



# UNIVERSIDAD DE CASTILLA - LA MANCHA

## GUÍA DOCENTE

### 1. General information

**Course:** PHYSICAL PODIATRY  
**Type:** CORE COURSE  
**Degree:** 399 - PODIATRY DEGREE  
**Center:** 16 - FACULTY OF SCIENCES OF THE HEALTH OF TALAVERA  
**Year:** 2

**Main language:** Spanish  
**Use of additional languages:**  
**Web site:**

**Code:** 32518  
**ECTS credits:** 6  
**Academic year:** 2022-23  
**Group(s):** 61 60  
**Duration:** C2  
**Second language:** English  
**English Friendly:** Y  
**Bilingual:** N

Lecturer: <b>ALBERTO ALDANA CABALLERO</b> - Group(s): <b>60 61</b>				
Building/Office	Department	Phone number	Email	Office hours
Facultad de Ciencias de la Salud Despacho 2.7	ENFERMERÍA, FISIOTERAPIA Y TERAPIA OCUP.	926051361	Alberto.Aldana@uclm.es	Monday and Tuesday de 13h-16h. Appointment via email needed.

### 2. Pre-Requisites

Not established

### 3. Justification in the curriculum, relation to other subjects and to the profession

The physical, electrical, manual means and the functional bandages represent a part of the the range podiatric therapies. Therefore, the podiatrist must acquire the necessary skills to apply physical agents correctly and safely in podiatric conditions. In addition, acquiring the skills of this subject will lay the foundations for lifelong learning in this professional field and recover permanent updating to pay adequate attention to society.

### 4. Degree competences achieved in this course

#### Course competences

Code	Description
CB01	Prove that they have acquired and understood knowledge in a subject area that derives from general secondary education and is appropriate to a level based on advanced course books, and includes updated and cutting-edge aspects of their field of knowledge.
CB02	Apply their knowledge to their job or vocation in a professional manner and show that they have the competences to construct and justify arguments and solve problems within their subject area.
CE26	Know and apply physical, electrical and manual methods for the treatment of different pathologies of the foot. Functional bandages. Pain therapy and inflammation in the foot.
GC01	Know and apply the theoretical and methodological foundations of Podiatry.
GC03	Obtain the capacity, skill and ability necessary to diagnose, prescribe, indicate, perform and/or develop and evaluate any type of podiatric, orthopodological, chiropodological, surgical, physical, pharmacological, preventive and/or educational treatment, based on the clinical history.

### 5. Objectives or Learning Outcomes

#### Course learning outcomes

##### Description

To describe therapies that comprise physical podiatry.

To solve cases of podiatric disorders, setting therapeutic objectives and selecting the appropriate evidence-based physical, electrical and manual approach.

To describe the biophysical principles and physiological mechanisms in which physical agents are involved.

To know the podiatric indications and contraindications of physical, electrical, manual means and functional bandages.

To apply physical, electrical, manual means and functional bandages in podiatric disorders taking into account safety measures for both professionals and patients.

### 6. Units / Contents

#### Unit 1: GENERAL CONCEPTS.

**Unit 1.1** Physiology of pain and inflammation.

**Unit 1.2** Concept of physical podiatry, physical agents and rehabilitation.

**Unit 1.3** Pharmacological bioavailability and physical agents.

#### Unit 2: MANUAL THERAPIES.

**Unit 2.1** Introduction to clinical examination and muscle balance.

**Unit 2.2** Lower limb muscle assessment: Hip.

**Unit 2.3** Lower limb muscle assessment: Leg.

**Unit 2.4** Lower limb muscle assessment: Ankle and foot.

**Unit 2.5** Kinesitherapy.

**Unit 2.6** Massage therapy.

**Unit 2.7** Myofascial pain, trigger points and dry needling in podiatry.

#### Unit 3: BANDAGES.

**Unit 3.1** Basic concepts in bandages.

**Unit 3.2** Functional bandages in podiatry.

**Unit 3.3** Neuromuscular bandages in podiatry.

**Unit 4: HYDROTHERAPY AND THERMOTHERAPY.**

**Unit 4.1** Hydrotherapy. General, physiological effects, application methods and main therapeutic indications in podiatry.

**Unit 4.2** Thermotherapy. General, physiological effects, application methods and main therapeutic indications in podiatry.

**Unit 4.3** Cryotherapy. General, physiological effects, application methods and main therapeutic indications in podiatry.

