

## Manual Osteopathic Therapy

Code: 103010  
ECTS Credits: 6

**2025/2026**

Degree	Type	Year
Physiotherapy	OT	4

### Contact

Name: Iñaki Diez Tendero

Email: inaki.diez@uab.cat

### Teachers

Jose Casimiro Moran

Iñaki Diez Tendero

### Teaching groups languages

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

### 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 osteop

### 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 viscero-somatic 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 sacral
- 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

## Activities and Methodology

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Laboratory practices	33	1.32	5, 7, 6, 17
seminar	2	0.08	5, 7, 8
Theory	12	0.48	5, 7, 8
Type: Autonomous			
Personal study	48	1.92	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

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

The interaction and/or participation of the student will be important, as part of the learning process.

Note: 15 minutes of a class will be reserved, within the schedule established, for the evaluation of the students.

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.

## Assessment

### Continuous Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes

Anamnesi writing exercice	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

## 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, written exercise (30%).  
 Practical evaluation (50%): there will be a practical test in which the student will be asked to perform a manipulation.  
 Anamnesis simulation (20%): Consists of simulating a first visit with a real patient.  
 To pass the subject, these conditions on continuous assessment must be met:  
 -Pass the theoretical and practical exam and the written exercise with a minimum grade of 5.  
 -Having attended 100% of practical classes. In case of justified absences, the student must make up the missed practical classes.  
 -Active participation in class.  
 -If the student does not take any evaluation test, regardless theoretical or practical, the student will not pass the subject.  
 -Students who have not passed one of the parts of the subject in the continuous assessment will not be able to pass the subject.  
 -For ERASMUS students, the same criteria and the same evaluation method will be applied.

## Bibliography

1. BARRAL, J.P. Manipulaciones viscerales 1. Ed Elsevier Masson, 2009
2. BARRAL, J.P. Manipulaciones viscerales 2. Ed Elsevier Masson, 2009
3. COUX, G. CURTIL, P. Tratado práctico de osteopatía estructural. Ed Paidotribo, 2009.
4. HEBGEN, E. Osteopatía visceral, fundamentos y técnicas. Ed McGraw Hill, 2005
5. LIEM, T. La osteopatía craneosacra. Ed Paidotribo, 1a edición, 2001.
6. MAIGNE, J.Y. Mecanismos de acción del tratamiento manipulativo vertebral. Elsevier. 2002.
7. PAOLETTI, S. Las fascias: El papel de los tejidos en la mecánica humana. Ed Paidotribo, 2004.
8. PICKAR, J.G. Efectos neurofisiológicos de la manipulación vertebral. Elsevier, 2011.
9. RICARD, F. SALLÉ, J.L. Tratado de osteopatía. Madrid: Ed Panamericana, 3a edición, 2003.

10. RICARD, F. Tratamiento osteopático de las algias lumbopélvicas. Ed Panamericana, 2005.
11. TORRES, R. La columna cervical, síndromes clínicos y su tratamiento manipulativo. Ed Panamericana, 2008.
12. TUTUSAUS, R. POTAU, J.M. Sistema fascial: Anatomía, valoración y tratamiento. Ed. Panamericana, 2015.
13. RICARD, F. PASCUAL A.O. La osteopatía basada en la evidencia. Ed. Medos. 1a ed. 2017
14. FRYER, G. Integrating osteopathic approaches based on biopsychosocial therapeutic mechanisms. Part 1: the mechanisms. <https://doi.org/10.1016/j.ijosm.2017.05.002>
15. FRYER, G. Integrating osteopathic approaches based on biopsychosocial therapeutic mechanisms. Part 2: clinical approach. <https://doi.org/10.1016/j.ijosm.2017.05.001>
16. FRYER, G. Muscle energy technique: An evidence-informed approach. <https://doi.org/10.1016/j.ijosm.2010.04.004>
17. FRYER, G. Special issue: Osteopathic principles. <https://doi.org/10.1016/j.ijosm.2012.12.001>
18. FRYER, G. Paraspinal muscles and intervertebral dysfunction: part one. <https://doi.org/10.1016/j.jmpt.2004.02.006>
19. FRYER, G. Paraspinal muscles and intervertebral dysfunction: part two. <https://doi.org/10.1016/j.jmpt.2004.04.008>
20. D'Alessandro, G. Sensitization and Interoception as Key Neurological Concepts in Osteopathy and Other Manual Medicines. <https://doi.org/10.3389/fnins.2016.00100>

## Software

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

## 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	303	Catalan	second semester	afternoon
(PLAB) Practical laboratories	304	Catalan	second semester	afternoon
(SEM) Seminars	301	Catalan	second semester	afternoon
(SEM) Seminars	302	Catalan	second semester	afternoon
(TE) Theory	301	Catalan	second semester	afternoon