer e comprender os métodos, procedementos e actuacións fisioterapéuticas, encamiñados tanto á terapéutica propiamente dita a aplicar na clínica para a reeducación ou recuperación funcional, como á realización de actividades dirixidas á promoción e mantemento da saúde.
A7	Deseñar o plan de intervención de fisioterapia atendendo a criterios de adecuación, validez e eficiencia.
B1	CB1 - Que los estudiantes hayan demostrado poseer y comprender conocimientos en un área de estudio que parte de la base de la educación secundaria general, y se suele encontrar a un nivel que, si bien se apoya en libros de texto avanzados, incluye también algunos aspectos que implican conocimientos procedentes de la vanguardia de su campo de estudio
B2	CB2 - Que los estudiantes sepan aplicar sus conocimientos a su trabajo o vocación de una forma profesional y posean las competencias que suelen demostrarse por medio de la elaboración y defensa de argumentos y la resolución de problemas dentro de su área de estudio
B3	CB3 - Que los estudiantes tengan la capacidad de reunir e interpretar datos relevantes (normalmente dentro de su área de estudio) para emitir juicios que incluyan una reflexión sobre temas relevantes de índole social, científica o ética
B4	CB4 - Que los estudiantes puedan transmitir información, ideas, problemas y soluciones a un público tanto especializado como no especializado
B5	CB5 - Que los estudiantes hayan desarrollado aquellas habilidades de aprendizaje necesarias para emprender estudios posteriores con un alto grado de autonomía
C1	Adequate oral and written expression in the official languages.
C6	Acquiring skills for healthy lifestyles, and healthy habits and routines.
C9	Ability to manage times and resources: developing plans, prioritizing activities, identifying critical points, establishing goals and accomplishing them.

## Learning outcomes



Learning outcomes	Study programme competences / results		
Identify the physical bases of the electromagnetic agents (currents, laser and phototherapy, magnetics therapy), mechanical (ultrasounds, masotherapy, hidrotherapy), thermal (criotherapy and termotherapy) and chemical (balneotherapy)	A3	B1	C1
- To know the indications and contraindicacións of each modality and its causes due to translation of the physical effects into physiological and therapeutic effects.	A3	B1 B5	C1
- To act looking for the hygiene and the prevention of infections, as well as for the correct preservation of the machines and elements used.	A3		
To select the body position, placement of the machine, pillows and other elements to preserve the patient's and physiotherapist's ergonomoy and the efficiency of the intervention.	A3		
To select and use correctly the parameters of application and elements associated to the machine or technicl selected.	A3 A7	B2 B3 B4	C1 C6
To adapt the application to the concrete needs of health- clinical or psicosocial ones- recognizing the complementary character of the majority of the passive therapeutic modalities.	A7		C1 C6 C9
To identify the alarm signs to stop the therapy or to change the parameters selected.	A7		C1

Contents	
Topic	Sub-topic
THEME 2. Electrotherapy and ultrasonotherapy principles.	Electromagnetic spectrum. Main paramenters of the electromagnetic currents. Mechanical waves: ultrasound physical principles.
MÓDULO I MASOTHERAPY AND OTHER THERAPIES	History of masotherapy. Efects.
-Unidad 1. Masotherapy and other therapies	Modalities of application. Indications and contraindications.
TEMA 1. Masotherapy	
TEMA 2. Magnetotherapy	Definition Efects. Parámetros. Indications and contraindications.
TEMA 3. Hidrotherapy and balneotherapy	Concept and general topics. Types of water, physical-chemistry principles Modalities of application Efects Indications of contraindications
TEMA 4. Climatotherapy and talasotherapy	Concept and general topics. Types of climates. Efects Indications of contraindication
TEMA 5. Termotherapy and criotherapy	Concept and general principles. Modalities of application Efects Indications and contraindications



