



Teaching Guide

| Identifying Data | | | | | 2019/20 |
|---------------------|---|--------|---------------------------|---------|---------|
| Subject (*) | Digital Orthopedics and Footwear Therapy | Code | 750G02020 | | |
| Study programme | Grao en Podoloxía | | | | |
| Descriptors | | | | | |
| Cycle | Period | Year | Type | Credits | |
| Graduate | 2nd four-month period | Third | Obligatory | 6 | |
| Language | Galician | | | | |
| Teaching method | Face-to-face | | | | |
| Prerequisites | | | | | |
| Department | Ciencias da Saúde | | | | |
| Coordinador | López López, Daniel | E-mail | daniel.lopez.lopez@udc.es | | |
| Lecturers | | E-mail | | | |
| Web | moodle.udc.es/ | | | | |
| General description | <p>A asignatura de ortesioloxía dixital e calzadoterapia posee unha clara importancia de cara a que o alumnado desenrole coñecementos, habilidades e destrezas importantes no proceso ensinanza ? aprendizaxe do seu proceso formador para mellorar a saúde das persoas.</p> <p>O valor é moi significativo para o futuro podólogo, de cara a comprender, actuar e profundizar no campo terapéutico da ortoprótesis, no uso e a indicación de produtos sanitarios podolóxicos, proporcionándolle unha formación básica de coñecementos teóricos e destrezas prácticas, co fin de que adquira as competencias básicas relacionadas ca prescrición, deseño e obtención das principais orteses dixitais e próteses do pe e coñeza a súa relación co resto do membro inferior.</p> <p>Mediante a prescrición de dispositivos orto-protésicos a medida ou prefabricados, numerosos estudos demostraron a eficacia destes dispositivos tanto na redución da sintomatoloxía, como na recuperación da funcionalidade de diversas situacións patolóxicas debidas a alteracións estruturais ou funcionais do pe ou dalgunha outra estrutura do membro inferior.</p> | | | | |

Study programme competences / results

| Code | Study programme competences / results |
|------|---|
| A22 | Deseñar, obter e aplicar mediante diferentes técnicas e materiais os ortesis plantares e ortesis dixitais, próteses, férulas. Ortesiología plantar e dixital. Estudo do calzado e calzadoterapia. Prescrición de tratamentos ortopédicos da extremidade inferior. |
| B7 | Comunicarse de maneira efectiva nun entorno de traballo. |
| C7 | Asumir como profesional e cidadán a importancia da aprendizaxe ao longo da vida. |

Learning outcomes

| Learning outcomes | Study programme competences / results | | |
|--|---------------------------------------|----|----|
| Designing, obtaining and applying different techniques and materials by the orthotics and digital orthoses, prostheses, splints. Plantar and digital orthotics . Study of footwear and therapy shoes. Orthotic treatment prescription lower extremity. | A22 | B7 | C7 |
| Design, procure and implement using different techniques and the orthotics digital. | A22 | B7 | C7 |
| Prescribe and implement plantar and digital orthoses on podiatric conditions Morphological and functional. | A22 | B7 | C7 |



| | | | |
|--|-----|----|----|
| Meet and develop scanning techniques, to make a diagnosis and prognosis, and plan deseñar orthosis treatment of lower extremity pathology. Skeletal muscle injury and ligament. Pathology of the forefoot and hindfoot. Congenital deformities. Neurological injuries. Amputations. Asymmetries. | A22 | B7 | C7 |
|--|-----|----|----|

| Contents | |
|--|--|
| Topic | Sub-topic |
| 1. Fundament Digital Orthotics | a) Introduction to digital orthotics. b) Current frame digital orthotics. |
| 2. Materials needed for a development of orthoses. | a) Silicone. b) Catalyst. c) Additives or fillers. d) Auxiliary materials and accessories. |
| 3. Making silicone orthoses. | a) Preparation: considerations. b) Protocol. c) Recommendations and rules of use for the patient. d) Handling and working times. e) Evaluation of Silicone orthotics. f) Failures in Silicone orthotics. |
| 4. Therapeutic elements Silicone orthotics. | a) Description of elements comprising silicone orthoses. b) Frequent digital orthotics. |
| 5. Therapeutic Application of Digital Orthotics | a) Biomechanical effect. b) Therapeutic Application. |
| 6. Nail Orthotics. | a) Introduction to the nail orthotics. b) Development of the nail orthotics. c) Therapeutic Application. |
| 7 Introduction to therapy shoes. | a) Parts shoe: sole and cut. b) Lasts footwear. |
| 8. Therapeutic devices in the Shoes. | a) External modifications: heels, wedges, increases. b) Set the shoe. Gradation chart and numbering systems. |
| 9. Properties footwear according to different population groups. | a) Conventional footwear for adults. b) Children conventional shoes. c) domestic footwear. d) Work Shoes. e) Special Shoes for orthotics. f) Child Special footwear. g) Special shoes for deformed feet or geriatric / peripheral vascular disease. h) Postoperative shoes. |
| 10. Types of shoes. | a) Bootie or shoe salon. b) Moccasin. c) Derby or Oxford dress shoe. d) Boots. Booties. e) Slippers, slippers and sandals. |
| 11. Accessories and footwear. | a) With and without compression socks. b) Stockings, Pantyhose and graduations. c) Ankles with and without stabilization. d) Pinkis. |

