

# Postgraduate Diploma

## Rotator Cuff Surgery and Glenohumeral Joint Instability





## Postgraduate Diploma Rotator Cuff Surgery and Glenohumeral Joint Instability

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

Website: [www.techtitute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-rotator-cuff-surgery-glenohumeral-joint-instability](http://www.techtitute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-rotator-cuff-surgery-glenohumeral-joint-instability)

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# 01

# Introduction

Some shoulder injuries present a high risk of relapse after a surgical procedure is of concern, and although surgical interventions are now performed to repair and stabilize the joint, several factors can increase relapse. This is why surgeons must be at the forefront of the most advanced and efficient techniques to ensure the prolonged success of surgical procedures. To meet this need, TECH has designed this program which ensures the specialist an update on the rehabilitation of cuff rupture and exploratory maneuvers in Glenohumeral Instability. A 100% online program, accessible 24 hours a day, 7 days a week.





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*Update your knowledge in Rotator Cuff Surgery and Glenohumeral Joint Instability with this Postgraduate Diploma that you will only find at TECH”*

In Rotator Cuff Surgery and Glenohumeral Joint Instability Surgery the possibility of injury recurrence is a major concern. Although surgical procedures are designed to repair and stabilize the shoulder joint, several factors can contribute to re-injury. Therefore, it is essential for physicians to keep up to date with the latest surgical advances and techniques, suture materials, rehabilitation protocols and understanding of risk factors to significantly improve the outcomes of these procedures.

In this sense, TECH has developed this program that will allow the specialist to enjoy an excellent update on Rotator Cuff Surgery and Instability of the Glenohumeral Joint. During 6 months of intensive updating, you will learn in depth about rotator cuff diseases, anamnesis and clinical examination, maneuvers and diagnostic techniques and rehabilitation in cuff rupture. In addition, he will delve into anterior and posterior instability, as well as the complications and sequels of glenohumeral instability.

A Postgraduate Diploma offered in a 100% online format, providing the professional with the necessary flexibility to reconcile their daily responsibilities with their updating process. In addition, the program integrates the Relearning method, which allows the physician to explore the fundamental aspects of the curriculum in depth, without investing long hours in memorization. All this from any device with internet connection and with the possibility of access from any time and place.

This **Postgraduate Diploma in Rotator Cuff Surgery and Glenohumeral Joint Instability** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by expert orthopedic surgeons
- ♦ 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



*You will explore in detail the anatomical structure of the Rotator Cuff and Scapular Waist, and identify the appropriate surgical techniques to address them"*

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*Implement in your clinical practice the most effective diagnostic and exploration techniques for rotator cuff pathologies”*

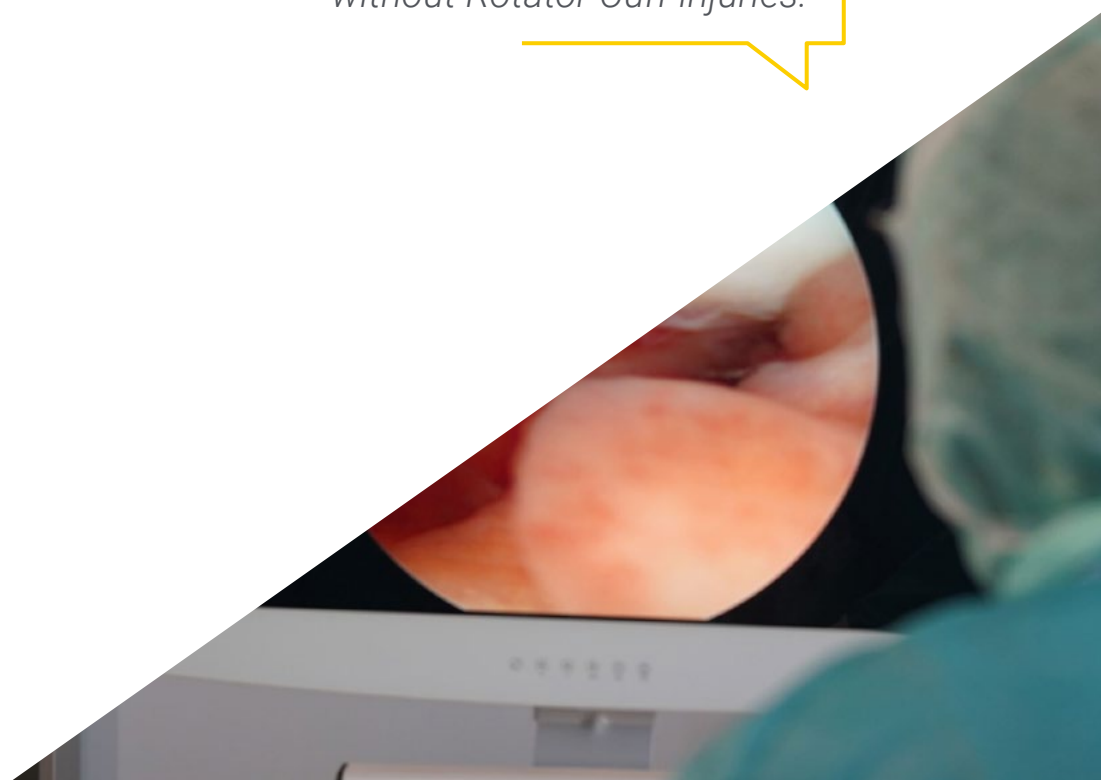
The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized specialists from leading societies and prestigious universities.

