

Physiotherapy Prevention and Treatment in Vascular Processes Prevention and Treatment of Lymphedema

Code: 102978

Credits: 6

2026/2027

Degree programme	Type	Course
Physiotherapy	OP	3

Contact lecturer

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Teaching staff

Josep Padros i Valls

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Group languages

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

Prerequisites

It is advisable to have the knowledge acquired of Physiotherapy in the Pathology of the Locomotor System and Human Anatomy.

Objectives

The subject is programmed in the third year of the Degree in Physiotherapy.

The objectives are:

- Know and differentiate the different types of edemas in the different pathologies.
- Acquire the necessary training to be able to differentiate the indications and the contraindications of the processes vascular and lymphatic more important.
- Differentiation of the different types of amputations and their prosthetic adaptations.
- Correct planning of the treatment of Physiotherapy.
- Identification of the possible complications during the treatment of the patient.

- Correct application of Manual Lymphatic Drainage, depending on the type of origin and edema.
- Correct application of the different types of bandages according to the pathology and its etiology.

Learning outcomes

1. Describe the principles behind the evaluation of the vascular system.
2. Apply the correct physiotherapy evaluation procedures to determine the degree of damage to the vascular system and its possible functional repercussions.
3. Work in teams.
4. Display a strategic and flexible attitude to learning.
5. Describe the vascular injuries and diseases, identifying the symptoms that appear during the process, their etiology and the associated medical, surgical and rehabilitation treatments.
6. Apply physiotherapy methods, procedures and interventions in the therapies of the different clinical specialisations that treat vascular conditions.
7. Use physiotherapy to treat clinical cases involving vascular conditions.
8. Design therapeutic exercises and activities for vascular diseases and injuries.
9. Describe the physiotherapy techniques in therapy for vascular conditions and display up-to-date knowledge of their effectiveness.
10. Identify situations in which a change or improvement is needed.
11. Analyse a situation and identify its points for improvement.
12. Propose new ways to measure success or failure when implementing innovative proposals or ideas.
13. Identify the social, economic and environmental implications of academic and professional activities within one's own area of knowledge.
14. Explain the explicit or implicit code of practice of one's own area of knowledge.
15. Critically analyse the principles, values and procedures that govern the exercise of the profession.
16. Consider how gender stereotypes and roles impinge on the exercise of the profession.
17. Communicate using language that is not sexist.
18. Identify the principal forms of sex- or gender-based inequality present in society.
19. Propose projects and actions in accordance with the principles of ethical responsibility and respect for fundamental rights, diversity and democratic values.

Contents

PREVENTION AND TREATMENT OF PHYSIOTHERAPY IN VASCULAR PROCESSES

1. Introduction.

2. Diabetes.

3. The Diabetic Foot.

3.1. Prevention Hygienic-prophylactic measures. Inspection of the foot of risk.

3.2. Importance of the multidisciplinary team. International Diabetic Concern.

3.3. Diabetic Neuropathy.

3.3.1. Poor planting: neuropathic ulcers. Contact plaster.

3.3.2. Neuropathic Arthropathy: Peu de Charcot.

3.4. Intermittent claudication Peripheral artery disease.

3.5. Physiotherapy treatment according to assessment and objectives.

3.6. Clinical cases.

4. The Amputated Vascular Patient.

4.1. Vascular-endocrine etiology of amputation.

4.2. Amputated patient profile. Associated pathologies that condition the treatment of Physiotherapy.

4.3. Performance of the multidisciplinary team

4.4. Amputation levels:

4.4.1. Upper extremity.

4.4.2. Lower extremity.

4.4.3. Placerviews.

4.5. Physiotherapy Treatment.

4.5.1. Rating and anamnesis.

4.5.2. Aims of Physiotherapy Treatment.

4.5.3. Phantom member Graduated engineered imagery.

4.5.4. Stages of action in the hospital and outpatient field. Protecting: Provisional Prosthetics and definitive prosthesis.

