

# Postgraduate Certificate Rehabilitation Medicine, Pain and Aging



Rehabilitation Medicine, Pain and Aging  
Pain and Aging in Rehabilitation Medicine



## Postgraduate Certificate Rehabilitation Medicine, Pain and Aging

- » 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/rehabilitation-medicine-pain-aging](http://www.techtute.com/us/medicine/postgraduate-certificate/rehabilitation-medicine-pain-aging)



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# 01

# Introduction

Rehabilitation medicine is one of the most important fields of work in the treatment of age-related pain. A highly valuable resource with the most up-to-date knowledge that rehabilitation doctors need in order to offer the most innovative responses to each case. Supported by the most innovative advances in this field, this program will provide the most comprehensive knowledge on the subject, with a high quality multidisciplinary and advanced vision.





*Learn quickly and efficiently how to treat pain in geriatric patients with the support of the most innovative methods in this type of intervention"*

Students will learn the most up-to-date knowledge in the treatment of pain in geriatric patients, with the latest advances and developments in this field of work. Rehabilitation doctors need to keep their skills current, to be able to ensure the best quality of life for patients when the pain is effectively controlled.

To do this, professionals must assess and explore the patient's resistance and physiological reserves in order to establish the appropriate framework for action, home care, residential care, day care centers, social centers or private clinics.

It is therefore essential to know the tools of physiotherapy and the appropriateness of its application in each case, such as active exercise, manual therapy, electrotherapy being able to work in interdisciplinary team, with appropriate communication tools, understanding the concept of person-centered care, having the most updated knowledge of support devices and even the support of current technology, can be key to success in the treatment of physiotherapy.

This **Postgraduate Certificate in Rehabilitation Medicine, Pain and Aging** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- The development of practical cases presented by experts in Geriatric Rehabilitation Medicine
- 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



*New approaches and ways of working with pain in geriatrics, through Rehabilitation Medicine”*

“

*Students will learn how to assess and plan rehabilitation intervention for different pathologies, with the support of the latest developments in this field”*

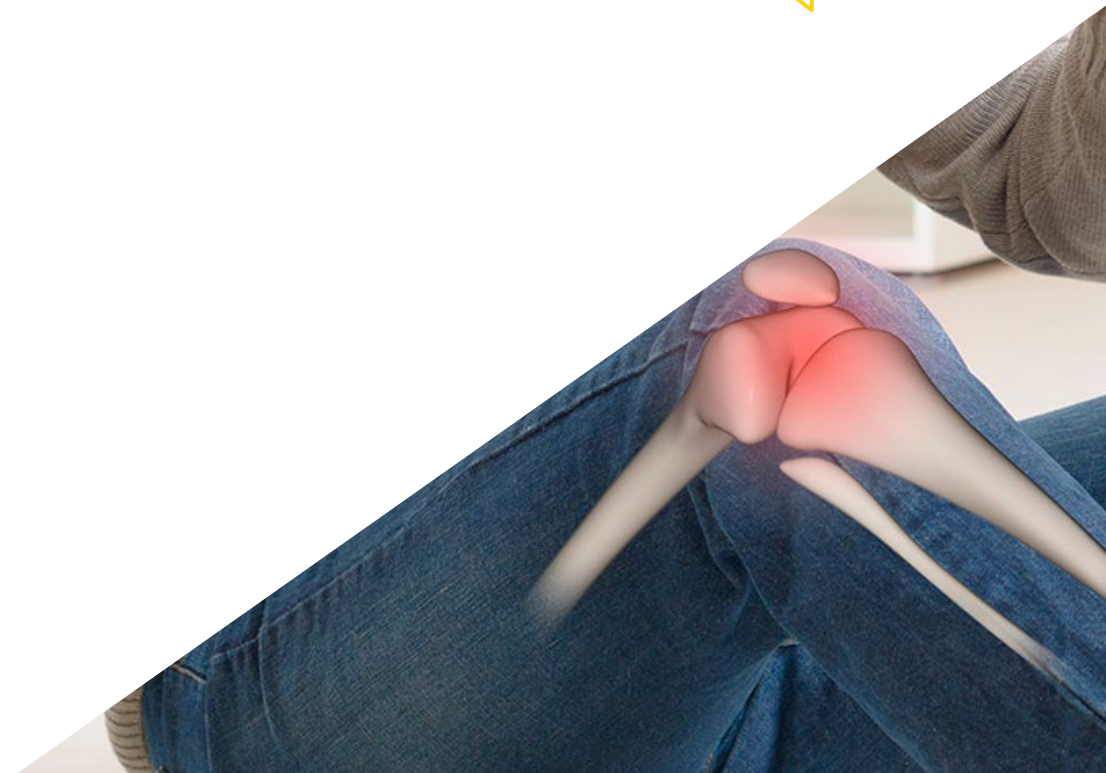
*Learn dynamically and effectively with the support of high-intensity study methods.*