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|-----------------|
| Planning |
|-----------------|



| Methodologies / tests | Competencies / Results | Teaching hours (in-person & virtual) | Student?s personal work hours | Total hours |
|---------------------------------|------------------------|--------------------------------------|-------------------------------|-------------|
| Mixed objective/subjective test | A22 | 2 | 18 | 20 |
| Guest lecture / keynote speech | A22 B7 C7 | 14 | 14 | 28 |
| Seminar | A22 B7 C7 | 14 | 28 | 42 |
| Online forum | B7 C7 | 0 | 10 | 10 |
| Laboratory practice | A22 B7 C7 | 18 | 27 | 45 |
| Personalized attention | | 5 | 0 | 5 |

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

| Methodologies | |
|---------------------------------|---|
| Methodologies | Description |
| Mixed objective/subjective test | Exam with 30 questions and 3 short objective test questions. The review will include questions related to the contents developed in both keynote sessions, and seminars and labs. |
| Guest lecture / keynote speech | The master class sessions consist of master-participatory exhibition of basic contents of the subject, supported by images, video, etc classes. The keynote sessions will focus on the main contents of the syllabus. |
| Seminar | Students will be provided the agenda with the basic theoretical contents of the subject, as well as material to work in the classroom or outside it. All material will be accessible to students in distance learning platform Moodle https://campusvirtual.udc.es/moodle/ . |
| Online forum | Ferramenta de comunicación asíncrona (foro) está destinada ao tratamento das cuestións que se formulen a través dun contorno virtual de aprendizaxe, poñendo interese en xerar empatía e solucionar as tarefas que se proporcionen no proceso de ensinanza-aprendizaxe. |
| Laboratory practice | Lab The labs are specifically targeted: <ol style="list-style-type: none"> 1 - Knowing scan protocol and digital deformities performance. 2 - Accurately diagnose the condition of the forefoot. 3 - Apply ortesiológico timely treatment, as appropriate. 4 - Mastering methodology making silicone orthoses. 5 - Evaluate and adapt the general footwear citizenship. 6 - Prescribe special shoes and customized for different population groups. |

| Personalized attention | |
|---------------------------------|--|
| Methodologies | Description |
| Mixed objective/subjective test | The personalized service will run on a scheduled basis in times of teacher attention to students, to face service; and virtually, through email and other electronic means to enable the virtual platform. |
| Guest lecture / keynote speech | The personalized service is designed to solve any issue related to the different methodologies and / or contents of the subject |
| Online forum | |
| Laboratory practice | |
| Seminar | |

| Assessment | | | |
|---------------------------------|------------------------|--|---------------|
| Methodologies | Competencies / Results | Description | Qualification |
| Mixed objective/subjective test | A22 | On the written test score information in the questions provided. | 60 |



| | | | |
|-----------------------------------|-----------|---|----|
| Guest lecture / keynote speech | A22 B7 C7 | A asistencia as aulas de sesión maxistral é obrigatoria na súa totalidade para superar a materia e non se poden recuperar ou substituir por outras tarefas da materia. | 5 |
| Online forum | B7 C7 | As actividades relacionadas co foro virtual son optativas e non poden recuperarse ou ser substituídas por outras actividades da materia. A puntuación no foro virtual (FV) especificarase o día da presentación da asignatura e estará a disposición do alumnado no FV da asignatura. | 10 |
| Laboratory practice | A22 B7 C7 | Attendance at labs is mandatory in its entirety to pass the subject. The last 2 hours of practice will be used for a practical test with theoretical and practical questions about the contents of the material developed in practice. For the fit in the labs, you must answer / successfully complete 50% of the activities and / or exam questions, in addition to attending all practices. | 10 |
| Seminar | A22 B7 C7 | The seminar related activities are mandatory and can not be recovered or replaced by other activities of the course. The rating of each activity of the seminar will be specified with each activity. | 15 |

Assessment comments



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Recommendations

Subjects that it is recommended to have taken before

Specific Anatomy of the Lower Limb/750G02002
General Podiatry/750G02012
Biomechanics of the Lower Limb/750G02013
Preventive Podiatry/750G02015
Podiatric Orthopedics 1/750G02017
Podiatric Orthopedics 2/750G02018
Podiatric Orthopedics 3/750G02019
Podiatric Pathology 1/750G02021

Subjects that are recommended to be taken simultaneously

Podiatric Pathology 2/750G02022
Physical Podiatry/750G02023
Practicum 1/750G02033

Subjects that continue the syllabus

Sports Podiatry/750G02025
Diabetic Foot/750G02031
Practicum 2/750G02034
Practicum 3/750G02035

Other comments

Para o seguemento das diferentes metodoloxías na aula da materia recoméndase a utilización dun ordenador portátil que dispoña de conexión wifi. Asemade, ca finalidade de conquistar unha contorna inmediata sustentable e cumprir o obxectivo estratéxico; do Plan de Sustentabilidade Medio-ambiental Green Campus FEP, tódolos traballos documentais que se realicen nesta materia serán entregados a través de Moodle, en formato dixital, sen necesidade de imprimilos. De realizarse en papel teranse en conta as seguintes cuestións que aparecen a continuación:- Non se empregarán plásticos.- Realizaráanse impresións a dobre cara.- Empregarase papel reciclado.- Evitaranse imprimir borradores.

(*)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.