

# Postgraduate Certificate

## Therapeutic Pilates for General Pathology



## Postgraduate Certificate Therapeutic Pilates for General Pathology

- » 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/therapeutic-pilates-general-pathology](http://www.techtute.com/us/medicine/postgraduate-certificate/therapeutic-pilates-general-pathology)

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# 01

# Introduction

Therapeutic Pilates plays a crucial role in the recovery and prevention of pathologies associated with the decrease of the patient's physical capacities. Therefore, a physician who has up-to-date knowledge of Pilates for General Pathologies will be able to design a therapeutic exercise program adapted to the needs and capabilities of each person. For this reason, TECH has developed a program that offers the health professional an update on the most prevalent neurological pathologies, scientific evidence on this method, and their respective exercises. A 100% online program that offers total freedom and flexibility to coordinate daily work and personal activities with a unique update in the academic panorama.



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*In TECH you will broaden your knowledge on the application of the Pilates method in patients with neurological pathologies”*

Therapeutic Pilates stands out for its ability to adapt to the different physical abilities of each patient, allowing its practice, regardless of age, injury, or medical condition, to be treated. In addition, existing scientific research has shown that this discipline can be beneficial in the treatment of various neurological pathologies, such as Multiple Sclerosis, stroke, and Parkinson's disease, among others. Therefore, it is essential for the physician to be up-to-date in the most avant-garde practices within the field of Pilates so they can design and supervise effective and safe exercise programs for their patients.

For this reason, TECH has designed this program that will provide experts in Medicine with up-to-date knowledge of the pathology of Parkinson's disease, the assessment of the capabilities of the patient with this disease, and the adaptation of Pilates exercises on the floor. It will also delve into the main neurological pathologies and the basic principles of Pilates applied to them.

Thanks to the innovative didactic material, the graduate will have the opportunity to investigate in a dynamic and attractive way the anamnesis, the evaluation of strength and muscle tone, the evaluation of sensitivity, and the use of specific tests and scales.

An academic proposal presented under a 100% online modality offers professionals the possibility of synchronizing their daily activities with an effective updating process. Therefore, without the need for attendance or scheduled classes, the physician has greater freedom to self-manage their access time.

This **Postgraduate Certificate in Therapeutic Pilates for General Pathology** 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 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 work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*You will perform strength, tone, and sensitivity assessments in different pathologies, offering a personalized therapeutic approach through Pilates exercises"*

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*You will explore the scientific evidence on the adaptation of Pilates postures and exercises to treat patients with neurological pathologies"*

*Thanks to TECH's pedagogical methodology, you will be able to access, whenever and wherever you want, the extensive didactic material offered by this program.*

*You will adapt floor and elemental exercises to support the recovery process in patients with Cerebrovascular Pathologies.*