*With the support of high-quality audiovisual systems, the purpose of this program is to not only provide students with the knowledge, but also, upon completion, the necessary skills to work in this field.*

The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and 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.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.



# 02 Objectives

A complete overview of the most up-to-date knowledge in the treatment of pain for different pathologies and conditions in geriatric patients, with the quality of a high-level certificate. The objective is to provide the student with specialized knowledge by creating a well-structured foundation to identify the clinical signs associated with the different needs and developments, providing a broad and contextual view of the activity in this field today.







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*The program is designed to provide students with the knowledge they need to treat pain with the confidence of a comprehensive education in rehabilitation medicine”*



## General Objective

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- Develop a critical and reasoned attitude, based on the most recent scientific evidence, towards the physiotherapeutic diagnosis in elderly patients and be able to apply adequate treatment in order to reduce functional impotence, frailty and deterioration, therefore favoring an improvement to physical and mental health in old age



*Update your knowledge through the program in Rehabilitation Medicine, pain and aging”*





## Specific Objectives

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- ◆ Explain the anatomy and physiology of pain transmission
- ◆ Define the different types of pain
- ◆ Describing pain and aging from a biopsychosocial paradigm
- ◆ Define the different pain syndromes in geriatrics
- ◆ Explain how to perform a proper pain assessment
- ◆ Explain the pharmacological treatment of pain in the geriatric patient
- ◆ Explain the physiotherapeutic treatment of the geriatric patient

# 03

# Course Management

The Postgraduate Certificate includes in its teaching staff specialists in rehabilitation medicine, physiotherapy and geriatrics, who pour into this specialization the experience of their work. In addition, other recognized specialists collaborate in its design and preparation which means that the program is developed in an interdisciplinary manner.





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*Learn directly from experts in this field of work,  
in an experience of professional development  
that will add great value to your CV”*

## International guest conductor

Dr. Tracy Friedlander is an eminent international expert, specialized in Physiotherapy and Rehabilitation of the elderly. Her extensive knowledge and skills in this field have enabled her to implement innovative procedures and improve the quality of life of various patients over the years.

Thanks to her high level of care, the scientist has been selected as Medical Director of the Comprehensive Acute Inpatient Rehabilitation Unit at Johns Hopkins Bayview Medical Center. She has also been part of the medical teams at the prestigious Johns Hopkins Hospital.

Her main area of expertise is Neurological Rehabilitation. In this field, the expert has scientific publications referenced in peer-reviewed journals of high impact in the health community. As such, she has focused her efforts on helping patients to control Spasticity, a muscle control disorder, through various therapeutic approaches.

In addition, some of her most outstanding research in recent years is related to the rehabilitation of patients subjected to long periods of mechanical ventilation when infected with the SARS-CoV-2 virus. She is also fully qualified to treat joint pain, fibromyalgia and chronic pain and fatigue.

Dr. Friedlander also holds official certifications from the American Board of Physical Medicine and Rehabilitation. All of this is backed by her excellent knowledge in the precise and advanced care of spinal cord injuries. On the other hand, this specialist has an excellent academic background. She graduated from Emory University in Atlanta and obtained her medical degree from the University of Maryland. She also completed her internship at Mercy Medical Center and her residency in Physical Medicine and Rehabilitation at Sinai Hospital in Baltimore.



