

Degree	Type	Year
Physiotherapy	OB	3

Contact

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Teachers

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Teaching groups languages

You can view this information at the [end](#) of this document.

Prerequisites

It is recommended to have prior knowledge in Anatomy and Physiology of the musculoskeletal system, Foundations of Physiotherapy, Biophysics, Human Pathology, clinical assessment in musculoskeletal physiotherapy, and Physiotherapy of the Musculoskeletal System I.

Objectives and Contextualisation

The course is scheduled for the third year of the Bachelor's Degree in Physiotherapy and is part of the group of subjects related to musculoskeletal physiotherapy.

The competencies are:

- To be able to develop the knowledge acquired in previous courses within the clinical setting for the treatment of musculoskeletal disorders.
- To be able to carry out a functional assessment of a person with musculoskeletal conditions and to elaborate a physiotherapy diagnosis.
- To establish therapeutic goals and develop a physiotherapy care plan.
- To apply different physiotherapy techniques and be able to analyze, adapt, and monitor outcomes.
- To resolve clinical cases that are susceptible to physiotherapeutic treatment in the area of musculoskeletal disorders.

Competences

- Act with ethical responsibility and respect for fundamental rights and duties, diversity and democratic values.
- Analyse and synthesise.
- Apply quality-assurance mechanisms in physiotherapy practice, in accordance with the recognised and validated criteria.
- 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.
- Express ideas fluently, coherently and correctly, both orally and in writing.
- 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.
- Make the most correct decisions in given situations.
- Organise and plan.
- Participate in drawing up physiotherapy protocols on the basis of scientific evidence, and promote professional activities that facilitate physiotherapy research.
- 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.

Learning Outcomes

1. Analyse a situation and identify its points for improvement.
2. Analyse and synthesise.
3. Apply physiotherapy methods, procedures and interventions in the different clinical specialisations that treat conditions of the musculoskeletal system.
4. Apply specific physiotherapy methods to promote a healthy lifestyle, in relation to the musculoskeletal system, through health education.
5. Communicate using language that is not sexist.
6. Consider how gender stereotypes and roles impinge on the exercise of the profession.
7. Critically analyse the principles, values and procedures that govern the exercise of the profession.
8. Define general and specific objectives when using physiotherapy treatment for disorders of the musculoskeletal system.
9. Describe and analyse human movement.
10. Describe and analyse the evidence-based physiotherapy protocols for disorders of the musculoskeletal system.
11. Describe and apply advanced evaluation procedures in physiotherapy in order to determine the degree of damage to the musculoskeletal system and possible functional repercussions.
12. Describe clinical practice guidelines applied to disorders of the musculoskeletal system.
13. Describe the circumstances that can influence priorities when using physiotherapy to treat disorders of the musculoskeletal system.
14. Display critical reasoning skills.
15. Enumerate the different types of material and apparatus for using physiotherapy to treat disorders of the musculoskeletal system.
16. Establish diagnostic physiotherapy hypotheses through clinical cases with disorders of the musculoskeletal system.

17. Express ideas fluently, coherently and correctly, both orally and in writing.
18. Identify situations in which a change or improvement is needed.
19. Identify the physiological and structural changes that may occur as a result of physiotherapy intervention in disorders of the musculoskeletal system.
20. Identify the principal forms of sex- or gender-based inequality present in society.
21. Identify the social, economic and environmental implications of academic and professional activities within one's own area of knowledge.
22. Locate the different muscles through surface palpation.
23. Make the most correct decisions in given situations.
24. Organise and plan.
25. Propose new methods or well-founded alternative solutions.
26. Propose new ways to measure success or failure when implementing innovative proposals or ideas.
27. Solve problems.
28. Use physiotherapy to treat clinical cases involving musculoskeletal system conditions.
29. 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.
30. Weigh up the risks and opportunities of suggestions for improvement: one's own and those of others.

Content

TOPIC 1: GENERAL OVERVIEW OF THE SUBJECT (Carlos López/all)

Foundations and core concepts of the discipline. General overview of the subject.

Proposed objectives.

Presentation of the syllabus, guide, type of assessment, groups and seminars.

TOPIC 2: PHYSIOTHERAPY IN SHOULDER GIRDLE PATHOLOGY

- Neural component (Alex Sala)
- Anatomy and biomechanics of the shoulder girdle (Carlos López)
- Clinical examination of the shoulder girdle and clinical orientation (Carlos López)
- Physiotherapy in traumatic conditions: scapula, humerus, clavicle (Carlos López)
- Ligament injuries: instabilities, dislocations and subluxations GH and AC (Oriol Martínez)
- Tendon and soft tissue injuries: rotator cuff, adhesive capsulitis, capsular retraction (Carlos López)
- Introduction to myofascial pain syndrome: rotator cuff, deltoid, trapezius, rhomboid major and minor, pectoralis major and minor (Alex Sala)

Seminars: Specific evaluation of the glenohumeral and scapular joint. Manual therapy, global and proprioceptive work of the shoulder girdle, functional taping. Clinical reasoning and case discussions.