4.6. Preparation and bandage of the amputation blanket. Function of silicone liners.

4.7. Protecting process: Valuation scales: Functional \"K\" protection level, Amp Pro, etc.

4.7.1. Criteria for protection.

4.7.2. Provisional and definitive prosthesis.

4.7.3. Components of a prosthesis.

4.8. Re-training on the fly: analysis of phases and deviations in the limbed amputated patient lower.

4.9. Most frequent complications of the body and secondary to the process of protection.

4.10. Osteointegration.

4.11. Protecting the upper limb.

4.12. Clinical Cases.

PHYSIOTHERAPY AND ONCOLOGY

1. Generalities of cancer

2. Cancer and lymphedema

2.1. Breast cancer

2.2. Prostate cancer

3. Physiotherapy treatment in cancer patients

3.1. Oncologic massage

PREVENTION AND TREATMENT OF LIMFEDEMA

1. Introduction.

2. Lymphatic system. Anatomy and Physiology of the Lymphatic System.

2.1. Lymphatic system components.

2.2. Physiology of the Lymphatic System.

2.3. Anatomy of the Lymphatic System.

2.3.1. Anatomy of the Lymphatic System.

2.3.2. Lymphatic anatomy.

3. Edema.

3.1. Edema classification.

3.1.1. Venous Edema.

3.1.2. Lymphatic Edema or Lymphedema.

3.1.2.1. Primary Lymphedema.

3.1.2.2. Secondary lymphedema.

3.1.2.3. Complications of Lymphedema.

3.1.3. Lipedema.

3.1.4. Lipolymphedema.

4. MFRHB treatment.

4.1. Lymphoedema School.

4.2. Complex Decongestant Therapy.

4.2.1. DLM.

4.2.2. Multi-Layered Emboss.

4.2.3. Pressotherapy.

4.2.4. Containment or Compression Parts.

4.2.5. Cinesiterapia.

4.2.6. Complementary techniques.

4.2.7. Hygienic-dietary measures.

5. Surgical techniques.

Learning activities and methodology

Title	Hours	ECTS	Learning outcomes
READING OF ARTICLES / REPORTS OF INTEREST	9	0.36	
DEVELOPMENT OF WORK	9	0.36	
TUTORIES	7.5	0.3	
LABORATORY PRACTICES (PLAB)	29	1.16	
THEORY (TE)	24	0.96	
SELF STUDY	65	2.6	

The methodology of this subject will be by means of theoretical and practical classes.

Any irregularity in an assessment act (academic fraud, plagiarism or improper use of AI, unless this use is expressly authorized in the teaching guide), which may lead to a significant variation in the grade, means that this act will be graded with a 0. In the event that the teaching guide provides that in order to pass the subject it is an essential requirement to have obtained a minimum grade in this assessment act or that several irregularities occur in the assessment acts of the same subject, the final grade for this subject is 0. Apart from this, a disciplinary process may be initiated against the student who incurs any of these irregularities.

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	Weight	Hours	ECTS	Learning outcomes
Practical evaluation : objective evaluation through objective and clinical evaluation structured.	40%	4	0.16	1, 2, 3, 4, 5, 6, 7, 8, 9, 13, 14, 15, 16, 17, 18, 19
Written evaluation-objective tests of multiple choice questions	50%	1.5	0.06	2, 5, 6, 7, 8, 9, 10, 11
Evaluation through practical cases and problem solving.	10%	1	0.04	1, 2, 4, 5, 6, 12, 15, 17, 19

This subject does not provide the single assessment system.

In order to be able to do half of the subject, it is essential to have approved all the parts.

Attendance: It is obligatory to attend 80% of the practical seminars, in order to be able to access the different ones evaluations.

Evaluation written through objective trials of multiple choice. Each question answered correctly is worth 1 point. Questions answered erroneously will subtract 0'33 points. Unanswered questions will not remain. It is approved with a 5.

Evaluation through practical cases and their resolution: based on the procedures studied. Approved with a 5.

Practical type evaluation through objective and structured clinical evaluation: continuous evaluation exercises associated to the seminars. It is approved with a 5.

Not evaluable: that student who does not attend 80% of the seminars, will be considered that he can not contribute enough evidence to be evaluated. And it will be recorded in the minutes as not evaluable.

Students who have not passed one or several parts of the subject may submit to the proof of recovery with the maximum score of 5 for the part to recover.

Bibliography

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- Xiaoyang Hu, Esmé Trevelyan, Guoyan Y, et al. "The effectiveness of acupuncture or TENS for phantom limb syndrome. II: A narrative review of case studies". European J of I Medicina (2014);6:365-3816

Software

No specific software is required

Course groups and languages

The information provided is provisional until November 30. After this date, you will be able to consult the language of each group through this [link](#). To access the information, you will need to enter the course CODE

Type of teaching	Group	Language	Semester	Shift
(TE) Theory	201	Catalan	second semester	afternoon
(PLAB) Practical laboratories	201	Catalan	second semester	afternoon
(PLAB) Practical laboratories	202	Catalan	second semester	afternoon