## Dr. Friedlander, Tracy

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- Director of the Department of Physical Medicine and Rehabilitation at Johns Hopkins Hospital.
- Medical Director of the Comprehensive Acute Inpatient Rehabilitation Unit at Johns Hopkins Bayview Medical Center
- Specialist in Neurorehabilitation and Spasticity Management
- Official certifications from the American Board of Physical Medicine and Rehabilitation
- Specialist in Physical Medicine and Rehabilitation at Sinai Hospital of Baltimore
- Medical Graduate from the University of Maryland, Baltimore
- Member of:
  - American Academy of Physical Medicine and Rehabilitation
  - American Spinal Cord Injury Association
  - Maryland Society for Physical Medicine and Rehabilitation

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

## Guest Director



### Mr. Castillo Martín, Juan Ignacio

- ♦ Chief of Physical Medicine and Rehabilitation Service. 12 de Octubre Hospital. Madrid
- ♦ Doctor Specialist in Physical and Rehabilitation Medicine, Riber Juan Bravo Hospital Complex
- ♦ Rehabilitation Doctor in Traffic Accidents unit of the Riber Juan Bravo Hospital Complex
- ♦ Rehabilitation Doctor Recoletas Cuenca Hospital
- ♦ Coordinator of continuing education of the Spanish Society of Cardiology in Exercise Testing with Oxygen Consumption
- ♦ Associate Professor Universidad Complutense de Madrid. Faculty of Medicine
- ♦ Teaching coordinator in continuing education courses at the Madrid Regional Ministry of Health: "Tertiary prevention in chronic cardiopathic patients" Cardiac Rehabilitation"
- ♦ Degree in Medicine and Surgery. University of Salamanca
- ♦ Master's Degree in Cardiac Rehabilitation. SEC-UNED
- ♦ Master in Disability Assessment Autonomous University Madrid
- ♦ Master Child Disability. Complutense University of Madrid
- ♦ Doctorate Course: Neurosciences University of Salamanca
- ♦ Member of the Spanish Society of Cardiology



## Management



### Ms. García Fontalba, Irene

- ♦ Physiotherapist and Director at Cal Moure'S
- ♦ Member of the Girona Territorial Section of the Association of Physiotherapists of Cataluña
- ♦ Creator of the blog "fisios y otras historias"
- ♦ Coordinator of the social networks group of professionals for health promotion in Girona
- ♦ More than ten years working in geriatric pathology and processes involving pain at home and in private practice

## Professors

### Dr. Pino Giráldez, Mercedes

- ♦ Specialist in Physical Medicine and Rehabilitation
- ♦ Assistant Rehabilitation Physician at the University Hospital 12, Octubre, Madrid
- ♦ Specialist in Physical Medicine and Rehabilitation, University Hospital of Guadalajara
- ♦ Assistant Rehabilitation Physician at Rey Juan Carlos I Hospital, Madrid
- ♦ Assistant Rehabilitation Physician at Torrejón de Ardoz Hospital
- ♦ Rehabilitation Physician Assistant at the University Hospital of Guadalajara
- ♦ Medical Rehabilitation Specialist at the Jiménez Díaz Foundation Hospital
- ♦ Degree in Medicine and Surgery from the University of Alcalá de Henares
- ♦ Specialist in Childhood Disability by Complutense University of Madrid
- ♦ MIR Physical Medicine and Rehabilitation

### Dr. Blesa Esteban, Irene

- ♦ Resident Intern. 12 de Octubre Hospital, Madrid
- ♦ Expert in musculoskeletal ultrasonography
- ♦ Doctorate from the Faculty of Medicine at the Autónoma de Madrid University
- ♦ Course on Neuropathic Pain Management for Medicine
- ♦ Course on Evaluation and prescription of therapeutic exercise
- ♦ Course in Life Support for Residents
- ♦ Supervision of doctoral thesis: Diagnosis of congenital heart disease in the first trimester of pregnancy ultrasound

### **Dr. García, Sofía**

- ♦ Specialist in Physical Medicine and Rehabilitation, Madrid Health Service
- ♦ Specialist Doctor in Physical Medicine and Rehabilitation, Children's Rehabilitation Unit, 12 de Octubre University Hospital, Madrid
- ♦ Specialist Doctor in Physical Medicine and Rehabilitation, Language Rehabilitation Center
- ♦ Specialist Doctor, Pelvic Floor Unit, 12 de Octubre University Hospital
- ♦ Specialist Doctor in Cardiac Rehabilitation, Cardiac Rehabilitation Unit, 12 de Octubre University Hospital
- ♦ Specialist Doctor, Facial Paralysis and Neurorehabilitation Unit, La Paz University Hospital
- ♦ Specialist Doctor, Neurorehabilitation Unit, 12 de Octubre University Hospital
- ♦ Specialist Doctor in Respiratory Rehabilitation, Gregorio Marañón University General Hospital
- ♦ Specialist Doctor in Spinal Cord injury Rehabilitation, National Hospital for Paraplegics
- ♦ Degree in Medicine from San Pablo University School of Medicine
- ♦ Master's Degree in Musculoskeletal Ultrasound and Ultrasound-Guided Interventionism, San Pablo University