TEMA 6. Fototerapia	Concept and general principles. Modalities of application Effects Indications and contraindications
TEMA 7. Other therapies. Vibrotherapy.	Concept and general topics. Modalities of application Effects Indications and contraindications
PRACTICAL LESONS. MASOTHERAPY AND OTHER THERAPIES 1.- Masotherapy 2.- Magnherapy 4.-Termotherapy 5.-Crioherapy 6.-Phototherapy	Description of the machines Description of the applicacion protocols. To apply the technics.
MÓDULO II. ELECTROTERAPIA E ONDAS MECÁNICAS.	SEGUNDO CUATRIMESTRE
TEMA 3. Clasification of electrical and electromagnetical currents for clinical use.:low frequency, medium frequency and high frequency currents.	Definition of electrotherapy. Clasification: polarity; continuity/pulsed (direct, altern or pulsed current).Other parameters to clasify the currents: specific denomination frequency of the current; ow frequency, medium frequency and high frequency currents.
TEMA 9. Tipos de estimulación eléctrica e electromagnética. Electroterapia.	Tipos de estimulación eléctrica e electromagnética. Clasificación das correntes. .
TEMA 10. Corrente galvánica.	Corrente galvanica. Concepto e principios xerais Efectos. Modoos de aplicación. Indicacións e contraindicacións.
UNIT 3. Mechanical waves. Ultrasonotherapy  TEMA 9: Ultrasounds.	Physical characteristics Effects. Main parameters. Perfonmance. Indications and contraindications. Combined therapy (ultrasound-electrical currents)
TEMA 5. Low frequency pulsed currents II: analgesic and healing (microcurrents, high voltage and TENS). Iontophoresis. TEMA 6. Low frequency pulsed currents III: strengthening. TEMA 7: Medium frequency currents: Interferencial currents, Russian currents and Aussie currents. TEMA 8: High frequency currents: shortwave, microwave, capacitive-resistive therapy.	Physical characteristics Effects. Main parameters. Perfonmance. Indications and contraindications.
TEMA 13. Correntes de alta frecuencia ou electromagnéticas	Onda corta e microonda e radiofrecuencia. Concepto e principios xerais. Efectos. Modo de aplicación. Indicacións e contraindicacións.
TEMA 14. Outras aplicacións con estimulación eléctrica	Terapia combinada. Estimulación eléctrica funcional (FES) Electrodiagnóstico.



<p>PRACTICAL LESSONS</p> <ol style="list-style-type: none"> <li>1. Physical bases, electrodes, connections body position and performance.</li> <li>2. Galvanic current, diadynamics and Trabert. Iontophoresis.</li> <li>3. Low frequency currents analgesic effect I- TENS</li> <li>4. Low frequency currents analgesic effect II - high voltage.</li> <li>5. Low frequency currents strengthening effect (NMES I)</li> <li>6. Medium frequency currents analgesic effect (Interferencial currents)</li> <li>7. Medium frequency currents for strengthening (NMES II)</li> <li>8. High frequency currents I- short-wave</li> <li>9. High frequency currents II- microwave</li> <li>10. Ultrasound I</li> <li>11. Ultrasound II</li> </ol>	<p>Machine description and taking care of the materials.</p> <p>Protocol description.</p> <p>Doing the practices.</p> <p>Clean and tidy the used materials.</p>
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Planning				
Methodologies / tests	Competencies / Results	Teaching hours (in-person & virtual)	Student's personal work hours	Total hours
Guest lecture / keynote speech	A7 A3 B1 B3 B4 C6	48	52	100
Laboratory practice	A3 A7 B2 C9	39	50	89
Collaborative learning	A3 A7 B2 B3 B5 C1 C6 C9	0	30	30
Practical test:	A3 A7 B2 B4 C1 C6 C9	1	0	1
Mixed objective/subjective test	A3 A7 B1 B3 B4 C1 C6	2	0	2
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
Guest lecture / keynote speech	It will be initiated with lessons for the whole group (also interactive classes) in order to deal with more contents and be able to begin as soon as possible with practical lessons. The next interactive classes will be done by groups to reach the theoretical-practical integration and to make possible the active participation for students and encourage the meaningful learning.
Laboratory practice	As a classroom activity, will be performed in the laboratory in groups of approximately 10 students in 1.5 hours classes, prior to the demonstration and explanation of the teacher.  The practice after the class is very important to acquire the necessary skills so is strongly recommended to participate in the program of "collaboration students" to be able to open the laboratory and practice.
Collaborative learning	The work will be done in small groups and will consist of make a summary of the readings suggested, or in the resolution of questions raised by the teacher.  Its implementation will be monitored throughout the course.  It will be 20% of the final mark, but only will be added if the student reaches at least a 5/10 in the theoretical and practical parts, for each of the two terms.



