

# Postgraduate Certificate

## Acromioclavicular Joint, Sternoclavicular Joint, and Long Portion of Biceps





## Postgraduate Certificate Acromioclavicular Joint, Sternoclavicular Joint, and Long Portion of Biceps

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/acromioclavicular-joint-sternoclavicular-joint-long-portion-biceps](http://www.techtute.com/us/medicine/postgraduate-certificate/acromioclavicular-joint-sternoclavicular-joint-long-portion-biceps)

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# 01

# Introduction

Correctly identifying the underlying cause of pain, dysfunction or limitation in the shoulder and brachial biceps tendon joints requires a thorough evaluation, observing the anatomy and then determining treatment. Therefore, it is vitally important that medical professionals keep up to date with these techniques in order to provide accurate diagnosis and effective therapy. For this reason, TECH has designed this program, which provides the professional with an effective update on the complications of chronic acromioclavicular dislocation and isolated injuries of the long portion of the biceps such as tenosynovitis, instability and partial tears. A 100% online program with multimedia content, accessible 24 hours a day.





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*Get updated in just 6 weeks  
on Acromioclavicular and  
Sternoclavicular Joint Pathology”*

Clinical evaluation is sometimes not sufficient to obtain an accurate diagnosis of shoulder and biceps brachii tendon pathologies. In this regard, advanced diagnostic techniques come into play, such as detailed imaging of internal structures, allowing for more accurate visualization and a more complete analysis of the joints and tendon. This is why the importance of medical updating in the constant evolution of knowledge and technologies in the field of medicine is fundamental.

In this context, TECH has developed this Postgraduate Certificate that provides an update on the anatomy, diagnosis and treatment of related pathologies. Thus, in this program, medical professionals will delve into key areas such as the Acromioclavicular Joint and Sternoclavicular Joint, Acute Acromioclavicular Dislocation and surgical treatment techniques.

In addition, they will be able to expand their knowledge on chronic acromioclavicular dislocation, the complications associated with conservative and surgical treatment of this dislocation, and the long portion of the biceps through the best teaching material.

The professional is thus faced with a program that offers a 100% online format, which provides the flexibility to synchronize his personal and work activities with those of his update. In addition, the curriculum incorporates the Relearning methodology, which allows the specialist to review the most complex concepts more efficiently and with the support of a wide variety of multimedia materials available in an online library with unlimited access.

This **Postgraduate Certificate in Acromioclavicular Joint, Sternoclavicular Joint and Long Portion of the Biceps** contains the most complete and updated scientific program in the market. Its most outstanding features are:

- ♦ The development of case studies presented by expert orthopedic surgeons
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*You will go deeper with this program in Acute Acromioclavicular Dislocation, from diagnosis to conservative and surgical treatment options"*

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*It explores in depth the surgical techniques and treatment of Acute Acromioclavicular Dislocation, enhancing advanced skills in this specialized field"*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Thanks to this program you will implement the most advanced techniques for the surgical treatment of chronic acromioclavicular dislocation.*

*Expand your knowledge of the complications associated with acromioclavicular dislocation and how to manage them in conservative and surgical treatment.*



# 02 Objectives

The main objective of this program is to provide the physician with a renewed focus on the competencies and skills to address the Acromioclavicular Joint, Sternoclavicular Joint and Long Portion of the Biceps. This will enable the healthcare professional to accurately and effectively diagnose and treat diseases and injuries associated with these structures. To achieve this purpose, TECH presents this program that provides the specialist with a variety of multimedia resources, such as detailed videos, which can be accessed without time restrictions.