### **Dr. Jiménez, Henar**

- ♦ Specialist in Physiotherapy and Sports Rehabilitation
- ♦ Resident Intern. 12 de Octubre University Hospital, Madrid
- ♦ Degree in Medicine
- ♦ Expert in Physiotherapy and Sports Rehabilitation at Isabel I of Castilla International University
- ♦ Course on the Safe Use of Medication in the Madrid Health Service

### **D. Cuesta Gascón, Joel**

- ♦ PhD in Physiotherapy and Rehabilitation. La Paz University Hospital, Madrid
- ♦ PhD in Physiotherapy and Rehabilitation. Dr. Rozalén Medical and Rehabilitation Center, Madrid
- ♦ Resident of Physical Medicine and Rehabilitation at the University Hospital 12 de Octubre,
- ♦ Rehabilitation Doctor in Regenerative Medicine
- ♦ Teacher of the Specialization Course in Neuropathic Pain at La Princesa Hospital
- ♦ Organizer and speaker at "See you on the 12th". "Fundamentals and Physiology of Sport"
- ♦ Speaker at " AMIR 2020 Academy postMIR Conference" on the specialty of Physical Medicine and Rehabilitation
- ♦ Master's Degree in Clinical Medicine, Francisco de Vitoria University
- ♦ Degree in Medicine from the Camilo José Cela University
- ♦ Expert in Musculoskeletal Ultrasound

### **Ms. Díaz Zamudio, Delia**

- ♦ Specialist in Rehabilitation and Physical Medicine
- ♦ Resident Intern of Rehabilitation and Physical Medicine in the Rehabilitation Department of the 12 de Octubre University Hospital
- ♦ Assistant specialist in the Rehabilitation Service of the 12 de Octubre University Hospital
- ♦ Honorary Collaborator of the Department of Physical Medicine and Rehabilitation and Hydrology at 12 de Octubre Hospital
- ♦ Degree in Medicine and Surgery. Faculty of Medicine. University of Seville
- ♦ Rehabilitation and Physical Medicine Specialist, Rehabilitation Service, University Hospital of Denia
- ♦ Rehabilitation and Physical Medicine Specialist, Rehabilitation Service of the University Hospital Alto Deba, Mondragón

**Dr. González García, María Dolores**

- ♦ Specialist in Physical Medicine and Rehabilitation
- ♦ Head of Neurologic Rehabilitation. 12 de Octubre Hospital, Madrid
- ♦ Area Specialist Physician, Doce de Octubre Hospital, Madrid
- ♦ Degree in Medicine and Surgery by the University of Alcalá. Alcalá de Henares, Madrid
- ♦ Specialization in Physical Medicine and Rehabilitation as Medical Intern Resident (MIR) in the Rehabilitation Service at the University Hospital 12 de Octubre, Madrid, 2002-2006

**Dr. Soto Bagaria, Luis**

- ♦ Physiotherapist Researcher at Vall d'Hebron Research Institute
- ♦ Physiotherapist and researcher at Parc Sanitari Pere Virgili
- ♦ Physiotherapist and Collaborator for the R & D department, SARQuavitaie
- ♦ Head researcher at Mapfre Quavitaie for the PhD in Public Health and Research Methodology
- ♦ Master's Degree in Neuromusculoskeletal Physiotherapy
- ♦ Master in Clinical Trials. International University of Cataluna
- ♦ Member of the research team on aging, frailty and transitions at Re-Fit BCN

