

# Postgraduate Certificate

## Pilates in Upper Limb Disorders





## Postgraduate Certificate Pilates in Upper Limb Disorders

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/pilates-upper-limb-disorders](http://www.techtute.com/us/medicine/postgraduate-certificate/pilates-upper-limb-disorders)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

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*p. 28*

# 01

# Introduction

There are several studies and guides that highlight the importance of Pilates exercises in the rehabilitation and prevention of upper limb disorders. Among the main benefits of this sports practice are the improvement of flexibility, strength, and motor control in people with pathologies in this area of the body. Consequently, it is important that the planning and implementation of this discipline is directed by a physician updated on the matter. For this reason, TECH has created this program that allows you to have an update on the specific protocols to implement the Pilates Method in pathologies affecting the Elbow, Wrist, Hand, and Shoulder. A 100% online qualification that is flexible and adapted to the daily activities of the specialist.



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*This Postgraduate Certificate will provide you with the best Pilates exercises and protocols, with which you will improve your therapeutic skills in Upper Limb Disorders”*

Over the years, the regular practice of Pilates has demonstrated significant benefits in the rehabilitation process, helping to restore functionality and reduce pain in patients. In addition, scientific research has shown that this method contributes to the prevention of injuries and to maintaining overall musculoskeletal health. That is why medical updating ensures an adequate, personalized, and safe approach for each patient, considering their physical condition, medical history, and specific needs. This ensures maximum therapeutic benefits are obtained and potential risks are minimized.

In this context, TECH has developed this Postgraduate Certificate specifically designed to offer medical professionals a complete update in the field of the application of the Pilates Method in Upper Limb Disorders. In this way, clinical experts will be able to expand their knowledge of basic anatomical concepts, stabilization exercises on machines, and joint mobility exercises. It will also deepen the main strengthening exercises and the most common pathologies related to the shoulder and elbow.

Consequently, the graduate will obtain an effective update through a program presented under a 100% online methodology, which adopts one of the most revolutionary academic methods, such as the Relearning system. This will guarantee students the optimization of their time since they will be able to remember complex concepts in less time. In addition, this academic proposal allows easy and fast access from any device with an Internet connection.

This **Postgraduate Certificate in Pilates in Upper 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 content with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where the self-assessment process can be carried out 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



*Take advantage of this unique opportunity to update your knowledge in Pilates to treat upper limb disorders through this Postgraduate Certificate 100% online"*

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*With this program, you will be able to treat and rehabilitate upper limb disorders, implementing specific Pilates exercises for each pathology”*

*This Postgraduate Certificate's numerous didactic material offers stabilization exercises and specific protocols to treat Shoulder and Wrist conditions.*

*TECH adapts to you and has created a flexible program with 100% online content available 24 hours a day.*

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, students will be assisted by an innovative interactive video system developed by renowned experts.



# 02 Objectives

The main objective of this program is to provide an update in the knowledge and skills of physicians in the field of Upper Limb Disorders and the implementation of Pilates techniques. In this way, the professional will be able to use this method as an effective tool in the treatment and rehabilitation of muscular disorders. To achieve this, TECH has developed a 100% online program, which offers flexibility of access and will allow you to coordinate daily activities with the most demanding professional responsibilities.