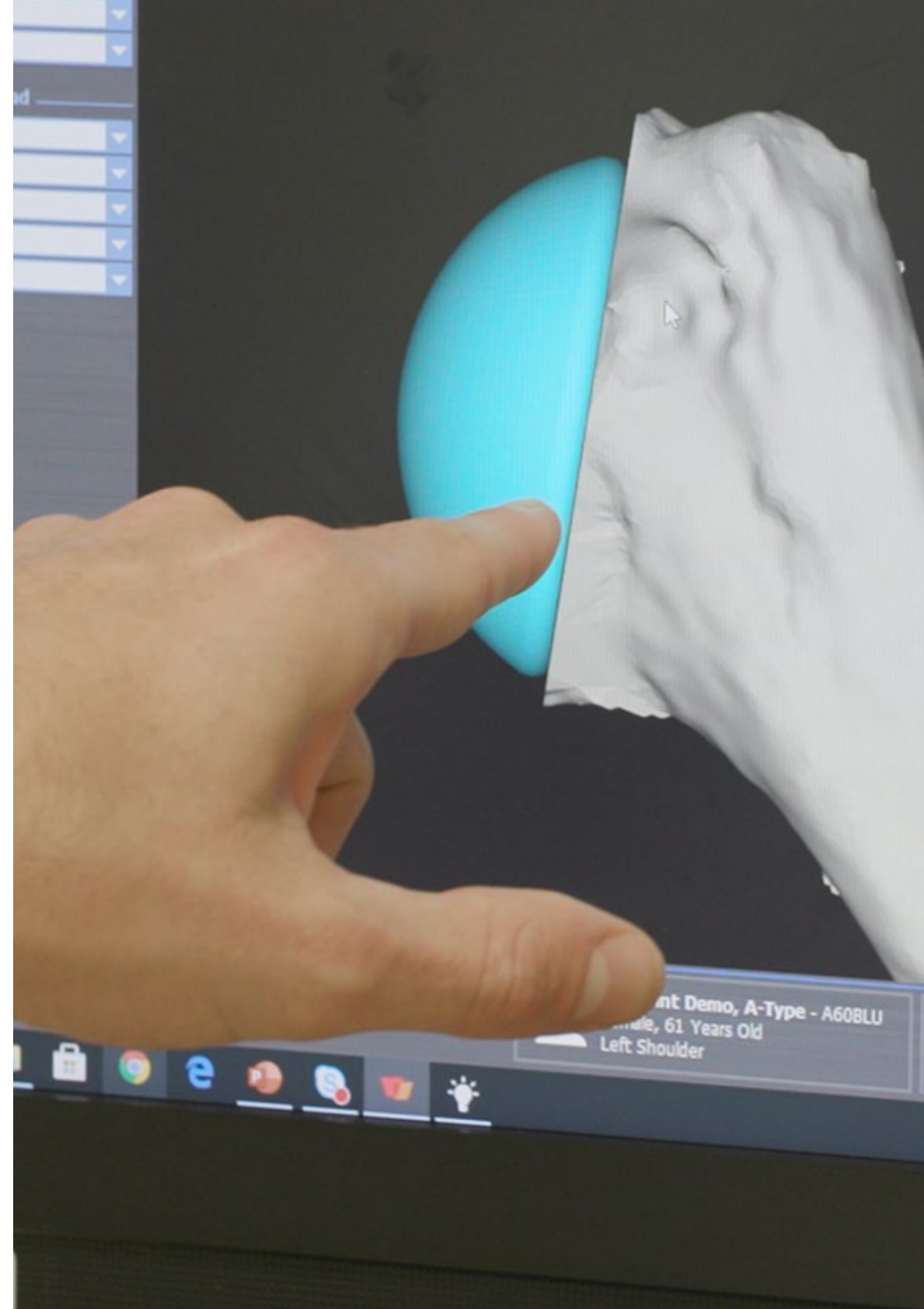
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*You will explore the different anatomical variations of the Long Portion of the Biceps, establishing its relationship with the pathologies affecting the Scapular Waist”*



## General Objectives

- Analyze the macroscopic anatomy of the shoulder
- Determine the different approaches to open surgery
- Introducing the arthroscopic portals of shoulder surgery
- Delve into new technologies in anatomy and shoulder surgery
- Examine the usefulness of different radiological techniques in the diagnosis of certain shoulder pathologies
- Define ultrasound scans as a treatment technique in some shoulder pathologies
- Expose the usefulness of nuclear medicine in shoulder pathology
- Compile the different objective, subjective and quality of life scales
- Show embryology of the shoulder
- Grouping of shoulder pathologies affecting children: dysplasias, fractures and other acquired pathologies
- Development of rheumatologic, tumor and infectious diseases
- Deepening the role of anesthesia in the shoulder