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.

*In just 6 months you will identify the most effective treatment for Rotator Cuff Disease, as well as its progression in the rehabilitation process.*

*You will delve into the therapeutic options for Subacromial Syndrome without Rotator Cuff injuries.*



# 02 Objectives

The purpose of this program is to provide the physician with the most recent knowledge in relation to Rotator Cuff Surgery and Glenohumeral Joint Instability. In this way, you will be able to keep up to date with surgical techniques and contribute to more effective clinical outcomes. All this, thanks to the excellent multimedia didactic material elaborated by an excellent team of specialists with extensive experience in this field.





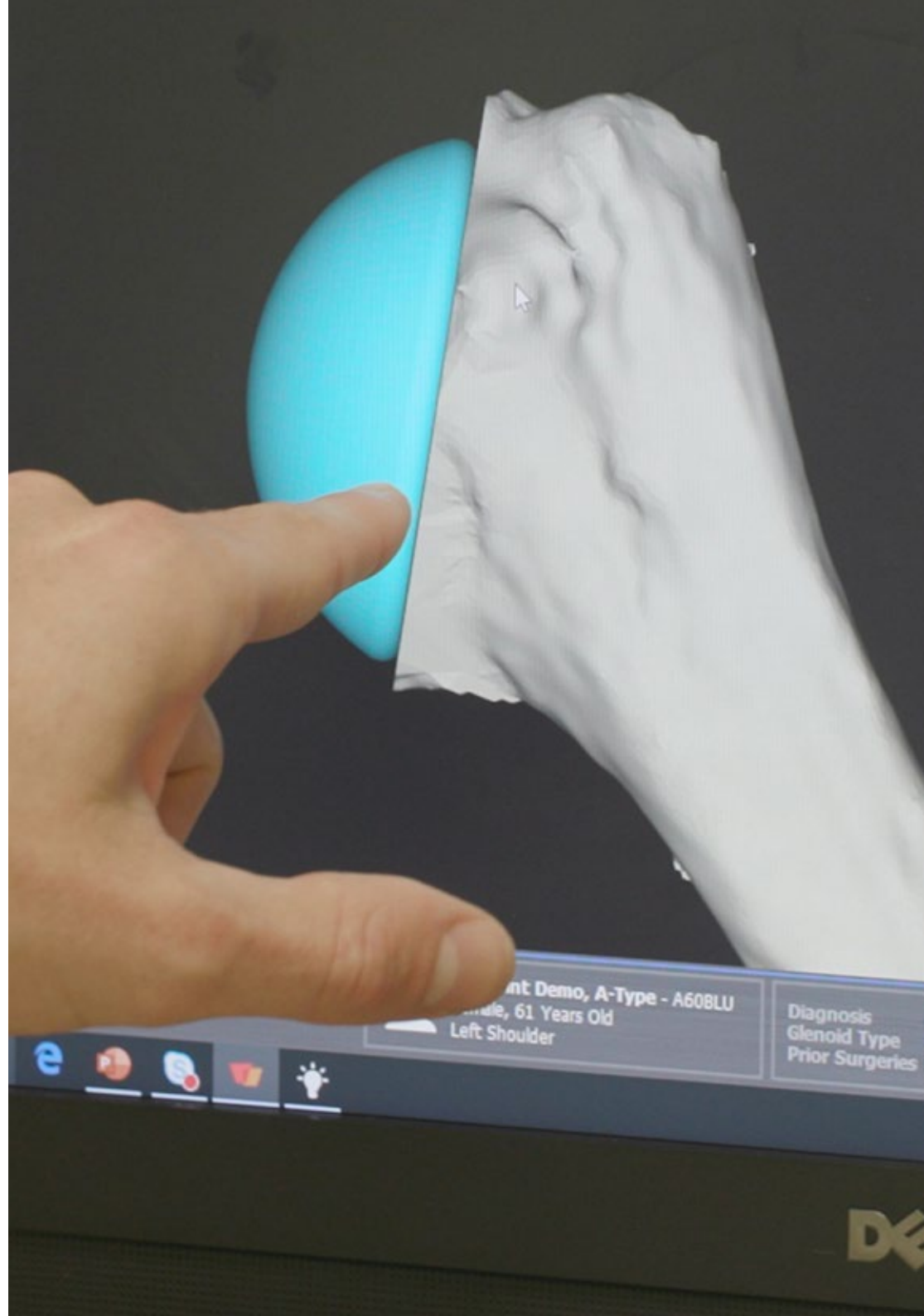
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*Enhance your skills in the diagnosis and treatment of partial and complete rotator cuff tears with this university program"*



