

# Postgraduate Certificate

## Ankle Ultrasound for the Rehabilitation Doctor





## Postgraduate Certificate Ankle Ultrasound for the Rehabilitation Doctor

Course Modality: Online

Duration: 2 months.

Certificate: TECH - Technological University

Teaching Hours: 150 hours.

ECTS: 6

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/ankle-ultrasound-rehabilitation-doctor](http://www.techtitute.com/us/medicine/postgraduate-certificate/ankle-ultrasound-rehabilitation-doctor)

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01

# Introduction

Ultrasound is a tool that is being used more and more by rehabilitation physicians. This course aims to initiate or complement the teaching of ankle ultrasound for the rehabilitation physician, to meet the demand of professionals, seeking usefulness in routine clinical practice and encourage research.





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*This Postgraduate Certificate may be the best investment you can make because you will update your knowledge in Ankle Ultrasound for the Rehabilitation Doctor, and you will obtain a degree certified by the first educational institution in Spain, the TECH"*

The use of ultrasound by rehabilitation physicians allows greater efficiency in many treatments, as well as to assess the evolution of the patient with objective data and increase the safety of invasive treatments in physiotherapy.

This Postgraduate Certificate is an excellent option for training in ultrasound, due to the quality of the material provided and the quality of the teaching team, made up of professors who are highly prestigious professionals with years of experience in both ultrasound and teaching. In addition, some of them have several high impact scientific publications, and are creators and members of the Board of Directors of the Spanish Society of Ultrasound in Physiotherapy (SEEFI).

The program is designed to provide training equivalent to 6 ECTS credits and 150 hours of study. All theoretical and practical knowledge is presented through high quality multimedia content, analysis of clinical cases prepared by experts, master classes and video techniques that allow the exchange of knowledge and experience, maintain and update the training level of its members, create protocols for action and disseminate the most important developments in the specialty. With online training, students can organize their time and pace of learning, adapting it to their schedules, in addition to being able to access the contents from any computer or mobile device.

This **University Course in Ankle Ultrasound for the Rehabilitation Doctor** contains the most complete and up to date scientific program on the market. The most important features of the program include:

- ♦ The development of case studies presented by experts in Ankle Ultrasound for the Rehabilitation Doctor.
- ♦ The graphic, schematic, and eminently practical contents of which they are composed provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ News on the role of the rehabilitation physician.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning.
- ♦ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student.
- ♦ Special emphasis on evidence-based physical therapy and research methodologies in Ankle Ultrasound for the Rehabilitation Doctor.
- ♦ Theoretical lessons, questions to the expert, discussion forums on controversial issues and individual reflection papers.
- ♦ Content that is accessible from any fixed or portable device with an Internet connection.



*Update your knowledge through the Postgraduate Certificate program in Ankle Ultrasound for the Rehabilitation Doctor"*

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*In this University Course you will find the best didactic material, with real clinical cases. As it is 100% online, you can do it from anywhere with a mobile device with an internet connection"*

It includes in its teaching staff professionals belonging to the field of Ankle Ultrasound for the Rehabilitation Doctor, who bring to this training the experience of their work, in addition to recognized specialists belonging to scientific societies of reference.

The 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 training program designed to train in real situations.

The design of this program is based on Problem-Based Learning, by means of which the rehabilitation physician must try to solve the different professional practice situations that arise throughout the course. For this purpose, the rehabilitation physician will be assisted by an innovative interactive video system developed by recognized experts in the field of ultrasound for the rehabilitation physician with extensive teaching experience.

*Increase your decision-making confidence by updating your knowledge through this Postgraduate Certificate*

*Take the opportunity to learn about the latest advances in Ankle Ultrasound for the Rehabilitation Doctor, and develop yourself in this exciting field*



02

# Objectives

The **Postgraduate Certificate in Ankle Ultrasound for the Rehabilitation Doctor** is oriented to facilitate the performance of the rehabilitation doctor in his daily practice related to this pathology.







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*Advance in your profession thanks to the completion of this Postgraduate Certificate, which you can combine with your professional work and your private life"*



## General Objective

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- Learn to locate the different anatomical structures of the region.
- Identify the pathologies for a correct ultrasound-guided physiotherapy treatment.
- Define the limits of ultrasound.
- Learn the use of ultrasound in the framework of the physiotherapist's competences.





## Specific Objectives

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- Learn ankle sonoanatomy.
- Describe the normal examination of the structures of the anterior face.
- Describe the normal examination of the lateral facet structures.
- Describe the normal examination of the structures of the posterior face.
- Describe the normal examination of the medial facet structures.
- Learn how to perform dynamic ultrasound-guided assessment tests.
- Identify the most common lesions, for a correct ultrasound-guided treatment and/or follow-up of their evolution.
- Describe less common pathologies that may affect the ankle.