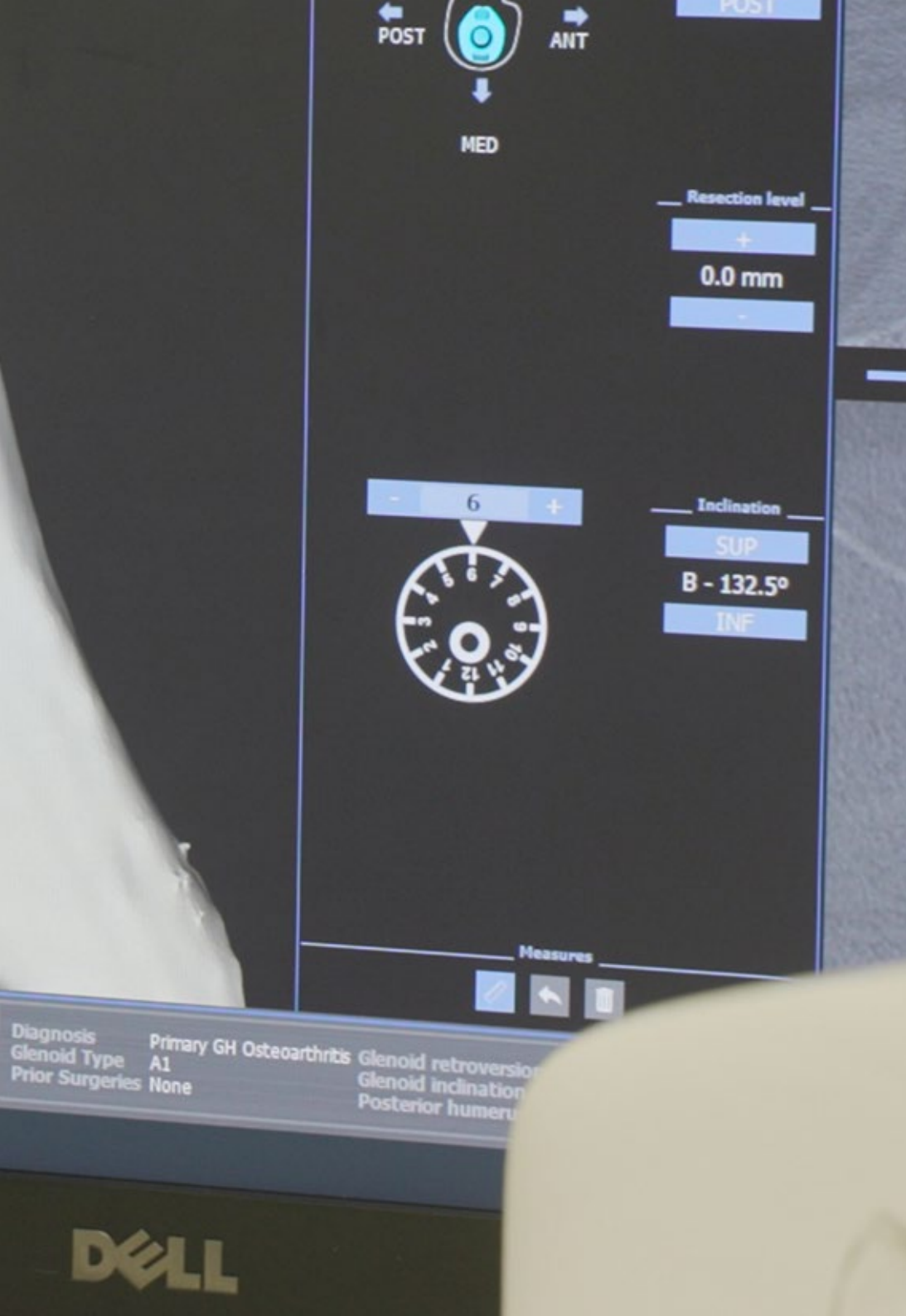


## Specific Objectives

- Delve into the anatomy of the acromioclavicular and sternoclavicular joints
- Analyze the pathology of the sternoclavicular joint
- Explain the different therapeutic techniques for acute acromioclavicular dislocation
- Develop therapeutic options after chronic acromioclavicular dislocation
- Investigate the complications of acromioclavicular dislocation
- Examine the anatomy of the long portion of the biceps and anatomical variants

