

# Internship Program Rehabilitation and Readaptation of Sports Injuries



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Rehabilitation and  
Readaptation of  
Sports Injuries

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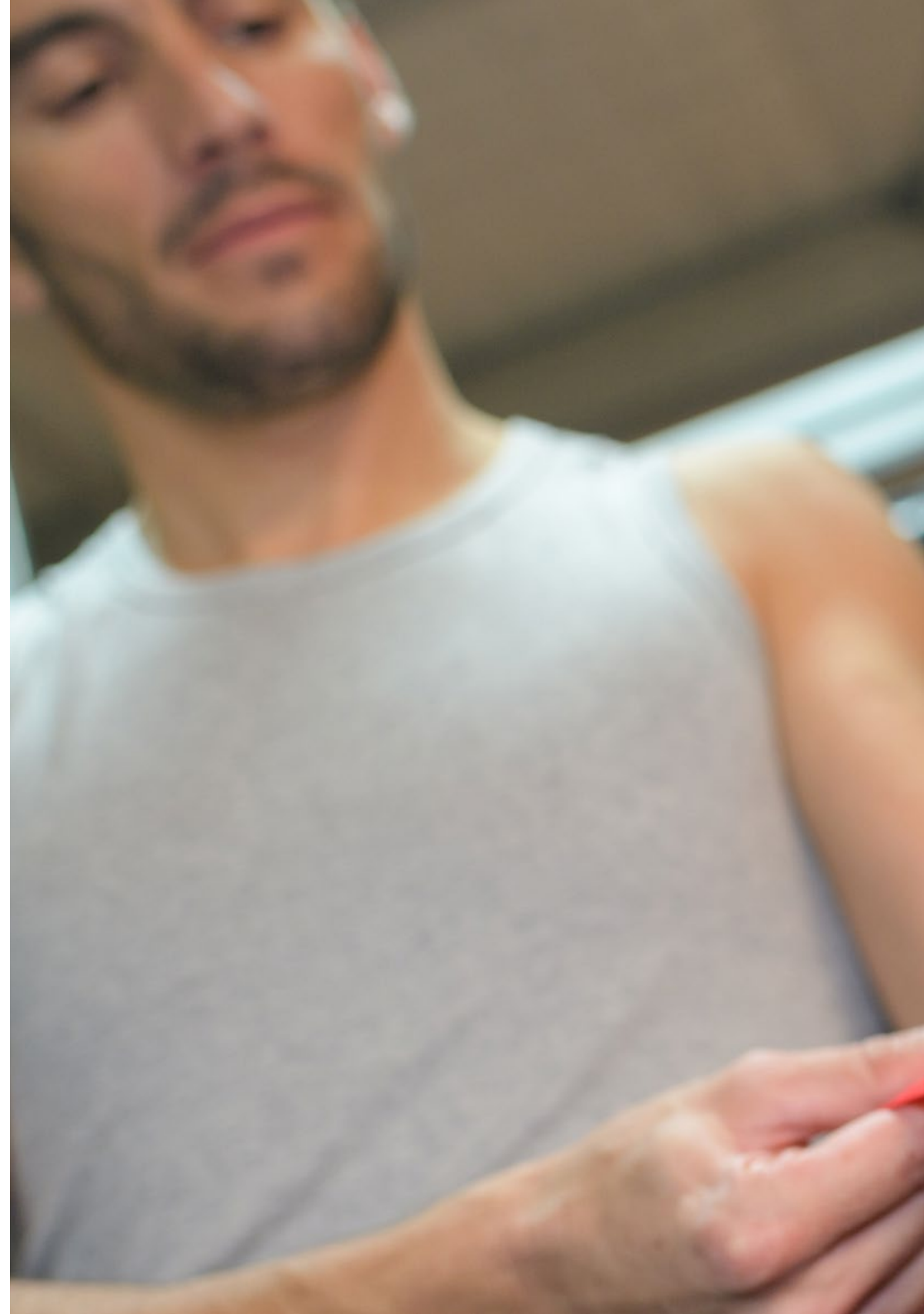
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# 01 Introduction

Today, scientific research and technological advances have led to the evolution of new techniques in the Rehabilitation and Readaptation of Sports Injuries. As a result, highly complex therapeutic methods have emerged, requiring constant updates. However, there are not many programs with a practical learning design on the novelties of this discipline. In contrast to these shortcomings, TECH has designed this 100% in-person, immersive, and comprehensive academic program where specialists will have the opportunity to acquire skills directly. The 3-week educational program will take place in a hospital institution at the forefront of sports medicine, with real patients and under the expert supervision of an adjunct tutor.

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*Enroll in this Internship Program and incorporate the latest therapeutic trends for addressing and recovering from sports injuries through proprioceptive and kinesthetic training”*





In a short period of time, medical sciences have developed new methods and technologies for the diagnosis and treatment of musculoskeletal injuries, as well as advanced in the development of innovative therapies and the evaluation of issues with existing ones, such as infiltrations. However, staying up-to-date on these topics has become challenging for specialists due to the lack of educational programs in the market that offer practical teaching.