*Update your knowledge through  
the Ankle Ultrasound for the  
Rehabilitation Doctor program*

03

# Course Management

The program includes in its teaching staff reference specialists in Ankle Ultrasound for the Rehabilitation Doctor, who bring to this training the experience of their work. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.



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*Learn about the latest advances in procedures in the field of Ankle Ultrasound for the Rehabilitation Doctor with the help of leading experts in the field”*

## Management



### D. Santiago Nuño, Fernando

- ◆ Physiotherapist - Osteopath, Podiatrist and Co-director of Clínica Nupofis
- ◆ Postgraduate Certificate in Physiotherapy from the San Pablo CEU University.
- ◆ University Course in Podiatry by the San Pablo CEU University.
- ◆ Expert in Osteopathy CO by the School of Osteopathy of Madrid - University of Alcalá
- ◆ Currently lecturer in Ultrasound courses for podiatrists and physiotherapists and in the Master of Advanced Ultrasound Sonoanatomy for physiotherapists at the European University of Madrid.
- ◆ Expert in Advanced Musculoskeletal Ultrasound Donostia-San Sebastián
- ◆ Specialist in Biomechanical Gait Exploration
- ◆ Master's Degree in Manual Therapy from the Complutense University of Madrid.
- ◆ Master's Degree in On-line Research in Podiatry by the Rey Juan Carlos University.
- ◆ Postgraduate in Echoguided Infiltrations by Avanfi
- ◆ International Course on Musculoskeletal Ultrasound by the Spanish Society of Ultrasound.
- ◆ International Podiatric Surgical Specialist Course by the New York College of Podiatric Medicine
- ◆ Expert Course in Medical and Surgical Podiatry of the foot by the Complutense University of Madrid.



## Coordination

### **Casado Hernández, Israel**

- ◆ Podiatrist Ultrasonographer.
- ◆ Master's Degree in Podiatric Research.
- ◆ Expert in Podiatric foot surgery and podiatry.
- ◆ GP, Phd, MSc, BSc, PG Cert Vitalpie Clinic.

### **García Expósito, Sebastián**

- ◆ Degree in Diagnostic Imaging and Radiation Therapy.
- ◆ Expert in musculoskeletal ultrasound.
- ◆ Professor of Ultrasound.
- ◆ Armstrong International Clinic.

### **Moreno, Cristina Elvira**

- ◆ Physiotherapist.
- ◆ Expert in dry needling and MSK ultrasound.
- ◆ Floor Pilates and Hypopressive Abdominal Gymnastics teacher.
- ◆ Nupofis Clinic, Madrid.

### **Nieri, Martín**

- ◆ Degree in Diagnostic Imaging and Radiation Therapy.
- ◆ Expert in musculoskeletal ultrasound.
- ◆ Professor of Ultrasound.

**Pérez Calonge, Juan José**

- ♦ Podiatric Sonographer.
- ♦ Master's Degree in health expertise.
- ♦ Expert in Medical-Surgical Podiatry of the foot.
- ♦ PhDs, MSc, BSc, PG Cert Clinica Gayarre.

**Sánchez Marcos, Julia**

- ♦ Physiotherapist, Osteopath and Expert in sonoanatomy of the locomotor system  
Clínica Nupofis Madrid.

**Santiago Nuño, José Ángel**

- ♦ Physiotherapy, Osteopathy and Nutrition.
- ♦ Expert in Musculoskeletal Ultrasound.
- ♦ Nupofis Clinic Madrid.

**Teijeiro, Javier**

- ♦ Physiotherapy and Osteopathy.
- ♦ Professor of Musculoskeletal Ultrasound.
- ♦ SEEFI SEECO.
- ♦ Service Director in Ultrasound Assistance Teleradiology SL.







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*Our teaching team will provide you with all their knowledge so that you are up to date with the most up-to-date information on the subject”*

04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best centers and universities in the country, aware of the relevance of current training to intervene in situations that require the use of ultrasound as a complement to physiotherapeutic diagnosis and subsequent treatment, and committed to quality teaching through new educational technologies.





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*This Postgraduate Certificate in Ankle Ultrasound in Physical Therapy contains the most complete and up to date scientific program on the market"*