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*It delves into the knowledge of SLAP lesions of the Long Portion of the Biceps, and their classification down to conservative and surgical treatment options”*



03

# Course Management

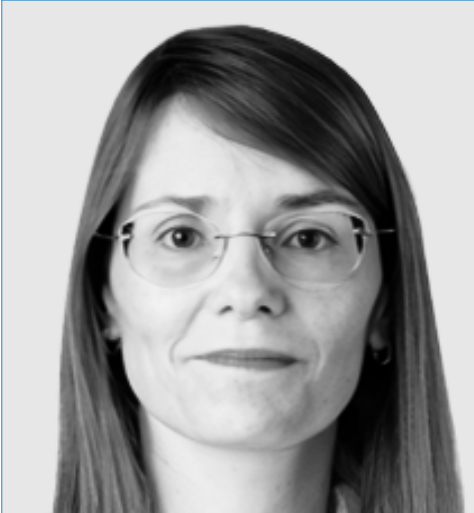
This program has a faculty made up of renowned specialists in the field of Orthopedics and Traumatology. These experts have extensive experience in addressing joint pathologies, surgical interventions and advanced rehabilitation and treatment techniques. Consequently, specialists will be assured of obtaining a quality update, being guided by highly qualified professionals.



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*You will delve into the most advanced surgical techniques to treat SLAP lesions of the Long Portion of the Biceps with the best professionals in the field”*

## Management



### Dr. Ana Belén Fernández Cortina

- Traumatologist at Cosaga Hospital
- Traumatologist (Shoulder Visiting Fellow) at the Massachusetts General Hospital
- Traumatologist at the Ourense University Hospital Complex
- Traumatologist at Gambo General Rural Hospital
- Journal Clinical Epidemiology Reviewer Affiliation: Clinical epidemiology
- Scientific Journal Medical Science Melville USA Reviewer
- Dr. in Medicine and Surgery from the Complutense University of Madrid
- Specialist in Orthopedic and Trauma Surgery
- Degree in Medicine and Surgery from the University of Santiago de Compostela
- Member of: Spanish Association of Orthopedic Surgery and Traumatology (SECOT), Spanish Society of Shoulder and Elbow Surgery (SEHC), Spanish Association of Arthroscopy (AEA), Spanish Society of Sports Traumatology (SETRADE)



### **Dr. Vanesa López Fernández**

- Attending Doctor of Orthopedic Surgery and Traumatology, Arthroscopy Unit at the Hospital Rey Juan Carlos
- Attending Doctor of Orthopedic Surgery and Traumatology at the Fundación Jiménez Díaz Hospital
- Clinical and research fellowship in shoulder, hand and upper limb surgery at the Clinique Generale d'Annecy
- Clinical and research fellowship in shoulder and elbow surgery under the supervision of Dr. Emilio Calvo and Dr. Foruria at the Jiménez Díaz Foundation
- Professor and member of the scientific committee of the CURSOCOT for the training of residents and attendings (recertification courses) in Orthopedic Surgery and Traumatology
- Honorary Professor of Orthopedic Surgery and Traumatology Universidad Rey Juan Carlos
- Dr. in Medicine from the University of Santiago de Compostela with a doctoral thesis entitled "Effect of intra-articular hyaluronic acid in experimental synovitis"
- Degree in Medicine from the Santiago de Compostela University
- Master's Degree in Orthopedic Surgery and Traumatology from San Pablo CEU University
- Postgraduate Certificate in Orthopedic Surgery and Traumatology of the Upper Limb by San Pablo CEU University
- Postgraduate Certificate in Orthopedic Surgery and Traumatology of the Pelvis, Hip and Pediatric Traumatology by San Pablo CEU University
- Postgraduate Certificate in Orthopedic Surgery and Traumatology of the Knee, Ankle and Foot by San Pablo CEU University
- Postgraduate Certificate in Orthopedic Surgery and Spine Traumatology, Tumors and Infections by San Pablo CEU University

