

Manual Osteopathic Therapy

Code: 103010
ECTS Credits: 6

Degree	Type	Year	Semester
2500892 Physiotherapy	OT	4	0

The proposed teaching and assessment methodology that appear in the guide may be subject to changes as a result of the restrictions to face-to-face class attendance imposed by the health authorities.

Contact

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Use of Languages

Principal working language: spanish (spa)
Some groups entirely in English: No
Some groups entirely in Catalan: No
Some groups entirely in Spanish: No

External teachers

Ángel Monti Fernández

Prerequisites

Be enrolled in the subject and have completed and passed all the subjects of the previous three courses

Objectives and Contextualisation

The student Will learn theoretic and practical knowledge about the evaluation and osteopathic treatment. Through the practices did in class, it will try to give the student a certain manual skill of the different techniques to make your clinical practice as effective as possible in safety parameters. It's essential that student learns the osteopathic basic concepts, like the globality of the human body, the osteopathic values, the neurophysiological mechanisms, and knows the begins, the founder and the different streams derived from this type of alternative manual medicine.

Competences

- Act with ethical responsibility and respect for fundamental rights and duties, diversity and democratic values.
- Design the physiotherapy intervention plan in accordance with the criteria of appropriateness, validity and efficiency.
- Display critical reasoning skills.
- Display knowledge of the morphology, physiology, pathology and conduct of both healthy and sick people, in the natural and social environment.
- Evaluate the functional state of the patient, considering the physical, psychological and social aspects.
- Make changes to methods and processes in the area of knowledge in order to provide innovative responses to society's needs and demands.
- Solve problems.
- Take account of social, economic and environmental impacts when operating within one's own area of knowledge.

- Take sex- or gender-based inequalities into consideration when operating within one's own area of knowledge.
- Work in teams.

Learning Outcomes

1. Analyse a situation and identify its points for improvement.
2. Communicate using language that is not sexist.
3. Consider how gender stereotypes and roles impinge on the exercise of the profession.
4. Critically analyse the principles, values and procedures that govern the exercise of the profession.
5. Describe and apply physiotherapy assessment procedures to the disorders that affect muscle chains, the movement of the nervous system in relation to itself and to its surroundings, and the joints as seen from an osteopathic perspective, with the aim of determining the degree of damage to the musculoskeletal system and its possible functional repercussions.
6. Display critical reasoning skills.
7. Enumerate the different types of material and apparatus used in physiotherapy treatment, according to the specific methods of muscle chains, neurodynamics and osteopathic manual therapy applied to the treatment of the musculoskeletal system.
8. Explain the physiopathological mechanisms of the disorders that affect the muscle chains, the movement of the nervous system in relation to itself and to its surroundings, and the joints as seen from an osteopathic perspective.
9. Identify situations in which a change or improvement is needed.
10. Identify the principal forms of sex- or gender-based inequality present in society.
11. Identify the social, economic and environmental implications of academic and professional activities within one's own area of knowledge.
12. Propose new methods or well-founded alternative solutions.
13. Propose new ways to measure success or failure when implementing innovative proposals or ideas.
14. Propose projects and actions that incorporate the gender perspective.
15. Propose viable projects and actions to boost social, economic and environmental benefits.
16. Propose ways to evaluate projects and actions for improving sustainability.
17. Solve problems.
18. Weigh up the impact of any long- or short-term difficulty, harm or discrimination that could be caused to certain persons or groups by the actions or projects.
19. Weigh up the risks and opportunities of suggestions for improvement: one's own and those of others.
20. Work in teams.

