



Postgraduate Certificate

Pilates in Lower Limb Disorders

» Modality: online

» Duration: 6 weeks

» Certificate: TECH Technological University

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/medicine/postgraduate-certificate/pilates-lower-limb-disorders

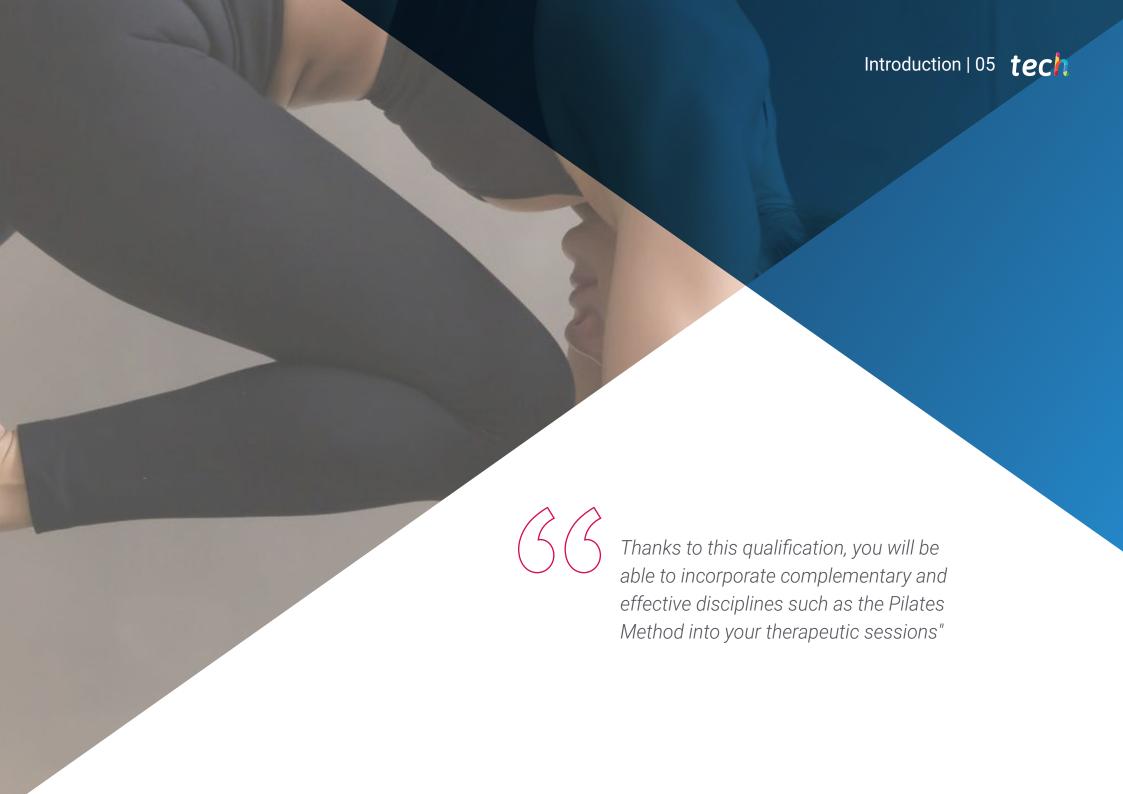
Index

 $\begin{array}{c|c} 01 & 02 \\ \hline & & \\ \hline &$

06 Certificate

p. 28





tech 06 | Introduction

The remarkable improvements observed in knee injuries treated by combined therapies with Pilates are undeniable. Likewise, the integration of this discipline as part of comprehensive rehabilitation has proven to be highly beneficial for patients. In addition, recent studies show that this type of treatment generates a decrease in pain, improved flexibility, and increased muscle strength in the affected area. This is why it is essential for the medical professional to be updated on the most effective practices in the field of Pilates implemented in medicine and the rehabilitation of lower limb pathologies.

For this reason, TECH has developed this program that offers the physician a complete, up-to-date knowledge of the anatomy of the lower limb, including osteology, myology, and biomechanics, which will serve as a basis for the performance of appropriate exercises. In addition, you will delve into hip pathologies, nerve entrapments in the lower limb, and the analysis of the anterolateral and posteromedial chain of the lower limb and their respective treatment with specific Pilates exercises.

