



UNIVERSIDAD FEDERAL DE SÃO CARLOS  
CENTRO DE CIENCIAS BIOLÓGICAS Y DE LA SALUD  
PROGRAMA DE POSGRADO EN FISIOTERAPIA  
Área de Concentración: Fisioterapia y Desempeño Funcional  
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**FIT-155- Dolor: evaluación y tratamiento fisioterapéuticos**

**08 Créditos – Carga horaria: 120 h**

**Docentes responsables: Prof. Dr. Luiz Fernando Approbato Selistre,  
Prof.<sup>a</sup> Dr.<sup>a</sup> Mariana Arias Ávila Vera y Prof. Dr. Richard Eloin Liebano**

Sumario:

1. Naturaleza Multidimensional del Dolor
  - a. Teorías sobre el dolor; terminología, descripción y condiciones asociadas
  - b. Como cultura, sociedad, instituciones y agencias regulatorias afectan en la evaluación y el manejo del dolor
2. Evaluación y mensuración del dolor
  - a. Utilización de instrumentos válidos y confiables para mensurar dolor y síntomas asociados
  - b. Evaluación del paciente en su contexto, preferencias y valores
3. Manejo del dolor
  - a. Educación en dolor; automanejo y promoción en salud: evidencias científicas
  - b. Plan terapéutico
  - c. Intervenciones fisioterapéuticas: evidencias científicas y directrices para el tratamiento del dolor
4. Condiciones dolorosas
  - a. Evaluación y mensuración en poblaciones especiales
  - b. Manejo fisioterapéutico de estas condiciones

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