**Dr. Gil Gracia, Samuel**

- ♦ Physiotherapist and Osteopath in free practice in Béziers
- ♦ Physiotherapist. Iriteb Center - Dos de Mayo, Badalona
- ♦ Member of the Spanish Society of Physiotherapy and Pain SEFID, Fisioterapia sin Red society
- ♦ Author of the videoblog Soy Paciente de Samu, a channel of divulgation on physiotherapy
- ♦ Specializing in Musculoskeletal Pain
- ♦ Master's Degree in Osteopathy at Gimbernat University
- ♦ Graduate in Physiotherapy at Gimbernat University

**Dr. Jiménez Hernández, Daniel**

- ♦ Expert in Physiotherapy and Education Physiotherapy
- ♦ Physiotherapist
- ♦ Trainer of PCA professionals
- ♦ Professor at the Central University of Cataluna
- ♦ PhD in Educational from the Central University of Cataluna
- ♦ Official Master's Degree in Inclusive Education. Central University of Cataluna
- ♦ Diploma in Physiotherapy Gimbernat University, EUG-UAB
- ♦ Member of the research groups: attention to diversity and Mental Health and Social Innovation at UVic

**Dr. Gómez Orta, Roger**

- ♦ Physiotherapist and Orthopedic Technician, Qvitec Centre D' Ajudes Técnicas
- ♦ Co-founder of Qvitec
- ♦ Responsible for the seating and positioning clinic service at Qvitec
- ♦ Specialist and trainer in patient management of Handicare products in Spain
- ♦ Graduate in Physiotherapy





**Dr. Hernandez Espinosa, Joaquín**

- ◆ Specialist in Respiratory Physiotherapy
- ◆ Director of Residential Center Hotel Senior Citizens Pineda
- ◆ Postgraduate in Respiratory Physiotherapy. Autonomous University of Barcelona
- ◆ Ethical Care Consultant at Fundacio Vella Terra
- ◆ COVID-19 Emergency equipment management at Fremap Gent Gran
- ◆ Graduate in Physiotherapy at the University School of Physiotherapy Gimbernat,
- ◆ Graduate in Physiotherapy at Autonomous University of Barcelona
- ◆ Member of the Ethics Committee L'Onada Serveis

**Dr. Buldón Olalla, Alejandro**

- ◆ Expert in physical activity and sport physiotherapy
- ◆ Physiotherapist in the Amavir group and in home care for the elderly
- ◆ Founder of the blog [fisioconectados.com](http://fisioconectados.com)
- ◆ Expert in physical activity and sport physiotherapy. Rey Juan Carlos University
- ◆ Graduate in Physiotherapy Rey Juan Carlos University
- ◆ Master's Degree in Social Networks and Digital Learning

# 04

## Structure and Content

The content of the certificate covers all the aspects that professionals must learn in order to be able to adopt a holistic approach to the treatment of pain in geriatric patients. Through a complete and concrete syllabus, students will go through all the essential learning areas proposed, gradually acquiring the necessary skills to put the necessary knowledge into practice. A very well-developed learning framework tailored to students' needs that will allow them to learn in a continuous, efficient manner.





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*A complete and efficient program that includes all the aspects that rehabilitation medicine should consider when caring for geriatric patients with pain”*