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

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

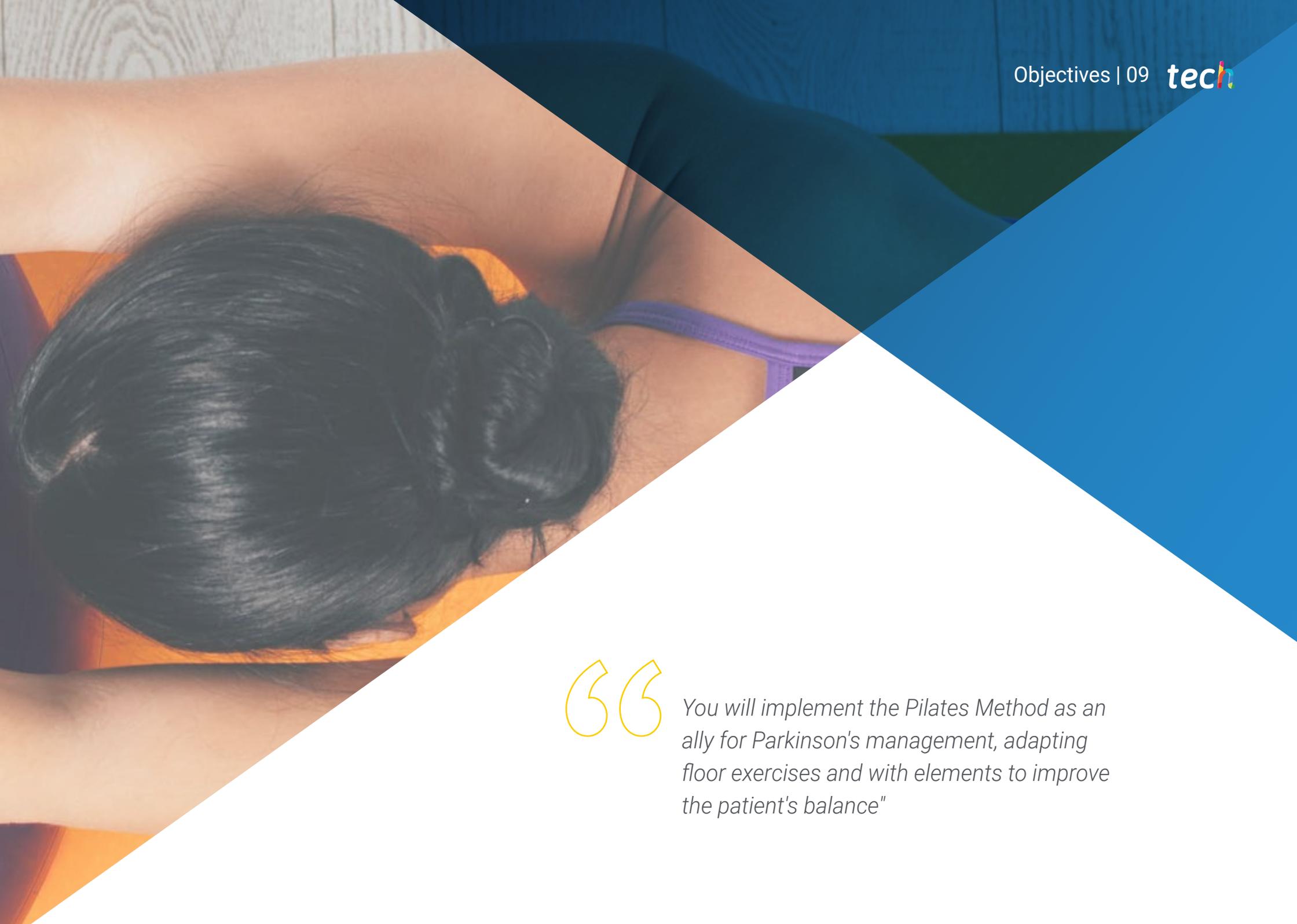
The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system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



# 02 Objectives

This program has been created with the objective of offering physicians an update in their knowledge and skills in the field of Therapeutic Pilates as a method to treat General Pathologies. In this way, you can provide your patients with a comprehensive treatment alternative that addresses not only the symptoms but also the underlying causes of the disease. For this purpose, TECH has developed a 100% online program that provides the clinical expert with multimedia materials, such as in-focus videos or case studies, which can be accessed conveniently, whenever and wherever they wish, from a digital device with an Internet connection.