TOPIC 3: PHYSIOTHERAPY IN ELBOW PATHOLOGY

- Anatomy and biomechanics of the elbow (Carlos López)
- Clinical examination and orientation (Carlos López)
- Physiotherapy in traumatic conditions: proximal ulna and radius, distal third of the humerus (Oriol Martínez)
- Ligament injuries and instabilities: posterolateral dislocation of the elbow (Oriol Martínez)

Seminars: Specific elbow assessment. Tendon and soft tissue injuries: myofascial pain syndrome (biceps, triceps, anconeus, brachialis, brachioradialis), epicondylalgia, and bursitis. Clinical reasoning and proprioceptive work, functional taping.

TOPIC 4: PHYSIOTHERAPY IN FOREARM AND WRIST PATHOLOGY

- Anatomy and biomechanics of the forearm and wrist (Carlos López)
- Clinical examination and orientation (Carlos López)
- Physiotherapy in traumatic injuries: shaft and distal radius/ulna, carpal bones (Carlos López)
- Carpal tunnel syndrome (Alex Sala)

- Tendon and soft tissue injuries of the wrist and hand (Alex Sala)
- Ligament injuries and instabilities: CID, CIND, CIC, CIA. Proprioceptive work of the forearm and wrist (Alex Sala)

Seminars: Clinical cases and reasoning in wrist injuries. Myofascial pain syndrome: extensor, flexor, pronator and supinator muscles. Functional taping of wrist and hand.

TOPIC 5: PHYSIOTHERAPY IN HAND PATHOLOGY

- Anatomy and biomechanics of the hand (Oriol Martinez)
- Clinical examination and orientation (Oriol Martinez)
- Physiotherapy in traumatic conditions: metacarpals and phalanges (Carlos López)
- Tendon injuries: Dupuytren's disease, De Quervain's tenosynovitis, extensor and flexor tendon injuries (Oriol Martinez)
- Soft tissue injuries: capsulitis and sprains. Proprioceptive work of the hand (Oriol Martinez)

Seminars: Manual therapy of the hand and palpation of muscle belly and tendons. Functional taping.

TOPIC 6: PHYSIOTHERAPY IN DEGENERATIVE PATHOLOGY

- Degenerative process: arthritis and osteoarthritis. Signs and symptoms. Conservative physiotherapy treatment (Alex Sala)
- Post-surgical physiotherapy: shoulder, elbow and finger arthroplasties. Proprioceptive work (Carlos López)

Activities and Methodology

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
THEORY (TE)	27	1.08	3, 4, 8, 9, 10, 13, 15, 16, 19, 22, 14, 28, 27
LABORATORY PRACTICES (PLAB)	18	0.72	3, 4, 8, 9, 10, 11, 13, 15, 16, 19, 22, 14, 28
Type: Supervised			
PRESENTATION ORAL OR WRITTEN DEFENSE CLINICAL CASE	15	0.6	
Type: Autonomous			
READING ARTICLES AND REPORTS OF INTEREST	28	1.12	3, 4, 8, 9, 10, 11, 13, 12, 15, 16, 19, 22, 28
SELF STUDY	25.5	1.02	2, 3, 4, 8, 9, 11, 13, 15, 16, 19, 22, 24, 23, 14, 28
WORK PREPARATION	35	1.4	3, 4, 8, 9, 10, 11, 13, 12, 15, 16, 19, 22, 28

The subject is based on theoretical classes, theoretical-practical seminars, and clinical case development. In the event of a COVID-19 pandemic situation, theoretical classes and seminars may be held virtually via Moodle.

- Global assessment of the upper limb: medical history, clinical examination, complementary tests: X-ray and CT scan.
- Differential diagnosis in shoulder pathology: instability, tendinopathy, adhesive capsulitis, CNS and PNS lesions.
- Treatment of patients with osteoarticular pathology.
- Treatment of patients with shoulder, elbow, and finger arthroplasties.
- Manual therapy techniques for the upper limb.
- Muscle strengthening and proprioceptive re-education techniques.
- Muscle stretching techniques.
- Introduction to myofascial pain syndrome (MPS): examination and conservative treatment.
- Functional taping.

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.