<p>Practical test:</p>	<p>Computará o 30% da nota final.</p> <p>Platexarase un ou máis casos e o/a alumno/a que se examina deberá realizar unha aplicación fundamentando a súa elección e explicando cada parámetro. Dispoñerá dun tempo máximo de 10-15 minutos por caso, segundo a súa complexidade. Valoraranse os seguintes parámetros: validez do argumento para a selección da técnica; adecuación do mobiliario e da posición correcta do paciente; aplicación correcta e parámetros pertinentes (tempo, amplitude...); rapidez na execución e ausencia de efectos negativos (pellizco, caída dun utensilio ao chan, risco de quemadura...). O mal uso dun material baixará a nota e poderá quedar automaticamente suspenso.</p> <p>Poderase realizar exame parcial si a dinámica da clase o posibilita.</p> <p>Só se sumará a nota da aprendizaxe colaborativa si se sacase polo menos un 5/10 no exame teórico e práctico en cada módulo.</p>
<p>Mixed objective/subjective test</p>	<p>A theoretical and a practical exam will count till 50% and 30%- respectively- of the final mark.</p> <p>The theoretical exam will have several open-questions of variable length depending on the group learning dynamics. Some controls can be done during the course, and they will be only corrected if there is a doubt in the mark.</p> <p>Practical exam will be carried out for a clinic problem and all the parameters used will be explained. The maximum time will be 10-15 minutes per case, depending on its complexity. The following parameters will be assessed: a valid argument for selection the parameters; adequacy of blocks, pillows and so on and correct patient position; correct and relevant application parameters (time, intensity ...); quickly performance and absence of negative effects (&amp;quot;pinch&amp;quot; drop, risk of burn?). Misuse of equipments and materials will low the mark and if something is broken the student will fail automatically.</p> <p>The collaborative learning mark will be added only if there has been successful in the theoretical and practical exam (5/10).</p> <p>A final average mark will be given only if both parts have been successful and being aware that a minimum of 5 of 10 points will be necessary in each theoretical and practical exams.</p>

## Personalized attention

Methodologies	Description
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<p>Laboratory practice</p> <p>Collaborative learning</p> <p>Guest lecture / keynote speech</p>	<p><b>MASOTHERAPY AND OTHER THERAPIES PART</b></p> <p>The keynote session is conducted in the classroom 1 with relevant visual and teaching aids (transparencies, slides ...) starting with a question and develop its implications for the classroom. That's direct involvement of the student is needed.</p> <p>The labs will have a demonstrative character. To acquire the relevant skills the students will have to practice on their own.</p> <p>It is recommended not to leave any questions for the end, as well as hinder learning, it is likely that given the demand can not be resolved to everyone.</p> <p><b>ELECTROTHERAPY AND ultrasonotherapy PART</b></p> <p>The keynote session is conducted in the classroom 1 with relevant visual and teaching aids (transparencies, slides, wax ...) starting with a question and develop its implications for the classroom. That's direct involvement of the student is needed.</p> <p>The labs will have a demonstrative character. To acquire the relevant skills the student will have to practice on his/her own.</p> <p>There will be a schedule of face tutorials and one of non-contact, in order to resolve doubts or reinforce specific content. It is recommended not to leave any doubts as to the end, in addition to hinder learning, it is likely that given the demand can not be resolved in time. The delivery schedule set of non-contact work for the center for sequencing the work will continue.</p> <p>Also will seek to create a forum with frequently so that they can be consulted by everyone doubts.</p>
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Assessment			
Methodologies	Competencies / Results	Description	Qualification
Collaborative learning	A3 A7 B2 B3 B5 C1 C6 C9	<p>The teacher will present the questions / topic that must be solving for the students and can be used as controls. It does not count for general note, except as to benefit the student in the case of showing a steady and dedicated work during the course and previously exceeding 50% of the score.</p> <p>Exclusively for the module of ELECTROTHERAPY AND ULTRASONOTHERAPY, there will be a peer tutoring program that will add a point to the final mark. It is optional and the methodology will be explained in the class.</p>	20



Mixed objective/subjective test	A3 A7 B1 B3 B4 C1 C6	<p>The theoretical examination will up to 50% of the grade, and the practical test 30% of the final grade.</p> <p>Theoretical exam: may have a first part of test questions, and a second part of open questions, reasoning ability or capacity of synthesis of networking and writing are checked. Just in case of doubtful note, it may be referred to the results of ongoing evaluation controls for the corresponding module.</p> <p>The practical test, in general, shall consist of 2 cases to be addressed by students for theoretical and practical resolution. Students will be assessed by a teacher who does not have to match the one who taught the student in practical lessons.</p> <p>To be able to average, at least 50% of the maximum score in each of the examinations (theoretical and practical ones) must be achieved. The collaborative learning mark will be added only if the theoretical and practical exams were passed for each of the modules.</p> <p>The mean mark will only be done if both parts are passed.</p>	50
Practical test:	A3 A7 B2 B4 C1 C6 C9	<p>O exame práctico contará o 30% da nota final. Constará de 1 o máis casos que se plantexarán ao alumnado para a súa resolución teórico-práctica. O estudante será avaliado por un/unha profesor/a que non ten por qué coincidir co que lle impartiu a práctica.</p> <p>Para poder facer media deberá alcanzarse un mínimo de 50% da nota máxima en cada un dos exames das partes (teórica e práctica). Só se engadirá a nota da aprendizaxe colaborativa se se aprobaran ambos examen (teórico e práctico) de cada un dos módulos.</p> <p>Só se fará a media da materia coa nota de ambos os módulos, se en ambos se sacou polo menos un 50% da nota máxima.</p>	30