## Professors

### Dr. Diana Morcillo-Barrenechea

- ♦ Assistant Doctor in the Traumatology and Orthopedic Surgery Service at Ibermutua.
- ♦ Assistant Doctor in the Shoulder and Elbow Unit of the Traumatology and Orthopedic Surgery Department at the Jiménez Díaz Foundation
- ♦ Volunteering in the Traumatology Service as support after earthquake in Nepal
- ♦ Volunteering with Doctors of the World in the Traumatology and Orthopedic Surgery Service in Palestine
- ♦ Specialist in Orthopedic and Trauma Surgery
- ♦ Degree in Medicine from the University of Valladolid
- ♦ Recognition of Research Sufficiency in the area of Microbiology at the University of Valladolid
- ♦ Member of: Spanish Society of Orthopedic Surgery and Traumatology, Spanish Society of Shoulder and Elbow Surgery, Spanish Association of Arthroscopy

### Dr. Isabel García Bullón

- ♦ Doctor specializing in Orthopedic Surgery and Traumatology at Ibermutua Central Services
- ♦ Specialist Doctor at Dr. Palazón S.A.P. Clinic (La Luz Clinic)
- ♦ Head of the Hand and Wrist Surgery Unit at Severo Ochoa University Hospital
- ♦ Specialist Doctor in Orthopedic Surgery and Traumatology, University Hospital Severo Ochoa
- ♦ Specialist in Orthopedic Surgery and Traumatology at the Severo Ochoa University Hospital
- ♦ Degree in Medicine from the Complutense University of Madrid