## General Objectives

- Analyze the macroscopic anatomy of the shoulder
- Determine the different approaches to open surgery
- Introducing the arthroscopic portals of shoulder surgery
- Delve into new technologies in anatomy and shoulder surgery
- Examine the usefulness of different radiological techniques in the diagnosis of certain shoulder pathologies
- Define ultrasound scans as a treatment technique in some shoulder pathologies
- Expose the usefulness of nuclear medicine in shoulder pathology
- Compile the different objective, subjective and quality of life scales
- Show embryology of the shoulder
- Grouping of shoulder pathologies affecting children: dysplasias, fractures and other acquired pathologies
- Development of rheumatologic, tumor and infectious diseases
- Deepening the role of anesthesia in the shoulder





## Specific Objectives

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### Module 1. Rotator Cuff I. Subacromial Syndrome and Rotator Cuff Ruptures

- ♦ Delve into on the macroscopic anatomy of the rotator cuff
- ♦ Develop knowledge of the evolutionary history of patients with degenerative rotator cuff pathology
- ♦ To analyze the different exploratory maneuvers to be used in patients suffering from Rotator Cuff breaks
- ♦ Identify the different patterns of rotator cuff tears
- ♦ To present the different surgical techniques that are indicated for each of the patterns of Rotator Cuff tears

### Module 2. Rotator cuff II. Calcifying Tendinitis. Stiffness

- ♦ Delve into the different arthroscopic knotting techniques
- ♦ Interpret the rehabilitative treatment in the postoperative period of rotator cuff tears. Immobilization indications and different types of physiokinesiotherapy
- ♦ Master the indications and rehabilitation techniques used in the conservative treatment of rotator cuff disorders
- ♦ Be able to identify and treat complications of rotator cuff repair
- ♦ Address calcifying tendinitis as an entity and develop a therapeutic algorithm
- ♦ Identify and diagnose shoulder stiffness, the different types and its possible coexistence with rotator cuff tears. Therapeutic approach to this pathology
- ♦ Define adhesive capsulitis, predisposing diseases, diagnosis, evolution of the disease, therapeutic algorithm and explanation of the different conservative and surgical treatment techniques
- ♦ Determine how to diagnose glenohumeral internal rotation deficit (GIRD), physical examination, maneuvers and therapeutic algorithm

### Module 3. Glenohumeral Instability

- ♦ Delve into the anatomy of the Glenohumeral Joint, including the arthroscopic view
- ♦ Identify hyperlaxity, measure hyperlaxity and know the predisposing diseases
- ♦ Prepare for the measurement of bone defects
- ♦ Expose the different exploratory maneuvers in anterior glenohumeral instability
- ♦ Define microinstability, multidirectional instability and their surgical indications
- ♦ Explain the therapeutic algorithm in anterior, posterior and multidirectional instability
- ♦ Address the possible complications and sequelae of anterior and posterior instability



*Apply to your patients the most advanced surgical techniques to repair subscapularis ruptures and concomitant injuries"*

03

# Course Management

In order to preserve the excellence that characterizes TECH's programs, this program has a teaching team made up of renowned specialists in the field of Orthopedics and Traumatology, as well as in surgical techniques related to the Shoulder and other joints. These experts, who play an active role in leading hospital centers, have extensive skills in the management of joint diseases and rehabilitation therapies. Therefore, physicians will be assured that the knowledge acquired will be up to date with the latest advances in this area.