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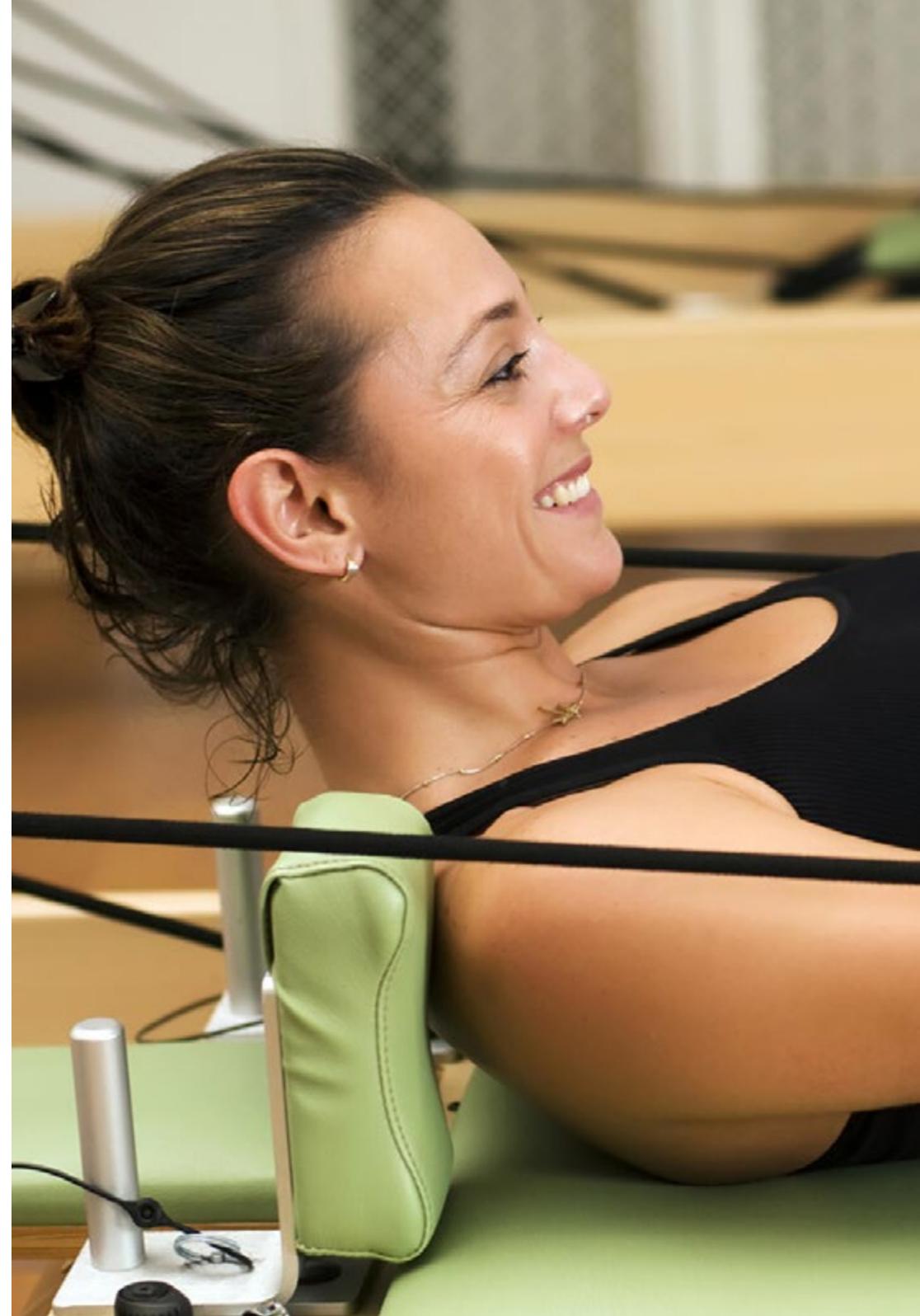
*You will broaden your knowledge in the approach to nerve entrapment in the upper limb through Pilates exercise therapies”*



## General Objectives

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- ◆ To enhance the knowledge and professional skills in the practice and teaching of Pilates and teaching of the exercises of the Pilates method 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
- ◆ Define the progressions and regressions of exercises according to the different phases in the process of recovery from an injury
- ◆ Avoid 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

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- ◆ Identify the pathologies of the Shoulder and their management
- ◆ Develop knowledge about the pathology of the Elbow and its approach
- ◆ Delve into the pathology of the Wrist and its approach

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*100% online, you will delve into the specific protocols and the most effective exercises to treat Elbow and Hand pathologies”*

# 03

# Course Management

TECH's program is distinguished by its innovative content and excellence. In order to achieve this purpose in each of its programs, this institution has brought together leading specialists with extensive experience in Physiotherapy. In this way, physicians can access cutting-edge content developed by authentic experts in the Pilates Method. This is a unique opportunity to obtain an effective update from the hands of the leading professionals in this field.





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*Update yourself with a curriculum created by experts of the Pilates Method to treat upper limb disorders with innovative therapeutic techniques”*

## International Guest Director

Dr. Edward Laskowski is a leading international figure in the field of Sports Medicine and Physical Rehabilitation. Board certified by the American Board of Physical Medicine and Rehabilitation, he has been an integral part of the prestigious staff at the Mayo Clinic, where he has served as Director of the Sports Medicine Center.

In addition, his expertise spans a wide range of disciplines, from Sports Medicine, to Fitness and Strength and Stability Training. As such, he has worked closely with a multidisciplinary team of specialists in Physical Medicine, Rehabilitation, Orthopedics, Physiotherapy and Sports Psychology to provide a comprehensive approach to the care of his patients.

Likewise, his influence extends beyond clinical practice, as he has been recognized nationally and internationally for his contributions to the world of sport and health. Accordingly, he was appointed by President George W. Bush to the President's Council on Physical Fitness and Sports, and awarded a Distinguished Service Award from the Department of Health and Human Services, underscoring his commitment to promoting healthy lifestyles.

In addition, he has been a key element in renowned sporting events, such as the Winter Olympics (2002) in Salt Lake City and the Chicago Marathon, providing quality medical care. Add to this his dedication to outreach, which has been reflected in his extensive work in creating academic resources, including the Mayo Clinic CD-ROM on Sports, Health and Fitness, as well as his role as Contributing Editor of the book "Mayo Clinic Fitness for EveryBody." With a passion for debunking myths and providing accurate, up-to-date information, Dr. Edward Laskowski continues to be an influential voice in Sports Medicine and Fitness worldwide.