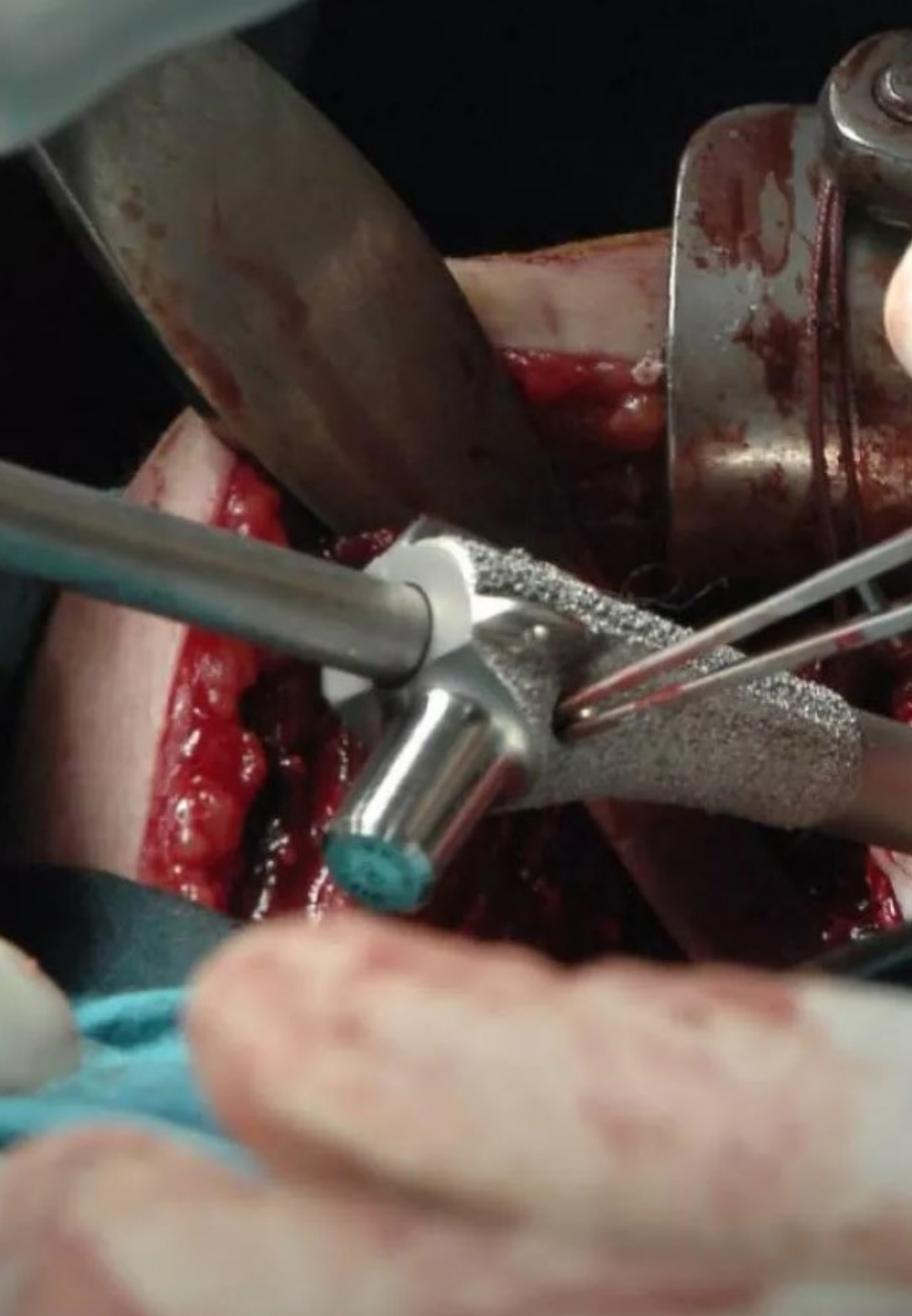
### Dr. Nuria Álvarez Benito

- ♦ Assistant Doctor of Orthopedic Surgery and Traumatology at the University Hospital of the Canary Islands
- ♦ Doctor in the Rehabilitation Service at the Jiménez Díaz Foundation University Hospital
- ♦ Doctor at the Children's Traumatology and Orthopedics Unit at the CHU Lapeyronie de Montpellier
- ♦ Doctor in the Musculoskeletal Tumors Unit and Vascular Surgery and Plastic Surgery Services at the La Paz University Hospital
- ♦ Doctor in the Neurosurgery Service and Spine Unit of the COT service at the Gregorio Marañón University Hospital
- ♦ Lecturer in the program of Microsurgery for COT Residents
- ♦ Specialist Doctor in Orthopedic Surgery and Traumatology
- ♦ Master's Degree in Shoulder Pathology from the International University of Andalusia (UIA)
- ♦ Degree in Medicine from the Complutense University of Madrid
- ♦ Member of: Spanish Society of Orthopedic Surgery and Traumatology, Andalusian Society of Traumatology and Orthopedic

### Dr. Gonzalo de Cabo Tejerina

- ♦ Sports Doctor at Olympia Clinic
- ♦ Head of the Arthroscopy and Upper Limb Unit at the Rey Juan Carlos Hospital in Móstoles
- ♦ Stryker and Depuy Mitek International Medical Consultant
- ♦ Honorary Professor at the Universidad Rey Juan Carlos
- ♦ Degree in Medicine from Universidad Complutense Madrid
- ♦ Diploma of Advanced Studies from Universidad Complutense Madrid





**Dr. Sergio Andrés Jaramillo Pérez**

- ♦ Traumatologist at Mutua El Rosario Universal Hospital
- ♦ Assistant Doctor in the Traumatology Service of the Hospital Rey Juan Carlos
- ♦ Traumatologist at Hospital QuironSur Alcorcón
- ♦ Traumatologist at the Ibermedic Clinics in Móstoles and Villaviciosa de Odon
- ♦ Surgeon at the Orthopedic and Traumatology Unit of La Princesa University Hospital
- ♦ Doctor of the Emergency and Hospitalization Service at the San Juan de Dios Clinic
- ♦ Emergency Department Doctor at the El Rosario Clinic
- ♦ Degree in Medicine from the San Martín University Foundation
- ♦ Member of: Spanish Society of Orthopedic Surgery and Traumatology (SECOT), Spanish Association of Arthroscopy (AEA), Spanish Society of Orthopedic Surgery and Traumatology (SECOT)

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*A unique, key, and decisive educational experience to boost your professional development”*

# 04

## Structure and Content

This program addresses a wide range of topics related to the Acromioclavicular, Sternoclavicular and Long Portion of the Biceps. In this way, the fundamental concepts of these joints and their associated pathology will be explored. Likewise, this proposal will delve into Acute Acromioclavicular Dislocation, detailing its diagnosis and conservative and surgical treatment options. All this under the highest scientific rigor and the most updated content.