**Module 1.** Pain and aging, update according to current scientific evidence.

- 1.1. Anatomy and Physiology of Pain Transmission
  - 1.1.1. Peripheral Elements
  - 1.1.2. Nociceptors
  - 1.1.3. Nociceptor Depolarization
  - 1.1.4. Peripheral Sensitization of Nociceptors
- 1.2. Dorsal Ganglion
  - 1.2.1. Spinal Cord
  - 1.2.2. Posterior Horn
- 1.3. Ascending Pain Pathways
  - 1.3.1. Brain
  - 1.3.2. Concept of the Pain Matrix
  - 1.3.3. Brain Areas Related to Pain
  - 1.3.4. Descending Pain Pathways
  - 1.3.5. Descending Inhibition
  - 1.3.6. Descending Facilitation
- 1.4. Types of Pain
  - 1.4.1. Introduction
  - 1.4.2. Temporal
    - 1.4.2.1. Acute Pain
    - 1.4.2.2. Chronic Pain
  - 1.4.3. Pathophysiology
    - 1.4.3.1. Nociceptive Pain
    - 1.4.3.2. Somatic
    - 1.4.3.3. Visceral
    - 1.4.3.4. Neuropathic Pain
    - 1.4.3.5. Nociceptive vs. Neuropathic Pain
  - 1.4.4. Central Sensitization
    - 1.4.4.1. Wind-up Responses Mediated by C-Fibers
    - 1.4.4.2. Long-Term Empowerment
    - 1.4.4.3. Changes in the Phenotype of Posterior Horn Neurons and Apoptosis of GABAergic Neurons and Aberrant Connections
    - 1.4.4.4. Excitatory Changes in the Cerebral Cortex
- 1.5. Pain and Aging
  - 1.5.1. Aging
  - 1.5.2. Characteristics of Aging
  - 1.5.3. Prevalence
  - 1.5.4. Physiological Changes of Aging
  - 1.5.5. Physical and Neurological Changes with Impact on Pain Chronification
    - 1.5.5.1. Differences in Pain Perception
    - 1.5.5.2. Increased Chronic Inflammation in Aging
    - 1.5.5.3. Disruption of the Circadian Cycle in Aging
    - 1.5.5.4. Neurodegeneration and Implications for Learning
    - 1.5.5.5. Elderly Depression
    - 1.5.5.6. Sedentary Lifestyle and Frailty in the Elderly
    - 1.5.5.7. Under-Recognized and Under-Treated Pain
- 1.6. Pain Syndromes in Geriatrics
  - 1.6.1. Introduction
  - 1.6.2. Cervical Osteoarthritis
  - 1.6.3. Occipital Neuralgia
  - 1.6.4. Cervicogenic Dizziness
  - 1.6.5. Vertebral Fracture due to Osteoporosis
  - 1.6.6. Lumbar Osteoarthritis and Facet Syndrome
  - 1.6.7. Central Canal Stenosis in the Lumbar Spine
  - 1.6.8. Hip Osteoarthritis
  - 1.6.9. Shoulder Rotator Cuff Rupture
  - 1.6.10. Knee Osteoarthritis
- 1.7. Pain Assessment
  - 1.7.1. Introduction
  - 1.7.2. Communicative Framework - Communicative Skills During the Interview
    - 1.7.2.1. Beginning of the Session - Welcome
    - 1.7.2.2. Interview - Identify Reasons for Consultation
    - 1.7.2.3. Closing of the Session - Dismissal



- 1.7.3. Main Problems in Communicating with the Elderly Patient
    - 1.7.3.1. Medical History
    - 1.7.3.2. Clinical Features of Pain
    - 1.7.3.3. Location and Quality
    - 1.7.3.4. Chronology and Behavior
  - 1.7.4. Current and Previous Treatment
  - 1.7.5. Pain in Patients with Cognitive Impairment
  - 1.7.6. Scales for Assessing Pain
    - 1.7.6.1. One-dimensional Scales
    - 1.7.6.2. Multidimensional Scales
  - 1.7.7. Musculoskeletal Examination
  - 1.7.8. Observation and Visual Inspection
  - 1.7.9. Examination of the Pain Area
  - 1.7.10. Movement and Muscle Assessment
  - 1.7.11. Joint Assessment
  - 1.7.12. Muscular Strength Assessment
- 1.8. Pharmacological Treatment of Pain in the Geriatric Patient
- 1.8.1. Drugs for Pain
  - 1.8.2. Aines
  - 1.8.3. Coxibs
  - 1.8.4. Paracetamol
  - 1.8.5. Metamizole
  - 1.8.6. Opioid Drugs
  - 1.8.7. Phytotherapy.
  - 1.8.8. Adjuvant Drugs
- 1.9. Pain Treatment
- 1.9.1. Introduction
  - 1.9.2. Biopsychosocial Approach to Pain
  - 1.9.3. Response Problems and Passive Manual Therapy as the Only Treatment
  - 1.9.4. Integration of the Mechanisms of Pain, Function, Impairment and Psychosocial Factors
    - 1.9.4.1. Integration of Pain Mechanisms
    - 1.9.4.2. Integration of Function and Impairment
    - 1.9.4.3. Integration of Psychosocial Factors