For that reason, TECH has created a mode of study that aligns with the current professional reality, ensuring that each physician learns in real-life situations various skills for clinical, nutritional, and rehabilitation care for high-performance athletes. During 3 weeks, participants will develop a stay in a hospital equipped with the most modern resources for diagnosing and treating real cases, providing them with the opportunity to apply innovative procedures that combine different therapies.

Program graduates will complete 120 educational hours on weekdays, with access to state-of-the-art hospital facilities and renowned experts with extensive experience in sports injury treatment. Furthermore, they will have an adjunct tutor to oversee their progress and assist them in incorporating innovative strategies into their professional practice.

# 02

## Why Study an Internship Program?

This academic update will facilitate the specialist's advancement in sports injury management beyond the theoretical plane. This Internship Program offers a comprehensive and intensive program to be conducted in person, enhancing proficiency in the diagnosis and rehabilitation techniques within this area of health. Over a 3-week period of intensive direct study, the specialist will deal real cases with complex pathologies, guided by a personalized tutor and advised by experts with extensive experience.



*This 100% practical and in-person experience will be in your hands if you enroll with TECH as soon as possible"*

### 1. Updating from the Latest Technology Available

Radiofrequency therapies and readaptive training are some of the most significant advancements in the approach to sports injuries. These innovations are possible thanks to state-of-the-art scientific and technological discoveries. All of them will be available to the specialist throughout this Internship Program, offering maximum educational guarantees on their comprehensive management.

### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

TECH wants to ensure that all its graduates have first class practical skills in the daily practice of sports injury rehabilitation. For this reason, it has created the role of the adjunct tutor, who will be responsible for coordinating the learning of all professionals and their connection with the most complex care dynamics.

### 3. Entering First-Class Clinical Environments

Through TECH's collaboration with leading health institutions, this program ensures first level clinical practices. Within these settings, specialists will have the opportunity to learn firsthand about the latest diagnostic and therapeutic applications. Simultaneously, the facilities are equipped with state-of-the-art technologies, and upon completion of the training, graduates will be proficient in operating all of them.



#### 4. Putting the acquired knowledge into daily practice from the very first moment

The academic market does not offer enough pedagogical solutions for specialists who wish to up to date their knowledge in the practical rehabilitation of sports injuries. For this reason, this certificate offers a pioneering mode of study where, for 3 weeks of in-person program, the specialist will be dedicated to the approach of real cases using the latest diagnostic technology and the most innovative therapeutic procedures.

#### 5. Expanding the Boundaries of Knowledge

This Internship Program will take the physician beyond their usual academic comfort zone, putting them in front of international contexts related to Rehabilitation and Readaptation of Sports Injury. This intensive in-person academic update is only possible thanks to TECH, the world's largest online educational institution.



*You will have full practical immersion  
at the center of your choice"*

# 03 Objectives

The fundamental objective of this practical and in-person program is to provide physicians with the most modern skills for the approach to musculoskeletal diseases in the high-performance athlete. At the same time, you will have the opportunity to delve in the approach of readaptation and rehabilitation strategies for all types of injuries.



## General Objectives

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- ♦ Add specialized knowledge in sports readaptation, injury prevention, and functional recovery
- ♦ Assess the athlete from the point of view of physical, functional and biomechanical condition to detect aspects that hinder recovery or contribute to injury recurrence
- ♦ Design both specific readaptation and recovery work and individualized integral work
- ♦ Acquire a specialization in the pathologies of the locomotor system with the highest incidence in the population as a whole







## Specific Objectives

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- Plan prevention, readaptation and functional rehabilitation programs
- Delve into the characteristics of the most common types of injuries suffered by athletes today
- Assess the subject's nutritional needs and make nutritional recommendations and nutritional supplements to support the recovery process
- Monitor the evolutionary process of recovery and/or rehabilitation of an athlete's or user's injury
- Acquire skills and abilities in readaptation, prevention and recovery, increasing professional possibilities as a personal trainer
- Differentiate from an anatomical point of view the different parts and structures of the human body
- Improve the injured athlete's physical condition as part of the integral work, with the objective of achieving a greater and more efficient recovery after the injury
- Use coaching techniques that allow to face general psychological aspects of the athlete or injured subject that favor an effective approach from the personal training work
- Understanding marketing as a key tool for success in personal training in the field of readaptation, prevention and functional recovery
- Integrate the concepts of balance training, cardiovascular, strength, plyometrics, speed, agility, etc. as a key tool for personnel in injury prevention and readaptation
- Acknowledge Stretching and Postural Re-Education as essential methods for the prevention of injuries and alterations of the locomotor system
- Clarify the importance of nutritional, biochemical, genetic and quality of life assessment from the initial period to the end of the process
- Detect anomalies that hinder or prevent a correct recovery/rehabilitation process
- Distinguish the different types of injuries: tendon, muscle, bone, ligament and joint injuries
- Employ proprioceptive re-education in the whole process of rehabilitation and recovery, as well as for a lower prevalence of injury recurrence
- Manage the different types of sports and essential sports practices as adjuvants during the process of functional rehabilitation and recovery
- Examine the most common pathologies that usually occur in the spine
- Analyze the different possibilities offered by functional training and advanced rehabilitation
- Distinguish the different structures and properties of both macronutrients and micronutrients
- Understand the personal training process where the relationship with the client and the feedback provided by the client are fundamental to the process