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*With the Relearning method, you will update your knowledge in a more efficient and effective way, optimizing your academic performance”*

**Module 1.** Acromioclavicular, sternoclavicular and long portion of the long portion of the biceps

- 1.1. Acromioclavicular joint and sternoclavicular joint. Sternoclavicular joint pathology
  - 1.1.1. The acromioclavicular joint
  - 1.1.2. The sternoclavicular joint
  - 1.1.3. Sternoclavicular joint pathology
- 1.2. Acute acromioclavicular dislocation. Conservative Treatment
  - 1.2.1. Acute acromioclavicular dislocation
  - 1.2.2. Diagnosis of Acute Acromioclavicular Dislocation
  - 1.2.3. Conservative treatment of the acute acromioclavicular joint.
  - 1.2.4. Surgical treatment of the acute acromioclavicular joint.
- 1.3. Surgical treatment and surgical techniques for acute acromioclavicular dislocation.
  - 1.3.1. Acute acromioclavicular dislocation
  - 1.3.2. Surgical treatment for acute acromioclavicular dislocation
  - 1.3.3. Acute acromioclavicular dislocation surgical techniques
- 1.4. Chronic acromioclavicular dislocation. Surgical treatment techniques
  - 1.4.1. Chronic acromioclavicular dislocation
  - 1.4.2. Surgical Management
  - 1.4.3. Surgical treatment techniques
- 1.5. Complications of acromioclavicular dislocation associated with conservative and surgical treatment
  - 1.5.1. Complications of acute acromioclavicular dislocation treated conservatively
  - 1.5.2. Complications of acute acromioclavicular dislocation treated surgically
  - 1.5.3. Complications of chronic acromioclavicular dislocation treated conservatively
  - 1.5.4. Complications of chronic acromioclavicular dislocation treated surgically
- 1.6. Long portion of the biceps: Anatomical Variants
  - 1.6.1. The shoulder girdle
  - 1.6.2. The long portion of the biceps
  - 1.6.3. Anatomical variants of the long portion of the biceps





- 1.7. Long portion of the biceps: SLAP lesions
  - 1.7.1. SLAP lesions
  - 1.7.2. Classification of SLAP Lesions
  - 1.7.3. Conservative Treatment
  - 1.7.4. Surgical Management
- 1.8. Long portion of the biceps: surgical treatment techniques
  - 1.8.1. The long portion of the biceps
  - 1.8.2. SLAP lesions: surgical treatment techniques
  - 1.8.3. Complications of the surgical treatment of SLAP lesions.
- 1.9. Isolated lesions of the long portion of the biceps: tenosynovitis, instability and partial ruptures
  - 1.9.1. Tenosynovitis
  - 1.9.2. Instability
  - 1.9.3. Partial ruptures
- 1.10. Tenotomy versus tenodesis of the long portion of the biceps.
  - 1.10.1. Indications for biceps longus tenotomy
  - 1.10.2. Indications for biceps longus tenodesis
  - 1.10.3. Tenotomy versus tenodesis



