

**Physiotherapy Applied to Prevention and Treatment
of Sport Injuries**

Code: 103988
ECTS Credits: 6

Degree	Type	Year	Semester
2500892 Physiotherapy	OT	4	1

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

Fermin Oliete Candela

Prerequisites

Having passed the subjects of the previous courses that empower the student to take 4th grade subjects of Degree

Objectives and Contextualisation

The main objective of the subject is to empower the student to establish a correct assessment, exploration physiotherapy clinic of an injured sportsman, from this initial assessment set specific goals and achievable and to know how to structure and apply a therapeutic physiotherapy plan adapted to each type of sportsman / injury in order to promote the most accurate, efficient and efficient rehabilitation of the lesional process.

Also, as a goal, students will be given the knowledge that will allow the student to propose strategies for physiotherapy - physical activity that will serve the athlete to do a work to prevent further injuries frequent to the sport you practice.

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.
- Display knowledge of the physiotherapy methods, procedures and interventions in clinical therapeutics.
- Evaluate the functional state of the patient, considering the physical, psychological and social aspects.
- Integrate, through clinical experience, the ethical and professional values, knowledge, skills and attitudes of physiotherapy, in order to resolve specific clinical cases in the hospital and non-hospital environments, and primary and community care.
- Make a physiotherapy diagnosis applying internationally recognised norms and validation instruments.
- 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. Apply the knowledge and competences acquired to resolve clinical cases involving patients with sports injuries.
3. Apply the specific methods and techniques for dealing with sports injuries.
4. Communicate using language that is not sexist.
5. Consider how gender stereotypes and roles impinge on the exercise of the profession.
6. Critically analyse the principles, values and procedures that govern the exercise of the profession.
7. Define general and specific objectives for using physiotherapy to treat sports injuries.
8. Describe and apply physiotherapy assessment procedures to disorders caused by sports injuries and their possible functional repercussions.
9. Describe the circumstances that can influence priorities when using physiotherapy to treat sports injuries.
10. Display critical reasoning skills.
11. Enumerate the different types of material and apparatus used in physiotherapy for sports injuries.
12. Enumerate the medical-surgical treatments used for sports injuries, focusing on physiotherapy and orthopaedics.
13. Establish a diagnostic physiotherapy hypothesis in the case of patients with sports injuries.
14. Explain the physiopathology of sports injuries.
15. Identify situations in which a change or improvement is needed.
16. Propose new methods or well-founded alternative solutions.
17. Propose new ways to measure success or failure when implementing innovative proposals or ideas.
18. Propose projects and actions that incorporate the gender perspective.
19. Propose ways to evaluate projects and actions for improving sustainability.
20. Solve problems.
21. 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.
22. Weigh up the risks and opportunities of suggestions for improvement: one's own and those of others.
23. Work in teams.

Content

Program of the subject

Theoretical and practical classes:

Muscle Injury

Tendon Injury

Foot-ankle-leg injuries

Knee injuries

Core toning

Shoulder injuries

Practical classes:

Dynamic work / manual therapy / EESS massage therapy

Dynamic work / manual therapy / massage therapy EEII

Proprioception

EESS bandages

Foot-ankle-leg bandages

Knee bandages

Methodology

supervised theoretical and practical classes.

practical classes on specific aspects of the subject.

defense presentation of scientific posters or clinic cases

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	
THEORY	18.5	0.74	6, 1, 2, 3, 4, 7, 8, 9, 11, 12, 13, 14, 15, 22, 19, 16, 17, 18, 20, 5, 21
Type: Autonomous			
PERSONAL STUDY	90	3.6	6, 1, 2, 3, 4, 7, 8, 9, 11, 12, 13, 14, 15, 22, 19, 16, 17, 18, 10, 20, 23, 5, 21
READING ARTICLES AND REPORTS OF INTEREST	15	0.6	6, 1, 2, 3, 4, 7, 8, 9, 11, 12, 13, 14, 15, 22, 19, 16, 17, 18, 10, 20, 23, 5, 21

Assessment

EVALUATION OF THE SUBJECT

TO APPROVE THE SUBJECT IT IS ESSENTIAL TO HAVE APPROVED WRITTEN ASSESSMENT THROUGH OBJECTIVE SELECTION TESTS EVALUATION / PRACTICAL EXAMINATION 40% PRESENTATION AND DEFENSE OF CLINICAL CASE / SCIENTIFIC PI STUDENTS IN THE SINGLE EVALUATION MODE WILL HAVE THE TH ATTENDANCE IN THE P LABS OF THE PRACTICAL CLASSES IS REC CONTINUOUS ASSESSMENT STUDENTS HAVE THE OBLIGATION T WITHIN THE RECOVERY DATE, THE STUDENT MUST PASS THE UN Students who have not passed the subject/module through continuous a: The assessment of exchange students will be the same as for the rest of When it is considered that the student has not been able to provide suffic

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
CLINICAL CASE DEFENSE	30%	2	0.08	7, 8, 9, 11, 12, 13, 14
PRACTICAL EVALUATION OF MANUAL AND INSTRUMENTAL TECHNIQUES	40%	2.5	0.1	6, 2, 3, 4, 8, 18, 10, 5, 21
WRITTEN EVALUATION THROUGH OBJECTIVE EVIDENCE OF MULTIPLE CHOICE	30%	2	0.08	6, 1, 2, 3, 4, 7, 8, 9, 11, 12, 13, 14, 15, 22, 19, 16, 17, 18, 10, 20, 23, 5, 21

Bibliography

Fisioterapia del deporte y ejercicio . Kolt G et al Ed Elsevier 2004

Tratamiento fisioterapico de la rodilla . Basas Garcia . Mc Graw Hill 2003

Anatomía para el movimiento . Calais Germain .B. Ed los libros de la liebre de marzo .1994

Nuevas tendencias en fuerza y musculación .Julio Tous Fajardo .Ed Ergo 1999

Lesiones musculares en el deporte . Balius-Pedret . Ed Panamericana 2013

Diagnostico Fisioterapico . Viel Eric . Ed Masson .1999

Tecnicas de Rehabilitacion en medicina deportiva .Prentice .W Ed Paidotribo 2001

Reeducation raisonnee de l'epaule operée et non operée . Benedicte Forthomme. Ed Frisons Roche .2002

Lesiones Deportivas . Bahr . Maehlum .Ed Panamericana . 2004.

Rehabilitation in Orthopedic Surgery . Imhoff et al . Ed Springer 2016

Link a web P Maillaras : tendón

<https://www.tendinopathyrehab.com/>

Link a Web Jaume Mirallas . reeducación física

<https://www.mirallas.org/>

Link a web ejercicios activos

https://www.youtube.com/playlist?list=PL1myWo1Ba7aybh-OUqzLjDQpfvKL_oGCK

link a web EMC Knesioterapia

<https://www.elsevier-masson.fr/kinesiterapia-medicina-fisica-1293-2965.html>

link a Physiopedia

<https://www.physio-pedia.com/Physiopedia>About>

Top 60 Physical Therapy Blogs & Websites in 2020 For Physiotherapists

https://blog.feedspot.com/physical_therapy_blogs/

Software

Muscle injury

tendon injury
Foot-ankle-leg injuries
knee injuries
Core Toning
shoulder injuries
Practical classes:
Dynamic work / manual therapy / massage therapy EESS
Dynamic work / manual therapy / EEII massage therapy
proprioception
EESS bandages
Foot-ankle-leg bandages
knee bandages