

DIAGNOSTIC ALGORITHM IN PAIN AND THERAPEUTIC APPROACHES IN THE CRANIO-CERVICOBRACHIAL REGION

Academic coordinators:

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Number of ECTS: 4

Dates:

- Online module: **22/04 – 04/05 2025** (synchronous and asynchronous sessions and Moodle virtual campus). 15 hours.
 - Monday 22 April 13:00 (CET) presentation and opening of the online module (synchronous session)
 - Other presentations:
 - Asynchronous sessions arranged in the form of short videos
 - Flipped classroom in synchronous format.
 - Flipped classrooms and groupwork:
 - Wednesday 23 April 14:00-16:00 (CET)
 - Monday 28 April 14:00-16:00 (CET)
 - Wednesday 30 April 14:00-15:00 (CET)
- Face-to face module: **05-09/05/2025** at Pontifical University of Salamanca, Campus de Madrid (Faculty of Nursing and Physiotherapy *Salus Infirmorum*)
 - Monday, 5 May:
 - Morning:
 - Presentation
 - Clinical history and diagnosis from a Physiotherapy perspective
 - Diagnostic algorithms and clusters
 - Differential diagnosis. Red and Yellow Flags.
 - Tuesday, 6 May:
 - Morning: Addressing neuropathic pain
 - Afternoon: Temporo-mandibular pathology approach
 - Wednesday, 7 May: Cultural Activity
 - Thursday, 8 May:
 - Morning:
 - Therapeutic approach to pain using manual therapy
 - Addressing the vegetative nervous system and vagus nerve
 - Afternoon:
 - Cultural Activity

- Friday, 9 May:
 - Morning:
 - Knowledge integration
 - Therapeutic exercise for pain
 - Patient education on pain
 - End of programme

The proposed training allows the physiotherapy student to deepen their understanding of the different types of pain, both acute and chronic, that affect the daily lives of patients. This course focuses on various structures of the cranio-cervico-brachial region due to its high prevalence and diverse occurrence in the general population. Within this training, the identification of the type of pain and its behavior is addressed through clinical reasoning and supported by complementary tests, to then approach it from an integrative perspective with treatment proposals through physiotherapy, exercise, and education.

Proposed content:

ONLINE MODULE: NEUROSCIENCES APPLIED TO THE PAIN CLINIC: 15h

- Pain, phenotypes, and characteristics according to tissue.
- Anatomy, neuroanatomy, and biomechanics with clinical application to the cranio-cervico-brachial region.
- Regional interdependence of the locomotor system.
- Approaching pain from a physiotherapy perspective.
- Tools and complementary tests
 - Socio-cultural and economic factors.
 - Heart rate variability

FACE-TO-FACE MODULE: DIAGNOSTIC AND THERAPEUTIC APPROACH TO PAIN IN THE CRANIO-CERVICO-BRACHIAL REGION: 25h

- Therapeutic approach to pain through manual therapy
- Temporomandibular joint treatment
- Peripheral nerve assessment and treatment.
- Addressing the vegetative nervous system and vagus nerve
- Therapeutic exercise for pain.
- Patient education on pain