- 1.9.5. Mature Organism Model
- 1.9.6. Integrated or Multimodal Treatment Strategies
  - 1.9.6.1. Educational
  - 1.9.6.2. Guide to Explain Pain
  - 1.9.6.3. Manual Therapy
  - 1.9.6.4. Mechanical Stimulation
- 1.9.7. Peripheral Mechanism
- 1.9.8. Spinal Mechanisms
- 1.9.9. Supraspinal Mechanisms
- 1.9.10. Therapeutic Exercise and Physical Reactivation
  - 1.9.10.1. Resistance Exercise
  - 1.9.10.2. Aerobic Exercise
  - 1.9.10.3. Multimodal Exercise
  - 1.9.10.4. Aquatic Exercise



*You will learn in such a way that what you have learned becomes consolidated and transformed into knowledge, through a structured study that will cover all the points of interest you need to update your rehabilitation intervention in geriatrics”*

# 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.





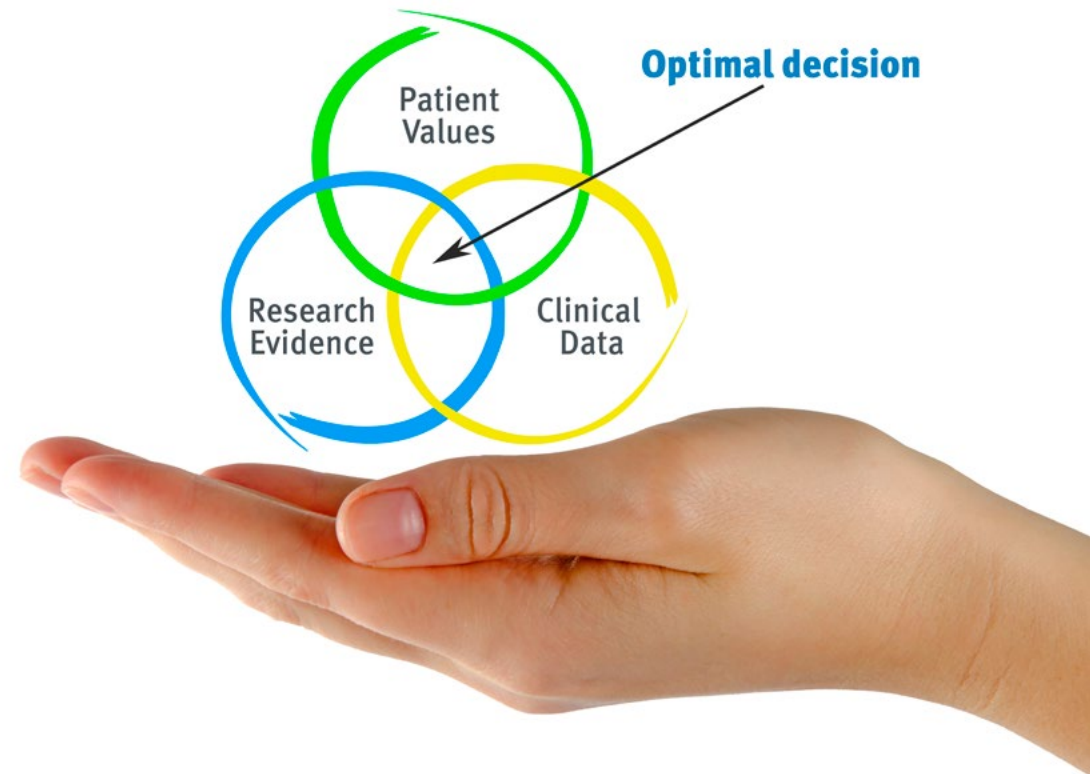
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