Content

UNIT 1. History and principles of osteopathy (Ramón Rubio)

- The unity of the body. Concept of globality
- Definition and fields of action (structural, visceral, craniosacral)
- Concept of osteopathic lesion (3D lesion)
- Techniques of treatment
- Indications and manipulative technical contraindications

UNIT 2. Physiological bases of osteopathy (Ramón Rubio)

- Neurophysiological concepts
- The central facilitation
- Somato-visceral and viscerosomatic reflexes

- Neurophysiological effects of spinal manipulation

-Effects of manipulation on central facilitation

UNIT 3. Structural Osteopathy (Ramón Rubio and Ángel Monti)

-Theory of the movement of the column: biomechanics of J. M. Little John and Fryette

-Biomechanics applied to the spine: cervical, dorsal, lumbar and pelvic

-Diagnostic and osteopathic diagnosis

-Exploration and evaluation of the spine: cervical, dorsal, lumbar and pelvic

- Osteopathic treatment of the spine: cervical, dorsal, lumbar and pelvic

UNIT 4. Techniques of osteopathic visceral treatment (Ángel Monti)

-The Barral concept

- Osteopathic visceral pathophysiology

-Test and visceral osteopathic treatment

Unit 5. Techniques of cranial osteopathic treatment (Ramón Rubio / Ángel Monti)

-Generalities of the craniosacral system

-Functions of the craniosacral system

-Fisiopathology of the cranial system

-Crainage and ATM treatment and valuation maneuvers.

Methodology

The subject is taught with theoretical and laboratory practices. This year because of the Covid-19 pandemic, the theoretical classes will be virtual or telematic. It will be important the interaction and participation of the student for de continuous evaluation. The laboratory practices are carried out, under a security and maintenance protocol, in the classrooms provided with the stretchers, always under supervision of the tecaher, where the students have the chance to practice among themselves after the explanation and the demostration of the teacher. It is essential to wear comfortable clothes and a towel for the stretchers.

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Laboratory practices	20	0.8	5, 7, 6, 20
Theory	25	1	5, 7, 8
Type: Autonomous			
Personal study	50	2	5, 7, 8, 6, 17, 20

Preparation of works	25	1	5, 7, 8, 6, 17, 20
Reading articles and interesting reports	30	1.2	5, 7, 6, 17, 20

Assessment

The evaluation system will consist of:

Written evaluation with objective test (30%): Realization of a written type test with a global weight of 30% of the final grade and with a maximum duration of 2h. There will be a total of 40 questions with four possible answers, and a single correct answer on the subject taught in theoretical and practical class. The wrong answer discount 0,25 points of a question.

Practical type evaluation (50%): a practical test will be done in which the student will have to demonstrate their skills in the application of the different techniques of evaluations and treatment. The exam will be done in pairs (20 min for couple). Each student will have to take two ballots, in which he/she will be asked to perform an examination/evaluation and a osteopathic treatment studied in class. Each section will be worth 5 points out of a total of 10p.

Oral defense of works (20%): It will consist of a oral defense of a clinical case presented by the teacher. To evaluate the work, the student will have to make a complete clinical history to reach an osteopathic differential diagnosis. After that, through an exhaustive exploration and assessment, you must reach the final osteopathic diagnosis in order to decide what type of treatment will be the most appropriate in this case and plan the treatment in the short and long term. The different sections will have to be properly reasoned. Groups of 5 people will be made, and they will have to choose a spokesperson.

In order to pass the course, these conditions must be fulfilled on the continuous evaluation:

-Pass the theoretical and practical exam with a minimum of 5 points out of 10 possible.

-Has attended 100% of practical classes. In case of excused absence, up to a total of 10% of the practical classes may be missed.

-Active participation in class

-The defense of written work will be held in december. before the theoretical and practical exams

-If the student doesn't show up for any evaluation test, in the certificate this subject will be recorded as non-avaluable

-The students who have not passed one of the parts of the subject in the continuous assessment may be submitted to a recovery exam

-For ERASMUS students, the same criteria and the same evaluation methodology as the students enrolled in the subject will be applied.

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Oral defense of works	20%	0	0	4, 1, 2, 5, 7, 8, 11, 10, 9, 19, 16, 12, 13, 14, 15, 6, 17, 20, 3, 18
Practical type evaluation	50%	0	0	4, 1, 2, 5, 7, 8, 11, 10, 9, 19, 16, 12, 13, 14, 15, 6, 17, 20, 3, 18
Written evaluation with objective test	30%	0	0	5, 7, 8, 6, 17

Bibliography

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Software

The main program is Microsoft Office: We use Microsoft Teams for theoretical classes and Power point for PLABs and oral defense of works.