#### Assessment comments

Attendance at the laboratory is highly recommended and non-attendance should be well justified and may prevent the continuous assessment. Approved each quarter note to the July, including saved. If it had not approved the two modules in July, the part will be saved for the following year if the score is at least 70% of the grade. If someone is presented to test one of the two parts and not the other, will be considered as not presented in the final grade. If it is presented at both parts can no longer be considered as not presented.

For this course, MASSOTHERAPY AND OTHER THERAPIES will the first part (in the first quarter) and will continue with electrotherapy and ultrasonotherapy part in the second quarter

#### Sources of information



<p><b>Basic</b></p>	<ul style="list-style-type: none"> <li>- ( ) .</li> <li>- Koury JM (1998). Acuaterapia. Barcelona:Ediciones Bellaterra</li> <li>- Schmid F (1987). Aplicación de corrientes estimulantes. Barcelona:Ed. Jims</li> <li>- Hernández Álvaro J y Tovar Pescador J (1997). Electricidad y magnetismo. Jaén: Universidad de Jaén</li> <li>- Watson T. (2009). Electroterapia basada en la evidencia. Barcelona. Elsevier</li> <li>- Rodriguez M (2004). Electroterapia en fisioterapia. . Madrid: Ed. Médica Panamericana</li> <li>- Termatalia (2008). Jornadas técnicas sobre hidrología médica.</li> <li>- Martínez et al (1998). Manual de medicina física. Barcelona: Harcourt Brace</li> <li>- Prentice WE (1990). Medicina deportiva. Técnicas terapéuticas. Barcelona: Mosby</li> <li>- Pérez Fernández et al. (2005). Principios de hidroterapia y balneoterapia. Madrid: McGraw Hill Interamericana</li> <li>- Andrade, Carla-Krystin, (2004). Masaje basado en resultados. Barcelona : Editorial Paidotribo</li> <li>- Robinson AJ, Snyder-Mackler LS. ( 2008). Clinical Electrophysiology. Electrotherapy and electrophysiologic testing. Philadelphia: Lippincott Williams &amp; Wilkins</li> <li>- Albornoz Cabello M, Meroño Gallut J. (2012). Procedimientos generales de fisioterapia. Práctica basada en la evidencia. Barcelona: Elsevier</li> <li>- San José Arango, C (2012). Hidrología médica y terapias complementarias. Sevilla: Publicaciones universitarias</li> <li>- Sheila Kitchen, Sarah Bazin (1998). Electroterapia de Clayton . São Paolo : Editora Manole</li> <li>- Low, J (1999). Electrotherapy explained : principles and practice . Boston, MA : Butterworth-Heinemann</li> </ul>
<p><b>Complementary</b></p>	

**Recommendations**

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

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

ANATOMY I AND HISTOLOGY/651G01001

ANATOMY II/651G01002

BIOPHYSICS AND BIOCHEMISTRY/651G01004

THEORICAL FRAMEWORK OF PHYSIOTHERAPY AND PHYSICAL REHABILITATION/651G01006

**Subjects that continue the syllabus**

**Other comments**

It is recommended as basic carrying a day theoretical and practical classes to get the maximum and to pass the course, given the density of content, abstraction of their fundamentals and the first course. It is important to have knowledge of English or do some of the same course, especially for Electrotherapy And Ultrasound therapy part.&nbsp;Although the language most commonly used by teachers of this subject is Spanish, interchangeably use Spanish and Galician and, of course, students can express themselves in the language of their choice. The exam in Galician will be provided at the request of interested students. Such request shall be made not later than one week before the exam.&nbsp;For part of electrotherapy and ultrasonic therapy in practice lessons, there is the possibility of participating in a group in which the language used is English.

(\*)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.