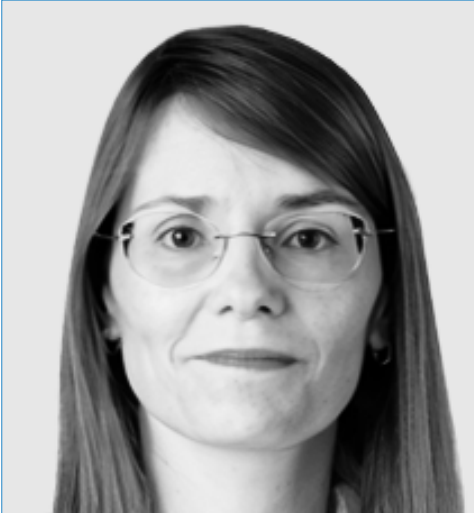




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*You will have a highly specialized teaching team that will guide you in the management of massive repairable and irreparable tears of the Rotator Cuff”*

## Management



### Dr. Fernández Cortiñas, Ana Belén

- Traumatologist at Cosaga Hospital
- Traumatologist (Shoulder Visiting Fellow) at the Massachusetts General Hospital
- Traumatologist at the Ourense University Hospital Complex
- Traumatologist at Gambo General Rural Hospital
- Journal Clinical Epidemiology Reviewer Affiliation: Clinical epidemiology
- Scientific Journal Medical Science Melville USA Reviewer
- Dr. in Medicine and Surgery from the Complutense University of Madrid
- Specialist in Orthopedic and Trauma Surgery
- Degree in Medicine and Surgery from the University of Santiago de Compostela
- Member of: Spanish Association of Orthopedic Surgery and Traumatology (SECOT), Spanish Society of Shoulder and Elbow Surgery (SEHC), Spanish Association of Arthroscopy (AEA), Spanish Society of Sports Traumatology (SETRADE)



### Dr. López Fernández, Vanesa

- ♦ Attending Physician of Orthopedic Surgery and Traumatology, Arthroscopy Unit at the Hospital Rey Juan Carlos
- ♦ Attending Physician of Orthopedic Surgery and Traumatology at the Fundación Jiménez Díaz Hospital
- ♦ Clinical and research fellowship in shoulder, hand and upper limb surgery at the Clinique Generale d'Annecy
- ♦ Clinical and research fellowship in shoulder and elbow surgery under the supervision of Dr. Emilio Calvo and Dr. Foruria at the Jiménez Díaz Foundation
- ♦ Professor and member of the scientific committee of the CURSOCOT for the training of residents and attendings (recertification courses) in Orthopedic Surgery and Traumatology
- ♦ Honorary Professor of Orthopedic Surgery and Traumatology Universidad Rey Juan Carlos
- ♦ Dr. in Medicine from the University of Santiago de Compostela with a doctoral thesis entitled "Effect of intra-articular hyaluronic acid in experimental synovitis"
- ♦ Degree in Medicine from the Santiago de Compostela University
- ♦ Master's Degree in Orthopedic Surgery and Traumatology from San Pablo CEU University
- ♦ Postgraduate Diploma in Orthopedic Surgery and Upper Limb Traumatology from San Pablo CEU University
- ♦ Postgraduate Diploma in Orthopedic Surgery and Traumatology of the Pelvis, Hip and Pediatric Traumatology from San Pablo CEU University
- ♦ Postgraduate Diploma in Orthopedic Surgery and Traumatology of the knee, ankle and foot by San Pablo CEU University
- ♦ Postgraduate Diploma in Orthopedic Surgery and Traumatology of the Spine, Tumors and Infections, San Pablo CEU University

## Professors

### Dr. Álvarez Benito, Nuria

- ♦ Assistant Doctor of Orthopedic Surgery and Traumatology at the University Hospital of the Canary Islands
- ♦ Doctor in the Rehabilitation Service at the Jiménez Díaz Foundation University Hospital
- ♦ Doctor at the Children's Traumatology and Orthopedics Unit at the CHU Lapeyronie de Montpellier
- ♦ Doctor in the Musculoskeletal Tumors Unit and Vascular Surgery and Plastic Surgery Services at the La Paz University Hospital
- ♦ Doctor in the Neurosurgery Service and Spine Unit of the COT service at the Gregorio Marañón University Hospital
- ♦ Lecturer in the program of Microsurgery for COT Residents
- ♦ Specialist Doctor in Orthopedic Surgery and Traumatology
- ♦ Master's Degree in Shoulder Pathology from the International University of Andalusia (UIA)
- ♦ Degree in Medicine from the Complutense University of Madrid
- ♦ Member of: Spanish Society of Orthopedic Surgery and Traumatology, Andalusian Society of Traumatology and Orthopedics