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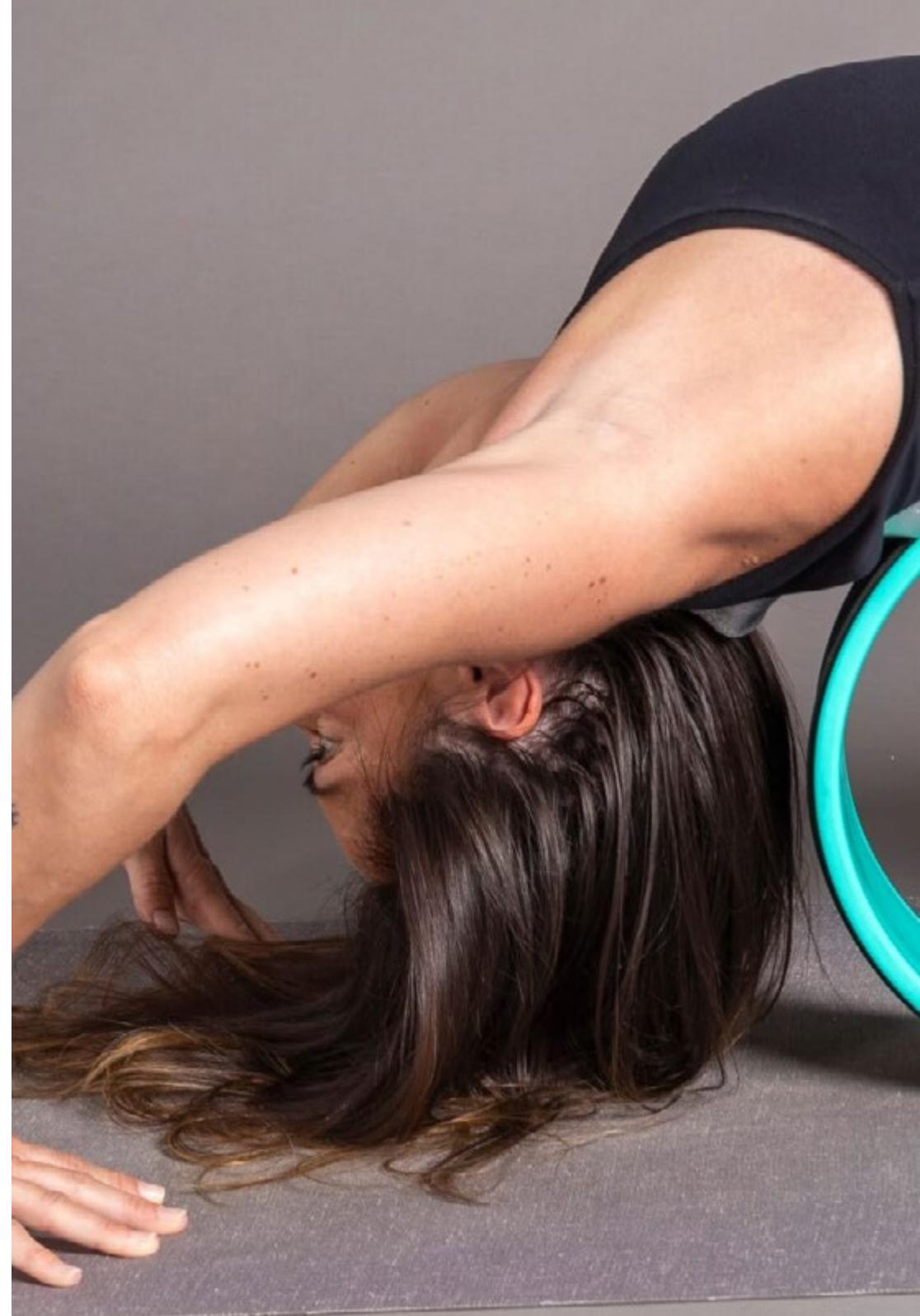
*You will implement the Pilates Method as an ally for Parkinson's management, adapting floor exercises and with elements to improve the patient's balance"*



## General Objectives

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- ◆ 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
- ◆ 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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- ◆ Master the characteristics of each pathology
- ◆ Identify the main alterations of each pathology
- ◆ Address the alterations through exercises based on the Pilates Method



*You will perform assessments of Cerebral Palsy patients' abilities and customize Pilates exercises for highly effective therapy"*

# 03

## Course Management

For this program, TECH has brought together leading professionals in the field of Physiotherapy . In this way, specialists will have the opportunity to access a cutting-edge program created by authentic referents in the Pilates Method. In this way, participants are offered an exceptional experience of updating with recognized experts in the field. In addition, thanks to its proximity, the graduate will be able to resolve any doubts that may arise regarding the content of this academic proposal.