**Unit 5: ELECTROTHERAPY.**

**Unit 5.1** Fundamentals and generalities of electrotherapy.

**Unit 5.2** Galvanic currents.

**Unit 5.3** Iontophoresis.

**Unit 5.4** Variable currents.

**Unit 5.5** Transcutaneous electrical stimulation. TENS.

**Unit 5.6** Intra-tissue percutaneous electrolysis.

**Unit 5.7** Vibrotherapy: Ultrasounds.

**Unit 5.8** Magnetotherapy.

**Unit 5.9** Shock waves.

**Unit 6: LASER THERAPY AND PHOTOTHERAPY.**

**Unit 6.1** Physical laser therapy.

**Unit 6.2** Infrared and ultraviolet radiation.

7. Activities, Units/Modules and Methodology							
Training Activity	Methodology	Related Competences	ECTS	Hours	As	Com	Description
Class Attendance (theory) [ON-SITE]	Lectures	CB01 CB02 CE26 GC01 GC03	1.52	38	Y	N	Assessable in final test.
Problem solving and/or case studies [ON-SITE]	Problem solving and exercises	CB01 CB02 CE26 GC01 GC03	0.72	18	Y	Y	Clinical cases and/or practical workshops, works in groups. Can be re-evaluated.
Final test [ON-SITE]	Assessment tests	CB01 CB02 CE26 GC01 GC03	0.16	4	Y	Y	Multi answer test type. Correction formula: Final score = (Right answers - (Errors/2)) x10. Can be re-evaluated.
Writing of reports or projects [OFF-SITE]	Reading and Analysis of Reviews and Articles	CB01 CB02 CE26 GC01 GC03	0.4	10	Y	Y	Revision of articles. Deadline: second to last week of the semester. Can be re-evaluated.
Study and Exam Preparation [OFF-SITE]	Assessment tests	CB01 CB02 CE26 GC01 GC03	3.2	80	N		Assessable in final test or progress tests in problem solving and/or case studies.
<b>Total:</b>			<b>6</b>	<b>150</b>			
<b>Total credits of in-class work: 2.4</b>				<b>Total class time hours: 60</b>			
<b>Total credits of out of class work: 3.6</b>				<b>Total hours of out of class work: 90</b>			

As: Assessable training activity

Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

8. Evaluation criteria and Grading System			
Evaluation System	Continuous assessment	Non-continuous evaluation*	Description
Final test	70.00%	70.00%	Final test. Formula established for the score: Final grade = ((Correct answers) - (Errors / 2)) / (Total questions) x 10
Theoretical papers assessment	10.00%	10.00%	Reading of scientific articles and preparation of reviews.
Practical exam	20.00%	20.00%	Clinical and / or practical cases, workshops and seminars, group work. Attendance is mandatory. Evaluation will be according to the student's performance or exercises for continuous assessment.
<b>Total:</b>	<b>100.00%</b>	<b>100.00%</b>	

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject, an ordinary and an extraordinary one (evaluating 100% of the competences).

**Evaluation criteria for the final exam:**

**Continuous assessment:**

The current grading system will be applied at all times: currently, UCLM student assessment regulations approved on May 23, 2022. The global assessment will be based on the weighted average of the assessment systems (Final test, practices and preparation of theoretical works). Students must achieve 40% of the final test grade.

**Non-continuous evaluation:**

The current grading system will be applied at all times: currently, UCLM student assessment regulations approved on May 23, 2022. The global assessment will be based on the weighted average of the assessment systems (Final test, practical part and preparation of theoretical works). The practical exam will be done in simulation rooms or laboratory. Students must achieve 40% in each system.

**Specifications for the resit/retake exam:**

The assessment of the elaboration of theoretical works that have been passed by the student up to a maximum of two academic years from the current year will be kept, provided that the training activities are not modified.

## 9. Assignments, course calendar and important dates

### Not related to the syllabus/contents

Hours	hours
<b>General comments about the planning:</b> The temporal distribution of the different training activities during the course is adapted to the needs of the students and may vary depending on the degree of their performance and the criteria of the professors involved in teaching the subject. The official academic calendar will be followed at all times.	

## 10. Bibliography and Sources

Author(s)	Title/Link	Publishing house	City	ISBN	Year	Description
Bové, Toni	El vendaje funcional /	Elsevier,		978-84-9022-847-0	2015	
Hislop, Helen J. Daniels-Worthingham	Pruebas funcionales musculares : Técnicas de exploración manual.	Marban		8471012049 2.	1998	
Stanley Hoppenfeld	Exploración Física de la Columna Vertebral y las Extremidades	Manual Moderno		9789684260559		
Moreno de la Fuente, José Luis	Podología física /	Masson,		84-458-1577-6	2006	
MAYA MARTÍN, JULIÁN	Estimulación eléctrica transcutánea y neuromuscular	Elsevier		978-8480866460	2010	
KHAN, Joseph	Principios y práctica de electroterapia	Jims		84-7092-354-4. ISBN	1991	