Assessment

Continuous Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
CLINICAL CASE PRESENTATION (Groups)	10%	0	0	7, 2, 1, 3, 4, 5, 8, 9, 10, 11, 13, 12, 15, 16, 17, 19, 21, 20, 18, 22, 24, 30, 23, 25, 26, 14, 28, 27, 6, 29
PRACTICAL TYPE EVALUATION: OBJECTIVE AND STRUCTURED CLINICAL EVALUATION	40%	0	0	7, 2, 1, 3, 4, 5, 8, 9, 10, 11, 13, 12, 15, 16, 17, 19, 21, 20, 18, 22, 24, 30, 23, 25, 26, 14, 28, 27, 6, 29
WRITTEN EVALUATION THROUGH OBJECTIVE TESTS: TEST	50%	1.5	0.06	7, 2, 1, 3, 4, 5, 8, 9, 10, 11, 13, 12, 15, 16, 17, 19, 21, 20, 18, 22, 24, 30, 23, 25, 26, 14, 28, 27, 6, 29

The FINAL evaluation of the subject consists of:

- A written assessment through objective multiple-choice tests with a global weight of 50% of the content taught in theoretical classes and the topics covered in seminars. It consists of 40 multiple-choice questions (with 4 answer options, only one of which is correct, and incorrect answers deduct 0.33 points).
- A continuous assessment of practical and/or written test type through objective structured clinical evaluation with a global weight of 40%. The student must apply clinical reasoning and perform a technical physiotherapy simulation on dysfunctions or pathologies associated with the clinical case assigned.
- An evaluation of a clinical case with a global weight of 10%. It will be done in groups, and students must solve a clinical case based on bibliographic research.

Other considerations:

- Mandatory minimum attendance of 80% in all practical PLAB seminars.
- To apply these percentages, it is essential to have a minimum score of 5.00 in each of the three evaluation tests (less than 5, the average is NOT calculated).
- Students who do not pass the objective test may retake a recovery test of the same type. The highest grade they can obtain is a PASS.

- Students who do not pass the practical assessment may retake a recovery test of the same type. The highest grade they can obtain is a PASS.
- Students who do not pass the group clinical case assessment may take an oral recovery exam.
- Students who do not provide sufficient evaluation evidence, such as failing to attend 80% of the seminars or not achieving a minimum grade of 5 in each of the three tests, will be marked as non-evaluable.
- The final grade of the subject will be expressed numerically, with one decimal, on a 0-10 scale, and qualitatively according to UAB criteria: fail, pass, good, and excellent (with the option of Honors). The review procedure for exams will comply with UAB regulations and will always be individual, upon written request within the established deadlines.

Bibliography

Books

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- Mora Américo E, De Rosa R. Fisioterapia en el aparato locomotor. Madrid: Síntesis; 1998.
- Kottke FJ, Lehmann JF, Krusen FH. Medicina física y rehabilitación. Tomos I-III. Madrid: Editorial Médica Panamericana.
- David C, Lloyd J. Rehabilitación reumatológica. Madrid: Harcourt; 2000.
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Scientific journals and articles

- Cook JL, Purdam CR. The continuum model of tendon pathology. Br J Sports Med. 2009;43(6):409-416.
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- Annales Kinésithérapie.
- Fisioterapia y Calidad de Vida.
- Physical Therapy.
- Physiotherapy.

Multimedia and digital resources

- Physiopedia - Plataforma colaborativa basada en evidencia para fisioterapeutas. <https://www.physio-pedia.com>
- Physiotutors - Videos clínicos explicativos con alta calidad y base científica. <https://www.physiotutors.com>
- ClinicalEdge - Seminarios online actualizados para fisioterapeutas. <https://www.clinicaledge.co>
- British Journal of Sports Medicine (BJSM). <https://bjsm.bmj.com>
- Journal of Orthopaedic & Sports Physical Therapy (JOSPT). <https://www.jospt.org>
- Apps educativas recomendadas: Muscle Premium, Complete Anatomy.
- Sitios web y blogs de educación sobre dolor musculoesquelético: PainScience.com

Software

No software or other application is needed

Groups and Languages

Please note that this information is provisional until 30 November 2025. You can check it through this [link](#). To consult the language you will need to enter the CODE of the subject.

Name	Group	Language	Semester	Turn
(PLAB) Practical laboratories	201	Catalan/Spanish	first semester	afternoon
(PLAB) Practical laboratories	202	Catalan/Spanish	first semester	afternoon
(PLAB) Practical laboratories	203	Catalan/Spanish	first semester	afternoon
(TE) Theory	201	Catalan/Spanish	first semester	afternoon