In this context, we present this Postgraduate Certificate in 100% online mode, which offers the graduate a series of multimedia resources such as detailed videos or real case studies. In addition, this program incorporates the Relearning system into the academic methodology, which will allow the graduate to remember complex concepts in less time, and the best thing is that they will not have to dedicate long hours to this updating process.

This **Postgraduate Certificate in Pilates in Lower Limb Disorders** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of practical cases presented by experts in Physiotherapy and specialists in Pilates
- 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



With this university program, you will be up to date in the approach of common lower limb pathologies through Pilates exercises"

Introduction | 07 tech



You will boost your Hip, Knee, Ankle, and Foot rehabilitation competencies with specific techniques and exercises designed to improve functionality and relieve pain in these areas"

The program's teaching staff includes professionals from the sector who bring to this training the experience of their work, as well as renowned specialists from reference 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.

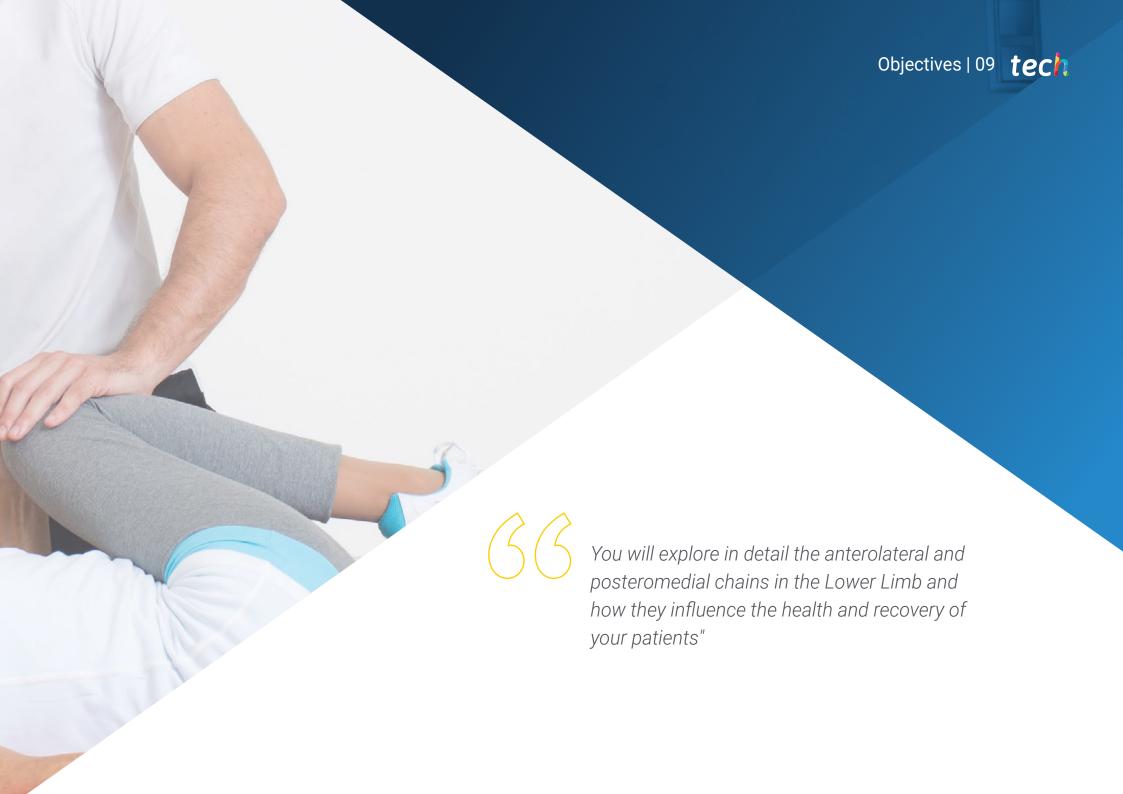
The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system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

Delve into nerve entrapment in the lower limb and the integration of Pilates exercises to relieve pressure on the brachial plexus.