*Enroll in this program and improve your healthcare skills in a highly prestigious hospital center specialized in Sports Injuries”*

# 04

## Educational Plan

This Internship Program has been designed to update specialists through an intensive period of in-person study. In it, the physician will have the opportunity to handle the most advanced technological equipment for rehabilitation and readaptation of sports injuries. In addition, during this learning period, they will have the personalized guidance of an assistant tutor, who will dynamically instruct them in these activities.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

The practical academic process will be developed over 3 weeks, with consecutive 8-hour sessions from Monday to Friday. This way, the professional will acquire the best skills for treating sports patients with various conditions.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for medicine practice (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"*



Module	Practical Activity
<b>State-of-the-art diagnostic methods for sports injuries</b>	Implement sectional and anatomical area analysis using Computed Axial Tomography
	Detect joint abnormalities resulting from traumatic sports injuries through Magnetic Resonance
	Diagnose injuries in very early stages by analyzing changes in bone metabolism before structural changes appear, using Scintigraphy
	Evaluate the condition of muscle injuries and other soft tissues such as tendons or ligaments through Ultrasounds
<b>Surgical Rehabilitation and New Therapeutic Management in Sports Injuries</b>	Conduct digitalized biomechanical studies to assess the health of the foot in particular and the locomotor system in general
	Perform anterior cruciate ligament reconstruction surgery due to soft tissue tear caused by prolonged physical activity
	Conduct Regenerative Medicine procedures such as bone marrow aspirated stem cell concentrate and platelet-rich plasma as an effective alternative for the treatment of osteoarthritis, sports injuries and other musculoskeletal pathologies
	Manage the advantages and contraindications of infiltrations in high-performance athletes
	Apply nerve block techniques to reduce acute or chronic pain during sports activities
	Enhance the analgesic, anti-inflammatory, anti-edematous, and wound healing effects, speeding up the recovery process and injury prevention through Radiofrequency R200 equipment
<b>Latest Trends in Sports Injury Readaptation</b>	Treat patients with cortisone injections for chronic or acute pain relief
	Prescribe specialized physiotherapy for the non-surgical treatment of musculoskeletal conditions, strengthening muscles, mending broken bones, and preventing further fractures
	Apply the principles of proprioceptive and kinesthetic training and recognize how to apply them during the patient's recovery
	Incorporate the benefits of the Pilates Method in the recovery and readaptation of patients with severe sports injuries
<b>New Developments in Food and Athlete Nutrition</b>	Apply motivational coaching techniques and emotional support to high-performance athletes who must readjust their physical condition and activity to the limitations of a serious injury
	Apply patient analysis techniques based on Nutrigenetics and Nutrigenomics
	Assess the implications of Phytochemicals and non-nutritive compounds in the athlete's daily diet
	Incorporate transgenic foods into contemporary dietary approaches
	Provide modern guidelines on hydration in sports practice
	Regularly examine the physiological regulation of eating, appetite, and satiety
Explore the physiological adaptation to different types of physical exercise	

# 05 Where Can I Do the Internship Program?

TECH aims for the physician to acquire the most up-to-date competencies in the approach to sports injuries and their rehabilitation through this Internship Program. To achieve this, it has a catalog of healthcare institutions located in different geographical locations, where the specialist will find the main tools and up-to-date protocols applicable in this health area. In all of them, the highest practical learning outcomes are guaranteed.



*Apply the most current knowledge in the field of Sports Injury Readaptation to your daily practice through the competencies you will develop with this qualification"*





## Rehabilitation and Readaptation | 13 **tech** of Sports Injuries

The student will be able to do this program at the following centers:



### **Policlínico HM Moraleja**

Country	City
Spain	Madrid

Address: P.º de Alcobendas, 10, 28109,  
Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain.

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#### **Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



Medicine

### Policlínico HM Matogrande

Country: Spain  
City: La Coruña

Address: R. Enrique Mariñas Romero, 32G, 2º,  
15009, A Coruña

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain.

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**Related internship programs:**

- Sport Physiotherapy
- Neurodegenerative Diseases



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*Seize this opportunity to surround yourself with expert professionals and benefit from their working methodology”*

# 06

## General Conditions

### Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.





## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This **Internship Program in Rehabilitation and Readaptation of Sports Injuries** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery\*.

The diploma issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Rehabilitation and Readaptation of Sports Injuries**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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