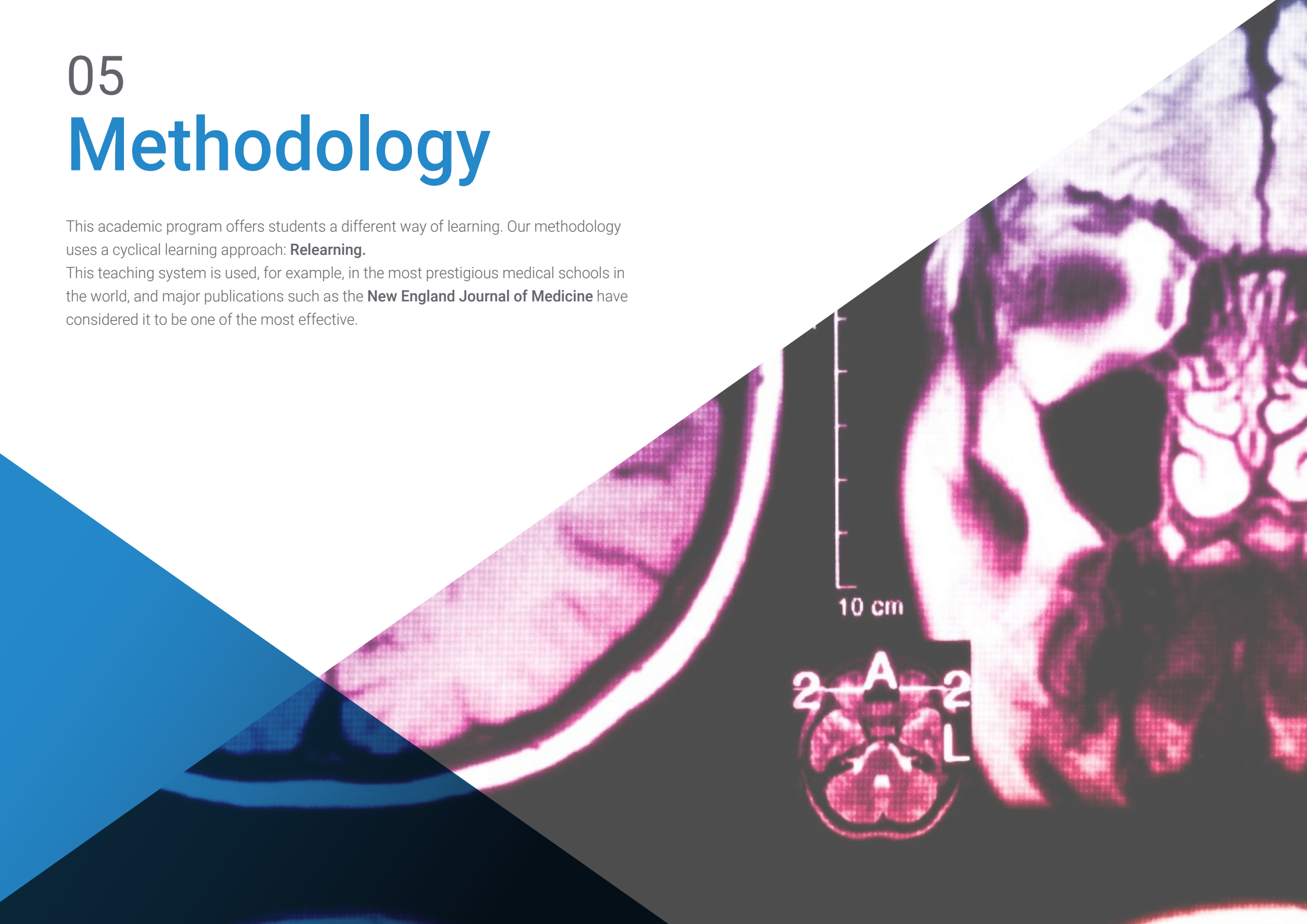
*Enhance your skills in the management of isolated biceps longus injuries, including tenosynovitis, instability and partial tears”*

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Acromioclavicular Joint, Sternoclavicular Joint, and Long Portion of Biceps guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Acromioclavicular Joint, Sternoclavicular Joint, and Long Portion of Biceps** contains the most complete and up-to-date scientific on the market.

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

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Acromioclavicular Joint, Sternoclavicular Joint, and Long Portion of Biceps**

Official No. of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.





**Postgraduate Certificate**  
Acromioclavicular Joint,  
Sternoclavicular Joint,  
and Long Portion of Biceps

- » Modality: **online**
- » Duration: **6 weeks**
- » Certificate: **TECH Technological University**
- » Dedication: **16h/week**
- » Schedule: **at your own pace**
- » Exams: **online**

# Postgraduate Certificate

Acromioclavicular Joint,  
Sternoclavicular Joint,  
and Long Portion of Biceps