You will implement a variety of dissociation and mobilization movements into your clinical practice to address different conditions of the lower limb.





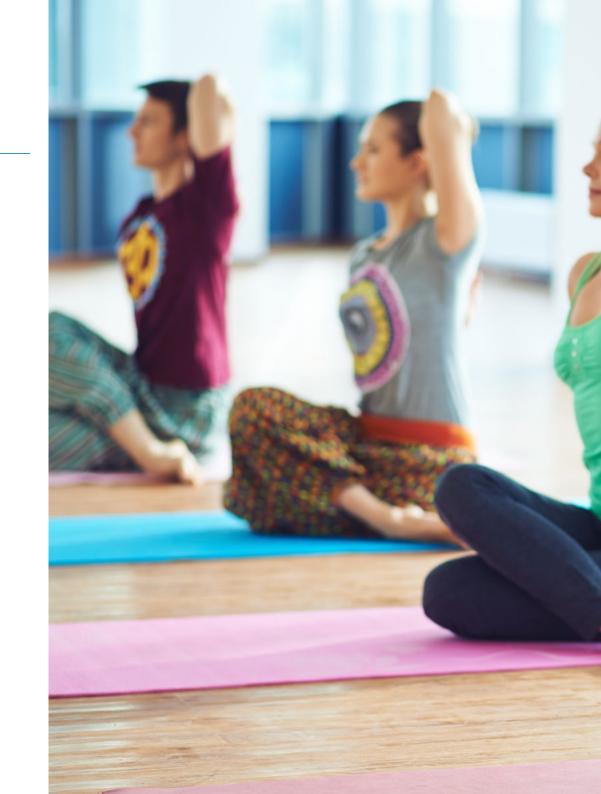


tech 10 | Objectives



General Objectives

- Enhance knowledge and professional skills in the practice and teaching of Pilates exercises on the floor, on different machines, and with implements
- Differentiate the applications of Pilates exercises and the adaptations to be made for each patient
- Establish an exercise protocol adapted to the symptomatology and pathology of each patient
- Delineate the progressions and regressions of exercises according to the different phases in the process of recovery from an injury
- Avoidance of contraindicated exercises based on prior assessment of patients and clients
- Handle in-depth the apparatus used in the Pilates Method
- To provide the necessary information to be able to search for scientific and updated information on Pilates treatments applicable to different pathologies
- Analyze the needs and improvements of Pilates equipment in a therapeutic space for Pilates exercise
- Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method
- Perform correctly and analytically exercises based on the Pilates Method
- Analyze the physiological and postural changes that affect pregnant women
- Design exercises adapted to the woman in the course of pregnancy until delivery
- Describe the application of the Pilates Method in high-level athletes





