

Physiotherapy Applied to Prevention and Treatment of Sport Injuries **2026/2027**

Code: 103988

Credits: 6

Degree programme	Type	Course
Physiotherapy	OP	4

Contact lecturer

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Teaching staff

Fermín Oliete Candela

Group languages

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

Prerequisites

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

Objectives

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.

Learning outcomes

1. Solve problems.
2. Work in teams.
3. Display critical reasoning skills.
4. Explain the physiopathology of sports injuries.
5. Enumerate the medical-surgical treatments used for sports injuries, focusing on physiotherapy and

orthopaedics.

6. Apply the specific methods and techniques for dealing with sports injuries.
7. Apply the knowledge and competences acquired to resolve clinical cases involving patients with sports injuries.
8. Describe and apply physiotherapy assessment procedures to disorders caused by sports injuries and their possible functional repercussions.
9. Establish a diagnostic physiotherapy hypothesis in the case of patients with sports injuries.
10. Define general and specific objectives for using physiotherapy to treat sports injuries.
11. Describe the circumstances that can influence priorities when using physiotherapy to treat sports injuries.
12. Enumerate the different types of material and apparatus used in physiotherapy for sports injuries.
13. Identify situations in which a change or improvement is needed.
14. Analyse a situation and identify its points for improvement.
15. Propose new methods or well-founded alternative solutions.
16. Weigh up the risks and opportunities of suggestions for improvement: one's own and those of others.
17. Propose new ways to measure success or failure when implementing innovative proposals or ideas.
18. Propose ways to evaluate projects and actions for improving sustainability.
19. Critically analyse the principles, values and procedures that govern the exercise of the profession.
20. Consider how gender stereotypes and roles impinge on the exercise of the profession.
21. Propose projects and actions that incorporate the gender perspective.
22. Communicate using language that is not sexist.
23. 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.

Contents

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

Learning activities and methodology

Title	Hours	ECTS	Learning outcomes
LABORATORY PRACTICES	20	0.8	
READING ARTICLES AND REPORTS OF INTEREST	15	0.6	
THEORY	18.5	0.74	
PERSONAL STUDY	90	3.6	

supervised theoretical and practical classes.practical classes on specific aspects of the subject.defense presentation of scientific posters or clinic cases

Any irregularity committed during an assessment activity (including academic misconduct, plagiarism, or the improper use of artificial intelligence, unless such use is explicitly authorized in the course syllabus) that may result in a significant alteration of the assessment outcome will lead to a grade of 0 for that assessment. If the course syllabus specifies that obtaining a minimum grade in that assessment is a mandatory requirement to pass the course, or if multiple irregularities occur in the assessment activities of the same course, the student's final grade for the course will be 0. In addition, any student who commits such irregularities may be subject to disciplinary proceedings.

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

EVALUATION OF THE SUBJECT TO APPROVE THE SUBJECT IT IS ESSENTIAL TO HAVE APPROVED ALL .

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
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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	301	Catalan/Spanish	first semester	afternoon
(PLAB) Practical laboratories	301	Catalan/Spanish	first semester	afternoon
(PLAB) Practical laboratories	302	Catalan/Spanish	first semester	afternoon