## Module 1. Ultrasound of Lower Limb: Ankle

- 1.1. Normal Ankle Sonoanatomy.
  - 1.1.1. Exploration of Structures of the Anterior Face.
  - 1.1.2. Exploration of Structures of the Lateral Face.
  - 1.1.3. Exploration of Structures of the Medial Face.
  - 1.1.4. Exploration of Structures of the Posterior Face.
- 1.2. Pathology of the Ankle.
  - 1.2.1. Most Common Tendon Pathology.
    - 1.2.1.1. Anterior Face.
      - 1.2.1.1.1. Anterior Tibial Tendinopathy.
      - 1.2.1.1.2. Tendinopathy of EL1D and ELCD
    - 1.2.1.2. Lateral Side.
      - 1.2.1.2.1. Peroneal Syndrome.
    - 1.2.1.3. Medial Side.
      - 1.2.1.3.1. Posterior Tibial Tendinopathy.
      - 1.2.1.3.2. Tendinopathy FL1D and FLCD
    - 1.2.1.4. Rear Face.
      - 1.2.1.4.1. Achilles Tendinopathy.
      - 1.2.1.4.2. Impingement Posterior FL1D Muscle
  - 1.2.2. Most Common Ligament Pathology.
    - 1.2.2.1. Lateral Ankle Sprain.
    - 1.2.2.2. Deltoid Ligament Sprain.
    - 1.2.2.3. Syndesmosis Sprain of the Tibioperoneal Joint.
  - 1.2.3. Other Pathologies of the Ankle Joint.
    - 1.2.3.1. Tibioperoneoastotalar Arthrosis.
    - 1.2.3.2. Bursitis.
    - 1.2.3.3. Nerve Involvement of the Posterior Tibial and its Branches.
- 1.3 Dynamic Ankle Tests.
  - 1.3.1. Flexor Digitorum Longus Test of the First Finger.
  - 1.3.2. Peroneal Tendon Jumping Test.
  - 1.3.3. Ankle Varus or Valgus Test for Ankle Sprain.





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

05

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Re-learning, 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

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, 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 can experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, 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 potential 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 professional medical 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 grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on 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.



## Re-learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



*The Doctor will learn through real cases and by solving 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 Doctors with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

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



In this program you will have access to the best educational material, prepared with you 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 really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

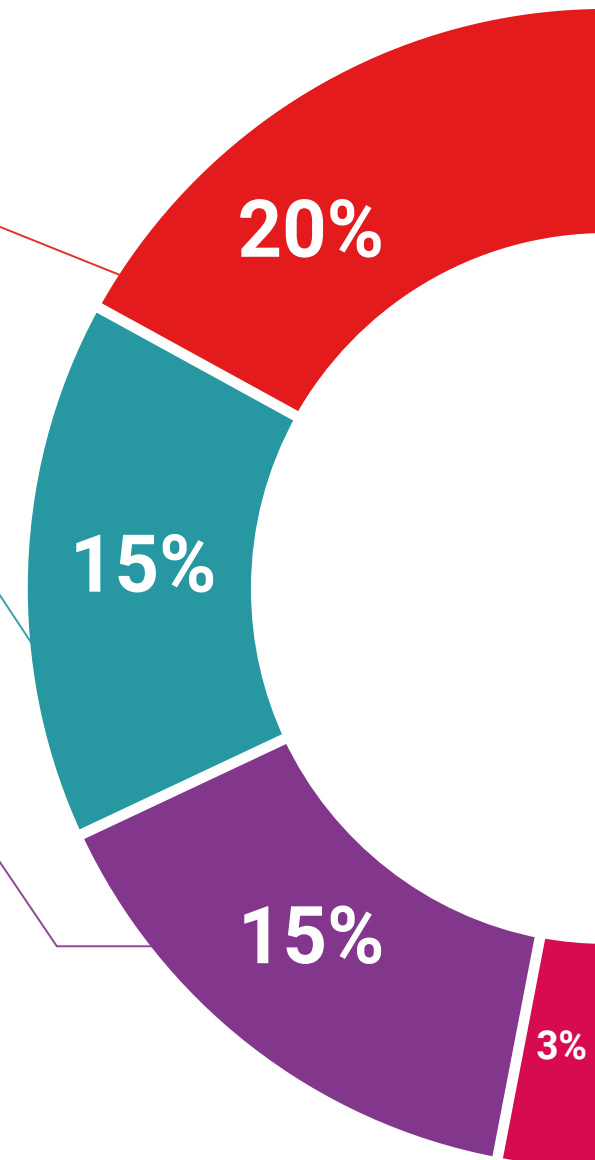
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





**Expert-led case studies and case analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through the development of attention and the resolution of different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an expert reinforces knowledge and memory, and builds confidence in our difficult future decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

# Certificate

The **Postgraduate Certificate in Ankle Ultrasound for the Rehabilitation Doctor** guarantees you, in addition to the most rigorous and updated training, access to a **Postgraduate Certificate** issued by the first educational institution in Spain: **TECH University**.



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*Add to your CV a Postgraduate Certificate in Ankle Ultrasound for the rehabilitation physician and become a competitive professional"*

This **Postgraduate Certificate in Ankle Ultrasound for the Rehabilitation Doctor** contains the most complete and up to date scientific program on the market.

After students have passed the assessments, they will receive their **Postgraduate Certificate Certificate** issued by **TECH - Technological University**.

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

**Title: Postgraduate Certificate in Ankle Ultrasound for the Rehabilitation Doctor**

**ECTS: 6**

**Nº Hours: 150**



\*Apostille Convention. In the event that the student wishes to have their paper diploma Apostilled, TECH EDUCATION will make the necessary arrangements to obtain it at an additional cost of €140 plus shipping costs of the Apostilled diploma.



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community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



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