“

*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

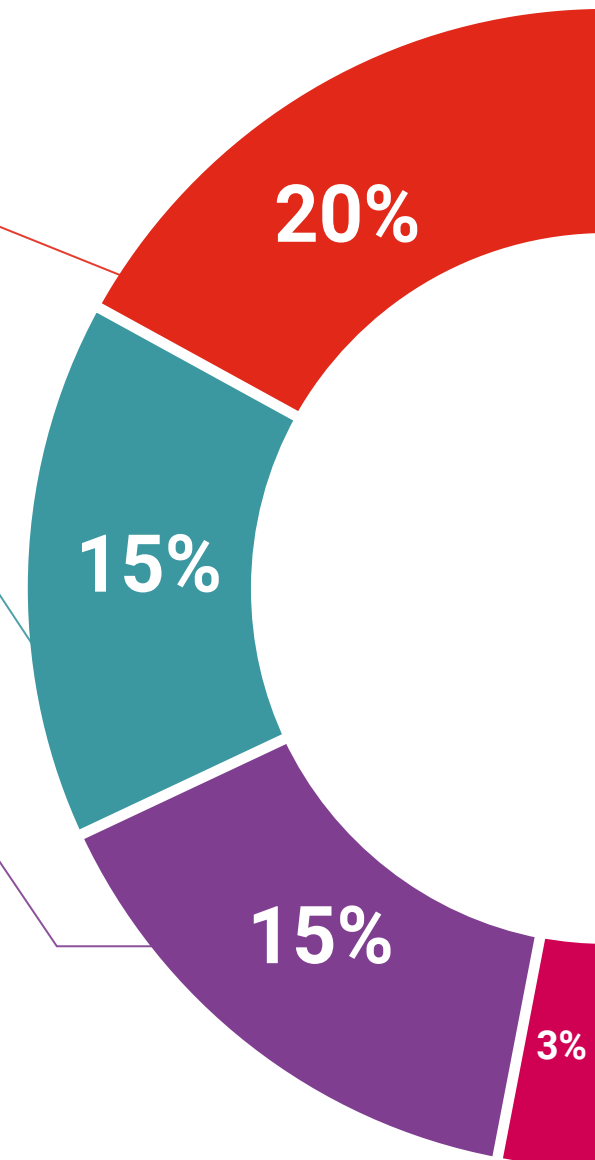
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

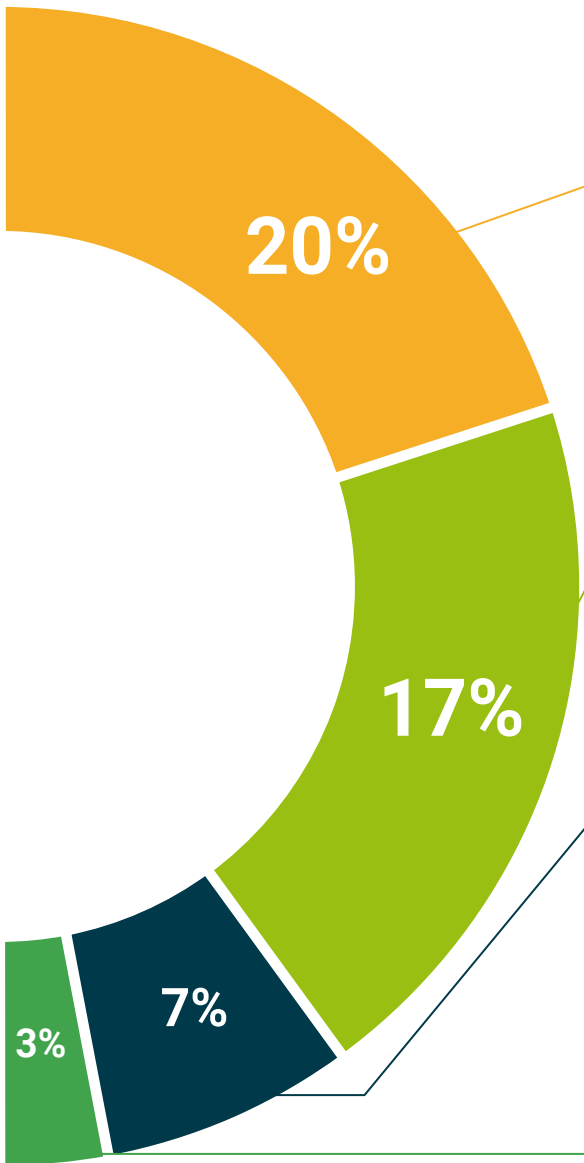


#### Additional Reading

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 Rehabilitation Medicine, Pain and Aging guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





“

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

This **Postgraduate Certificate in Rehabilitation Medicine, Pain and Aging** contains the most complete and up-to-date scientific program 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 Rehabilitation Medicine, Pain and Aging**

Official N° of Hours: **175 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.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



**Postgraduate Certificate**  
Rehabilitation Medicine,  
Pain and Aging

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

# Postgraduate Certificate Rehabilitation Medicine, Pain and Aging