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*You will implement the indicated and contraindicated exercises for pathologies associated with older adults, thanks to an outstanding teaching staff with extensive experience in this field"*

## 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 Rehabilitation by the Royal Spanish Gymnastics Federation
- ♦ Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ♦ Physiotherapy Graduate at Comillas Pontifical in University

## Professors

### Ms. García Ibáñez, Marina

- ♦ Physiotherapist at Foundation Multiple Sclerosis of Madrid and private consultation at home
- ♦ Physiotherapist for home treatment in pediatrics and adults with neurological pathology
- ♦ Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ♦ Physiotherapist and Psychologist in Kinés Clinic
- ♦ Physiotherapist in San Nicolás Clinic
- ♦ Master's Degree in Neurological Physiotherapy: Techniques of Assessment and Treatment at the European University of Madrid
- ♦ Expert in Neurological Physiotherapy at the European University of Madrid
- ♦ Degree in Psychology from the National University of Distance Education



# 04

## Structure and Content

The contents of this Postgraduate Certificate have been produced with the purpose of offering the medical professional a quality update in the field of Therapeutic Pilates for General Pathologies. In this way, the medical specialist will be able to integrate the latest advances in this field into their daily practice. In addition, you will be able to extend this information with specialized readings provided by the team of specialists that make up this program.





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*You will experience a personalized study plan designed with the most effective pedagogical methodology, the Relearning system"*

## Module 1. General pathology and its treatment with Pilates

- 1.1. Nervous system
  - 1.1.1. Central Nervous System
  - 1.1.2. Peripheral Nervous System
  - 1.1.3. Brief description of neural pathways
  - 1.1.4. Benefits of Pilates in neurological pathology
- 1.2. Neurological assessment focused on Pilates
  - 1.2.1. Medical History
  - 1.2.2. Strength and tone assessment
  - 1.2.3. Sensitivity assessment
  - 1.2.4. Tests and scales
- 1.3. Most prevalent neurological pathologies and scientific evidence in Pilates
  - 1.3.1. Brief description of the pathologies
  - 1.3.2. Basic principles of Pilates in neurological pathology
  - 1.3.3. Adaptation of Pilates positions
  - 1.3.4. Adaptation of Pilates Exercises
- 1.4. Multiple Sclerosis
  - 1.4.1. Pathology description
  - 1.4.2. Assessment of the patient's capabilities
  - 1.4.3. Adaptation of Pilates exercises on floor
  - 1.4.4. Adaptation of Pilates exercises with elements
- 1.5. Stroke
  - 1.5.1. Pathology description
  - 1.5.2. Assessment of the patient's capabilities
  - 1.5.3. Adaptation of Pilates exercises on floor
  - 1.5.4. Adaptation of Pilates exercises with elements
- 1.6. Parkinson's Disease
  - 1.6.1. Pathology description
  - 1.6.2. Assessment of the patient's capabilities
  - 1.6.3. Adaptation of Pilates exercises on floor
  - 1.6.4. Adaptation of Pilates exercises with elements





- 1.7. Cerebral Palsy
  - 1.7.1. Pathology description
  - 1.7.2. Assessment of the patient's capabilities
  - 1.7.3. Adaptation of Pilates exercises on floor
  - 1.7.4. Adaptation of Pilates exercises with elements
- 1.8. Older adults
  - 1.8.1. Age-related pathologies
  - 1.8.2. Assessment of the patient's capabilities
  - 1.8.3. Indicated exercises
  - 1.8.4. Contraindicated exercises
- 1.9. Osteoporosis
  - 1.9.1. Pathology description
  - 1.9.2. Assessment of the patient's capabilities
  - 1.9.3. Indicated exercises
  - 1.9.4. Contraindicated exercises
- 1.10. Pelvic Floor Disorders: urinary incontinence
  - 1.10.1. Pathology description
  - 1.10.2. Incidence and Prevalence
  - 1.10.3. Indicated exercises
  - 1.10.4. Contraindicated exercises

“ You will approach Osteoporosis from the therapeutic perspective of Pilates, with specific exercises to strengthen bones and improve posture”

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 Therapeutic Pilates for General Pathology 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 Therapeutic Pilates for General Pathology** 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 Therapeutic Pilates for General Pathology**

Official N° of Hours: **150 h.**



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



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