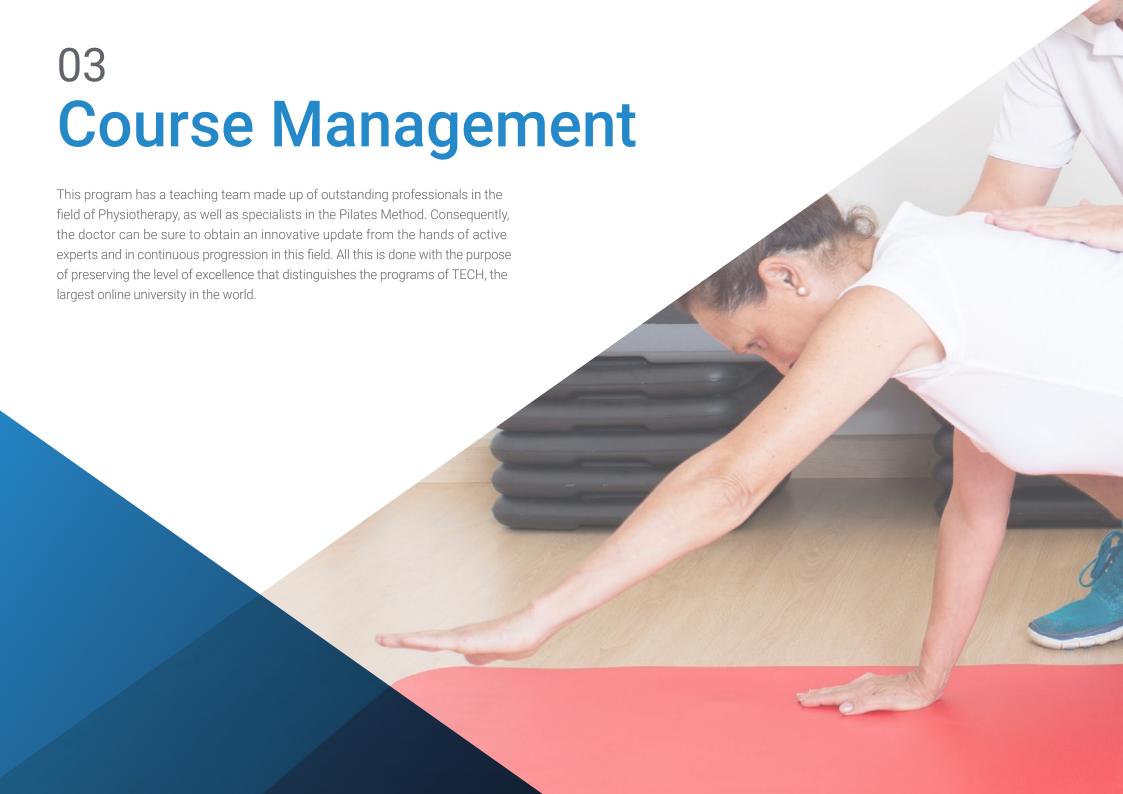


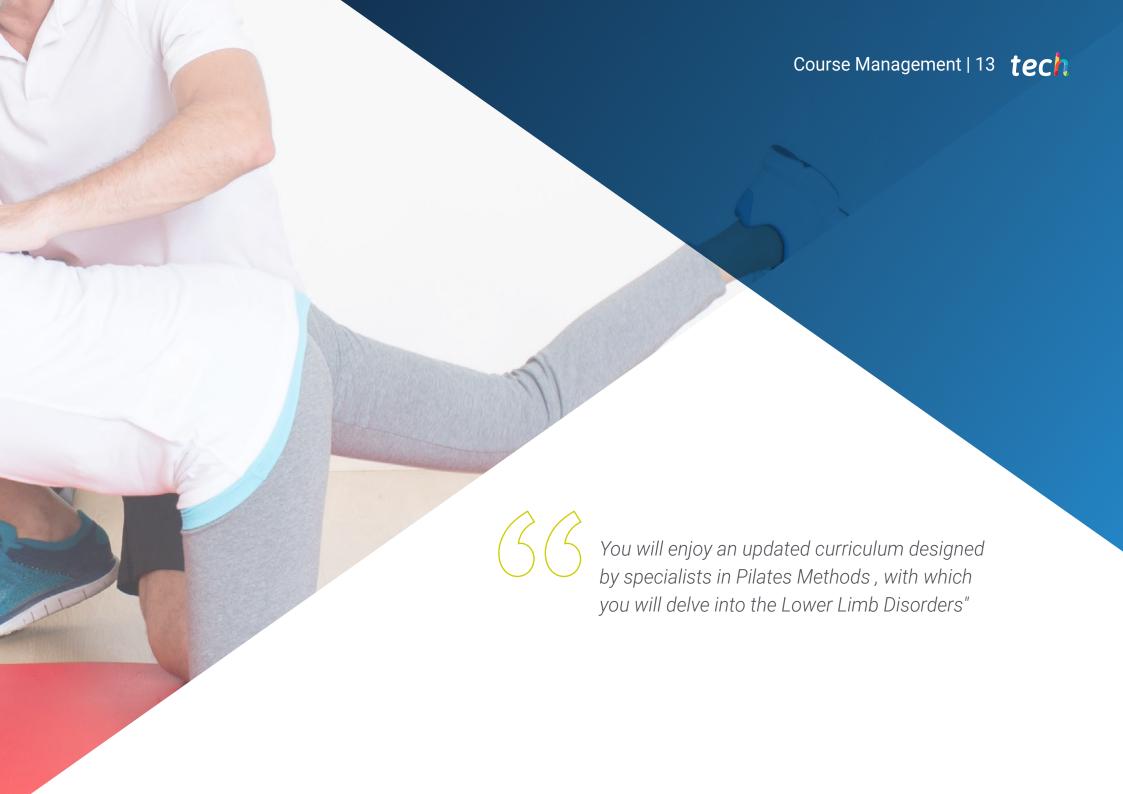
Specific Objectives

- Detect distinctive characteristics of each injury
- * Address the alterations through exercises based on the Pilates Method
- Adapt specific exercise protocols for the injury recovery process



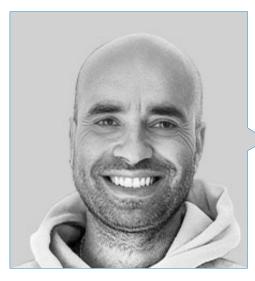
You will delve into the general protocol of exercises indicated protocol of exercises indicated on Pilates machines to develop them more effectively"





tech 14 | Course Management

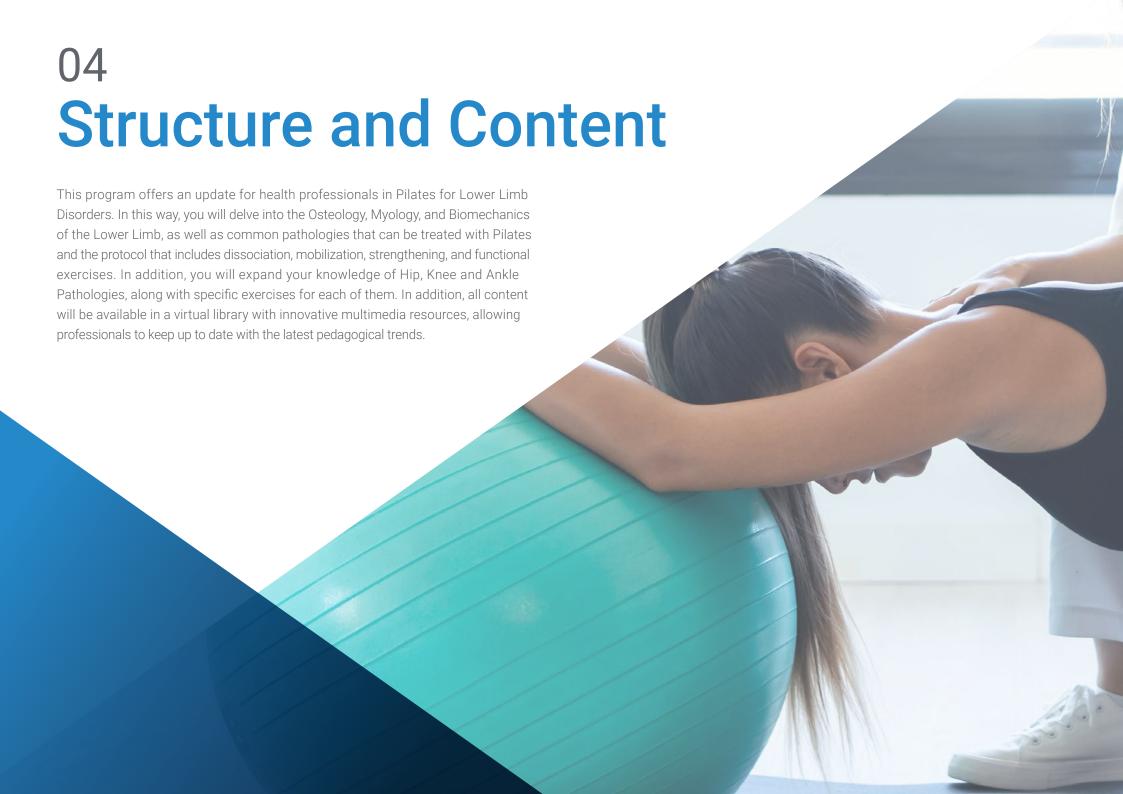
Management



Mr. González Arganda, Sergio

- Physiotherapist of Atlético de Madrid Football Club
- CEO Fisio Domicilio Madrid
- Lecturer in the Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- Lecturer in the University Expert in Clinical Pilates
- Lecturer in the Master of Biomechanics and Sports Physiotherapy
- Master in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- Expert in Pilates and Rehabilitation by the Royal Spanish Gymnastics Federation
- Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- Graduate in Physiotherapy from Comillas Pontifical University







