DPN Fisioterapia

Fisioterapia basada en evidencia

Deconstruyendo el dolor:

Actualización bajo la mirada neurocientífica para el uso en la vida diaria.

Contenido programático (avanzado presencial):

Parte I

Cómo hemos construído nuestra idea sobre dolor.

Módulo 1 ¿Por qué aprender sobre dolor? ¡Son solo ventajas!

Módulo 2 Dolor, historia y cultura: cómo construimos nuestra idea sobre el dolor.

2.1 De 3000 a.C. hasta el siglo XXI.

Módulo 3 La individualidad: género, etnia y genética.

3.1 Género.

3.2 Raza y etnia.

3.3 Socioeconómico.

3.4 Biopsicosocial.

3.5 Genética.

Parte II - 17h 12m (con talleres)

Los caminos del dolor: neuroanatomía y neurofisiología, del estímulo a la percepción.

Módulo 1 Dolor y nocicepción: el dualismo mente y cuerpo. **18'24" / 19m**

Módulo 2 Incitando al dolor: ¿cómo se activan los nociceptores? **119'60" / 2h**

2.1 Las neuronas - características individuales. 81'49"

2.2 La red - características de la conexión. 38'11"

Módulo 3 Sistema periférico: el centralizador de la información. **85'37" / 1h 25m**

3.1 Aferentes primarios: una mirada emergente sobre las neuronas sensitivas. 70'37"

Módulo 4 Sistema central: el ascensor de la información. **137'29" / 2h 15m**

4.1 Cuerno dorsal: la primera liada, mejor dicho, parada. 25'39"

4.2 El dolor referido: tres hipótesis periféricas. 08'10"

4.3 Neurotransmisores: el combustible de la charla neuronal. 39'52"

4.4 Vías ascendentes: de la periferia a los centros superiores. 29'17"

4.5 Centros superiores: la interpretación y modulación del dolor. 20'11"

4.6 Taller: ¡crea tu propio sistema nervioso! 15'

Módulo 5 El volumen del dolor: los sistemas modulatorios descendentes. **155'84" / 2h 36m**

5.1 Sistema opioide endógeno. 62'24"

5.2 Sistema monoaminérgico. 25'

5.3 Sistema endocannabinoide. 20'28"

5.4 Sistema gabaérgico. 33'32"

5.5 Hipo/hiperalgesia inducida por el estrés. (junto con el anterior)

5.6 Taller: desenredando el nudo. Explícaselo a una persona de 7, 15, 35 y 75 años. 15'

Módulo 6 Sensibilización periférica y central. 71'70" / 1h 12m
6.1 Sensibilización periférica: una sopa "picante". 22'42"
6.2 Hiperalgesia y alodinia. (junto con anterior)
6.3 Sensibilización central: un proceso, no un diagnóstico. 49'28"
Módulo 7 Cronificación: factores de riesgo y el tiempo. 45'11" / 46m
7.1 El tiempo importa: agudo vs crónico. 35'05"
7.2 Cuando el riesgo aumenta: factores predisponentes. 10'06"
Módulo 8 Tipología y clasificación: las múltiples caras del dolor. 235'70" / 3h 56m
8.1 Según mecanismos: descriptores neurofisiológicos. 28'14"
8.2 Unión de fuerzas: IASP y WHO. 27'34"
8.3 Según la ICD: dolor crónico secundario. 24'52"
8.4 Según IASP: dolor nociceptivo. 51'51"
8.4.1 Nociceptivo químico inflamatorio.
8.4.2 Nociceptivo químico no inflamatorio o isquémico.
8.4.3 Nociceptivo mecánico o mantenimiento tisular.
8.5 Según la ICD: dolor crónico neuropático. 08'20"
8.6 Según IASP: dolor neuropático. 32'58"
8.7 Según la ICD: dolor crónico primario. 06'25"
8.8 Según IASP: dolor nociplástico. 57'16"
Módulo 9 Evaluación del dolor: basado en mecanismos neurofisiológicos. 178'68" / 2h 59m
9.1 Identificación del mecanismo: los algoritmos del dolor. 22'05"
9.1.1 Dolor nociceptivo. 12'09"
9.1.2 Dolor neuropático. 21'37"
9.1.3 Dolor nociplastico. 21'30"
9.2 CAL - CP: un método para todos los profesionales. 10'34"
9.3 Pruebas clínicas: cómo mejor predecir y tratar el dolor. 21'42"
9.4 QST, TSP y CPM: testeando la sensibilidad y modulación endógena. 50'11"
9.5 Taller: probemos el sistema modulario. 20'
Módulo 10: Cognición: contexto, percepción, aprendizaje, expectativa y atención (futuras ediciones).
Módulo 11: El sistema de movimiento y el dolor (futuras ediciones).

Parte III - 15h 47m (con talleres).
Sensibilidad ajustable: tratamiento y modulación del dolor.
Módulo 1 Tratamiento del dolor: nuestro maletín de herramientas. 395'1" / 6h 45m
1.1 Generalidades del tratamiento: detalles a tener en cuenta. 19'07"
1.2 Abordaje basado en mecanismo: top-down o bottom-up? 25'05"
1.3 Estructurando el abordaje: el paso a paso. 23'07"
1.4 Intervención farmacológica: con qué "drogarse". 36'20"
1.5 Intervención no farmacológica: herramientas para ambientes con pocos recursos.
1.5.1 Ejercicio como modulador: hipoalgesia inducida por el ejercicio. 56'14"
1.5.2 TENS: hace más de lo que te imaginas. 43'45"
1.5.3 Terapia manual: ¿son tan mágicas nuestras manos? 43'48"
1.5.4 Punción seca y acupuntura: el poder de la pinchada. 27'37"
1.5.5 ¿Frío o calor? Más allá de "frío para agudo" y "calor para cronico". 29'22"
1.6 ¿Algo más? Otras modalidades terapéuticas.
1.6.1 Mindfulness y meditación. 37'36"
1.6.2 Imaginería motora. 14'45"
1.6.3 Terapia del espejo. 03'20"

1.6.4 Focus de atención externa. 17'52"
1.7 Taller de experimentación. 20'
Módulo 2 Tratamiento del dolor basado en mecanismo: direccionando el tratamiento. 541'61" / 9h 02m
2.1 Dolor crónico primario: dolor nociplástico.
2.1.1 Fibromialgia. 23'01"
2.1.2 Síndrome del dolor regional complejo. 11'51"
2.1.3 Cefalea: migraña y tipo tensional. 36'06"
2.1.4 Dolor pélvico crónico. 36'56"
2.1.5 Dolor lumbar crónico. 39'06"
2.1.5.1 Terapia Cognitivo Funcional (TCF).
2.1.6 Dolor cervical crónico. 25'49" + charla "text-neck" 47'31"
2.2 Dolor crónico secundario: dolor nociceptivo.
2.2.1 Artritis reumatoide. 37'01"
2.2.2 Osteoartritis. 51'59"
2.2.3 Síndrome de la cirugía de espalda fallida. parte I 34'59" + parte II 14'58"
2.3 Dolor crónico secundario: dolor neuropático.
2.3.1 Radiculopatías. 50'93"
2.3.1.1 Radiculopatía lumbar. 49'79"
2.3.1.2 Radiculopatía cervical. 64'12"
2.3.2 Taller: exploremos sistemas de tracción y terapia manual. 20'

Parte IV (futuras ediciones)
Deep into the void: profundizando todavía más.
Módulo 1 Sueño y dolor.
Módulo 2 Estrés y dolor.
Módulo 3 Sistema autónomo.

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