

TEACHER'S GUIDE SHEET

MODULE	BIOMECHANICS OF SPINE
DIDACTIC UNIT	C: HOW DO I ASSESS SPINE? C.3. What are the advantages of the use of instrumental techniques versus scales and physical examination in spine?
TITLE OF ACTIVITY/CLASS	Advantages of the use of instrumental techniques versus scales and physical examination in spine
OBJECTIVES	<ul style="list-style-type: none"> • Remind basic concepts about clinical scales, instrumented analysis and biomechanical systems. • Learn how those different methodologies might offer different information useful to perform a functional evaluation in a patient with low back pain. •
LENGTH	30 MINUTES OF CLASS IN TOTAL.
PREVIOUS KNOWLEDGE REQUIRED	It is advisable for the student to have revised the the theoretical video associated to this module (autonomous work) prior to the class.
TECHNICAL NEEDS	PC with software for the reproduction of power point presentations. Projector and screen to show contents appropriately to all the students during class.
RESOURCES NEEDED	Patient's File Sheet in pdf: parts 1 and 2. One physical copy of each part per student.



DESCRIPTION OF THE CLASS/ACTIVITY

A power point will be used by the profesor in order to guide the class:

BASIC CONCEPTS (5' or less)

First , some basic concepts about clinical scales, instrumented analysis and biomechanical systems will be reminded briefly (slide 3 of the presentation, advantages and disadvantages of each method). Also, the teacher will remind students that it is highly advisable to revise the video associated, if they have not already done it.

CLASS ACTIVITY (25')

After explaining those basic concepts, the 'class activity' slide 4 will be introduced, explaining the way the students will work. The students might work in groups or individually, depending on the total number of students and according to the teacher's preferences.

For this activity, students will have to read carefully the patient's file included in the materials. First, they will revise Patient's File PART 1, in which the clinical case is explained, including the physical examination performed and the results of the Oswestry Disability Index (ODI) fulfilled by the patient. After revising this first part, they should think of the question proposed : What level of impairment do you think the patient has? : 10 MINUTES IN TOTAL.

Immediately after, students will revise Patient's File PART 2. After having read it, they will reflect on the question: With the information you have now, do you still think the patient has the same level of impairment as with PART1? If not, which level do you think he has and why? 10 MINUTES

In the last minutes of class, the teacher will decide if it is appropriate to choose some students to share their opinions and discuss the questions proposed.

TASKS TO BE DEVELOPED BY THE STUDENT IN CLASS

According to the previous information, the student will have to revise Patient's file PART 1 and PART 2 and reflect on the questions proposed.

It is important for them to think about the differences in the information obtained by each methodology of functional evaluation, and how their perception of the real patient's impairment may vary after reviseng PART2.

TASKS TO BE DEVELOPED BY THE STUDENT OUTSIDE OF CLASS (if required)

It is advisable for the student to have revised the theoretical video associated to this module (autonomous work) prior to the class.

EVALUATION METHODOLOGY

It is not mandatory to evaluate this class activity.

In case the teacher decides to do so, this could be done in to different ways, according to the teacher's preferences:

1. The teacher may require the students to write down their own answers to the questions proposed in an identified sheet. After class, the teacher can correct this exercise on a scale from 0 to 10 (or on another preferred scale).
2. The teacher may ask the students to share their opinion during class and with the rest of the students. Thus, their participation would be evaluated in terms of: quality of the contents exposed and argumentation, oral expression and level of participation in class.

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