tech 20 | Structure and Content

Module 1. Pilates in Lower Limb disorders

- 1.1. Basic anatomical recall
 - 1.1.1. Osteology of the Lower Limb
 - 1.1.2. Myology of the Lower Limb
 - 1.1.3. Biomechanics of the Lower Limb
 - 1.1.4. Good Practices
- 1.2. Frequent pathologies susceptible to treatment with Pilates
 - 1.2.1. Growth pathologies
 - 1.2.2. Pathologies in the athlete
 - 1.7.3. Other Types of Pathologies
 - 1.7.4. Conclusions
- 1.3. Exercises indicated on Mat, Machines, and Implements. General protocol
 - 1.3.1. Dissociation exercises
 - 1.3.2. Mobilization exercises
 - 1.3.3. Strengthening exercises
 - 1.3.4. Functional exercises
- 1.4. Hip Pathology
 - 1.4.1. Articular Pathology
 - 1.4.2. Muscle-tendon Pathology
 - 1.4.3. Surgical pathology. Prosthesis
 - 1.4.4. Hip Exercises
- 1.5. Knee Pathology
 - 1.5.1. Articular Pathology
 - 1.5.2. Muscle-tendon Pathology
 - 1.5.3. Surgical pathology. Prosthesis
 - 1.5.4. Knee Exercises
- 1.6. Ankle Pathology
 - 1.6.1. Articular Pathology
 - 1.6.2. Muscle-tendon Pathology
 - 1.6.3. Surgical pathology
 - 1.6.4. Ankle Exercises





Structure and Content | 21 tech

- 1.7. Foot Pathology
 - 1.7.1. Joint and fascial pathology
 - 1.7.2. Muscle-tendon Pathology
 - 1.7.3. Surgical pathology
 - 1.7.4. Foot Exercises
- 1.8. Nerve entrapments in the Lower limb
 - 1.8.1. Brachial Plexus
 - 1.8.2. Peripheral Nerves
 - 1.8.3. Types of pathologies
 - 1.8.4. Exercises for nerve entrapments in the Lower Limb
- 1.9. Analysis of the anterolateral chain of the lower limb
 - 1.9.1. What is the anterolateral chain, and how important is it for the patient?
 - 1.9.2. Important aspects for assessment
 - 1.9.3. The relationship of the chain with pathology already described
 - 1.9.4. Exercises for training of the anterolateral chain
- 1.10. Analysis of the posterior-medial chain of the lower limb
 - 1.10.1. What is the posterior-medial chain, and how important is it for the patient?
 - 1.10.2. Important aspects for assessment
 - 1.10.3. The relationship of the complex with pathology already described
 - 1.10.4. Exercises for posterior-medial chain



You will incorporate best practices, advanced techniques, and effective exercises to address lower limb disorders with Pilates"





tech 22 | Methodology

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. 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 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.



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:

- 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.



Methodology | 25 tech

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.

tech 26 | Methodology

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.









tech 32 | Certificate

This **Postgraduate Certificate in Pilates in Lower Limb Disorders** 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 Pilates in Lower Limb Disorders
Official N° of Hours: 150 h.



Pilates in Lower Limb Disorders

This is a qualification awarded by this University, equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

Tere Guevara Navarro
Dean
This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.

Unique TECH Code: AFNORD2285 Sechtitute com/centrificates

^{*}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.

health confidence people
leducation information tutors
guarantee accreditation teaching
institutions technology learning
community commitment



Postgraduate Certificate

Pilates in Lower Limb Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