## Dr. Laskowski, Edward

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- ♦ *Director, Mayo Clinic Sports Medicine Center, United States*
- ♦ *Consultant Physician to the National Hockey League Players Association, United States*
- ♦ *Physician at the Mayo Clinic, United States*
- ♦ *Member of the Olympic Polyclinic at the Olympic Winter Games (2002), Salt Lake City, Salt Lake City, United States*
- ♦ *Specialist in Sports Medicine, Fitness, Strength Training and Stability Training*
- ♦ *Board Certified by the American Board of Physical Medicine & Rehabilitation*
- ♦ *Contributing Editor of the book "Mayo Clinic Fitness for EveryBody"*
- ♦ *Distinguished Service Award from the Department of Health and Human Services*
- ♦ *Member of: American College of Sports Medicine*

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Mr. González Arganda, Sergio

- ◆ Physiotherapist of Atlético de Madrid Football Club (2005-2023)
- ◆ CEO Físio Domicilio Madrid
- ◆ Teacher in the Master's Degree in Physical Preparation and Sports Readaptation in Football
- ◆ Teacher in the Postgraduate Diploma in Clinical Pilates
- ◆ Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- ◆ Master's Degree in Osteopathy of the Locomotor System from the Madrid School of Osteopathy
- ◆ Expert in Pilates and Rehabilitation from the Royal Spanish Gymnastics Federation
- ◆ Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ◆ Graduate in Physiotherapy from the Comillas Pontifical University

## Professors

### Ms. Cortés Lorenzo, Laura

- ◆ Physiotherapist at Fiosiomon Clinic
- ◆ Physiotherapist in the Technification Center of the Hockey Federation of Madrid
- ◆ Physiotherapist in companies through Fisiowork S.L
- ◆ Traumatology physiotherapist in Artros Clinic
- ◆ Physiotherapist in Club SPV51 and Club Valdeluz Hockey Club
- ◆ Diploma in Physiotherapy. Complutense University of Madrid



# 04

## Structure and Content

This program offers cutting-edge content on Pilates in Upper Limb Disorders, providing a comprehensive update to the health professional. In this way, it will deepen in Osteology, Myology, and Biomechanics of the Upper Limb, MATT and machine stabilization exercises, and joint mobility exercises. Likewise, the graduate will expand their capacities and competencies in strengthening the Upper Limb and nerve entrapments in this area through a wide range of pedagogical material.





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*With the Relearning method offered in this program, you will have the opportunity to consolidate key concepts without investing long hours in memorization”*

## Module 1. Pilates in Upper Limb disorders

- 1.1. Basic anatomical recall
  - 1.1.1. Osteology of the Upper Limb
  - 1.1.2. Myology of the Upper Limb
  - 1.1.3. Biomechanics of the Upper Limb
  - 1.1.4. Good Practices
- 1.2. Stabilization exercises
  - 1.2.1. Introduction to stabilization exercise
  - 1.2.2. MATT stabilization exercises
  - 1.2.3. Machine stabilization exercises
  - 1.2.4. Best stabilization exercises
- 1.3. Joint mobilization exercises
  - 1.3.1. Introduction to joint mobility exercises
  - 1.3.2. Joint mobility exercises MATT
  - 1.3.3. Joint mobility exercises on machine
  - 1.3.4. Best joint mobility exercises
- 1.4. Strengthening exercises
  - 1.4.1. Introduction to strengthen exercises
  - 1.4.2. MATT strengthen exercises
  - 1.4.3. Machine strengthen exercises
  - 1.4.4. Best strengthen exercises
- 1.5. Functional exercises
  - 1.5.1. Introduction to functional exercises
  - 1.5.2. MATT functional exercises
  - 1.5.3. Machine stabilization exercises
  - 1.5.4. Best functional exercises
- 1.6. Shoulder Pathology Specific protocols
  - 1.6.1. Painful Shoulder
  - 1.6.2. Frozen shoulder
  - 1.6.3. Shoulder hypomobility
  - 1.6.4. Shoulder exercises





- 1.7. Elbow pathology Specific protocols
  - 1.7.1. Articular Pathology
  - 1.7.2. Muscle–tendon Pathology
  - 1.7.3. Post-traumatic or post-surgical elbow
  - 1.7.4. Elbow Exercises
- 1.8. Wrist Pathology
  - 1.8.1. Main syndromes
  - 1.8.2. Wrist pathology types
  - 1.8.3. Wrist Exercises
  - 1.8.4. Conclusions
- 1.9. Pathology of the Hand
  - 1.9.1. Main syndromes
  - 1.9.2. Hand pathology types
  - 1.9.3. Hand Exercises
  - 1.9.4. Conclusions
- 1.10. Nerve entrapments in the upper limb
  - 1.10.1. Brachial Plexus
  - 1.10.2. Peripheral Nerves
  - 1.10.3. Types of pathologies
  - 1.10.4. Exercises for nerve entrapments in the Upper Limb



*You will delve into Basic Anatomical Recall and Biomechanics of the Upper Limb from the specialized readings provided by this program"*

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. 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.

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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 Pilates in Upper Limb Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Pilates in Upper Limb Disorders** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Pilates in Upper Limb Disorders**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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



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