

Manual Osteopathic Therapy

Code: 103010
ECTS Credits: 6

Degree	Type	Year	Semester
2500892 Physiotherapy	OT	4	2

Contact

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Teaching groups languages

You can check it through this [link](#). To consult the language you will need to enter the CODE of the subject. Please note that this information is provisional until 30 November 2023.

Teachers

Jose Casimiro Moran

Iñaki Diez Tendero

Prerequisites

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

Objectives and Contextualisation

It is intended that the student acquire theoretical-practical knowledge about the evaluation, the various osteopath
Through the practices carried out in class, it is intended to provide the stu
It is essential that the student finally learns the basic concepts of osteopa

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 social, economic and environmental implications of academic and professional activities within one's own area of knowledge.
11. Propose new methods or well-founded alternative solutions.
12. Propose new ways to measure success or failure when implementing innovative proposals or ideas.
13. Propose projects and actions that incorporate the gender perspective.
14. Solve problems.
15. 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.
16. Weigh up the risks and opportunities of suggestions for improvement: one's own and those of others.
17. Work in teams.

Content

Block of history and principles of osteopathy

- History of osteopathy
 - Definition and fields of action (structural, visceral, cranio-sacral)
 - Definition of osteopathic principles
 - Definition of osteopathic reasoning
- Block of physiological bases of osteopathy
- Neurophysiological concepts
 - Central facilitation
 - Concept of somatic dysfunction
 - The somato-visceral and viscerosomatic reflexes
 - Neurophysiological effects of spinal manipulation
 - Effects of manipulation on central facilitation

Structural osteopathy block

- Applied biomechanics of the spine: cervical, dorsal, lumbar and pelvis
- Exploration and assessment of the peripheral musculoskeletal system
- Osteopathic techniques of the peripheral musculoskeletal system
- Exploration and assessment of the spine: cervical, thoracic, lumbar and
- Osteopathic techniques of the spine: cervical, dorsal, lumbar and pelvis

Visceral osteopathy block

- Visceral osteopathic pathophysiology
- Tests and visceral osteopathic treatment
- Somato-visceral and viscero-visceral dysfunctions

Cranial osteopathy block

- Generalities of the craniosacral system
- Functions of the craniosacral system
- Principles of the cranial approach

Methodology

The subject will be taught through theoretical classes and laboratory practices.

The interaction and/or participation of the student will be important, as per

Note: 15 minutes of a class will be reserved, within the schedule established

Laboratory practices are mandatory.

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, 17
Theory	25	1	5, 7, 8
Type: Autonomous			
Personal study	50	2	5, 7, 8, 6, 14, 17
Preparation of works	25	1	5, 7, 8, 6, 14, 17
Reading articles and interesting reports	30	1.2	5, 7, 6, 14, 17

Assessment

Single assessment

This subject does not provide the single assessment system

The evaluation system will consist of:

- Written assessment (30%): completion of a multiple choice written test, v
- Practical evaluation (50%): there will be a practical test in which the stud
- Anamnesis simulation (20%): Consists of simulating a first visit with a re
- To pass the subject, these conditions on continuous assessment must be
- Pass the theoretical and practical exam and the written exercise with a r
- Having attended 100% of practical classes. In case of justified absences
- Active participation in class.
- If the student does not take any evaluation test, this subject will be recor
- Students who have not passed one of the parts of the subject in the con
- For ERASMUS students, the same criteria and the same evaluation mef

Assessment Activities

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

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.