### Dr. de Cabo Tejerina, Gonzalo

- ♦ Sports Doctor at Olympia Clinic
- ♦ Head of the Arthroscopy and Upper Limb Unit at the Rey Juan Carlos Hospital in Móstoles
- ♦ Stryker and Depuy Mitek International Medical Consultant
- ♦ Honorary Professor at the Universidad Rey Juan Carlos
- ♦ Degree in Medicine from Universidad Complutense Madrid
- ♦ Diploma of Advanced Studies from Universidad Complutense Madrid

### Dr. Navarro Bosch, Marta

- ♦ Specialist in Orthopedic Surgery and Traumatology, Shoulder and Elbow Unit, La Fe University Hospital
- ♦ Specialist in Orthopedic Surgery and Traumatology at Casa de Salud Hospital
- ♦ Specialist in Orthopedic Surgery and Traumatology at the Malva-Rosa Hospital
- ♦ Traumatology and Orthopedic Surgery teacher at Pre-Mir Academy
- ♦ Teacher in the National Plan of Shoulder and Elbow Surgery of the SECHC
- ♦ Degree in Medicine and Surgery from the University of Valencia

### Dr. Alfano, Federico

- ♦ Doctor assigned to the Traumatology Service of the Asunción Clinic
- ♦ Chief of the Division of Shoulder and Elbow Surgery at the Luis Pasteur Belgrano Medical Center
- ♦ Head of the Shoulder Team at the Spanish Hospital of Buenos Aires
- ♦ Doctor of the Knee Arthroscopy and Sports Medicine team in the Clinic and Surgeries. San Cayetano Sanatorium
- ♦ Chief Resident of Orthopedics and Traumatology at the Spanish Hospital of Buenos Aires
- ♦ The Shoulder and Elbow International Fellowship, en Dallas junto a Dr Wayne Burkhead, Jr
- ♦ Clinical Reviewer from The Journal of Shoulder and Elbow Surgery
- ♦ Lecturer in different programs on shoulder pathologies
- ♦ Degree in Medicine
- ♦ Medical Degree in the United States - United States Medical Licensing Examination® (USMLE). ECFMG Certified
- ♦ Member of: President of the Argentine Association of Shoulder and Elbow Surgery, Member of the Scientific Committee of the Argentine Society of Shoulder and Elbow Surgery





**Dr. Pisanti López, Carolina**

- ♦ Head of shoulder clinic at Children's Orthopedic Hospital
- ♦ Specialty in Traumatology and Orthopedics at Dr. Domingo Luciani Hospital
- ♦ Surgeon, Central University of Venezuela. José María Vargas School, Dr. José María Vargas Hospital
- ♦ Master in Public Health
- ♦ Fellow in the Subspecialty of Shoulder Pathologies by Santa Casa de Misericordia
- ♦ Fellow in Shoulder Pathology and Prosthetics from the University of Texas
- ♦ Member of: Venezuelan Society of Traumatology and Orthopedics, Latin American Society of Orthopedic Surgery and Traumatology, World Orthopedic Society

**Dr. Infante Ruiz, Sara Luna**

- ♦ Assistant Doctor of Physical Medicine and Rehabilitation at the Jiménez Díaz Foundation University Hospital
- ♦ Specialist in Physical Medicine and Rehabilitation at the Virgen del Rocío University Hospital
- ♦ Doctor in the Musculoskeletal Rehabilitation Unit, Spinal Cord Injury and Cranioencephalic Trauma, Amputee Patient, Prosthesis and Orthosis, Cardiorespiratory, Pelvic Floor, Children, Spine and Vestibular at the Virgen del Rocío University Hospital
- ♦ Doctor in the Musculoskeletal, Vestibular, Interventional, Amputee, Prosthesis and Orthosis, Spine and Pain Rehabilitation Unit at the Jiménez Díaz Foundation University Hospital
- ♦ Clinical tutor for medical students of the Physical Medicine and Rehabilitation course at the Faculty of Medicine of Seville
- ♦ Teaching collaborator of resident doctors and medical students of the UAM in the Rehabilitation Service of the Fundación Jiménez Díaz Hospital
- ♦ Degree in Medicine and Surgery from the University of Córdoba

**Dr. Moya, Daniel**

- ♦ Staff Doctor of the Orthopedics and Traumatology Service of the British Hospital of Buenos Aires
- ♦ Traumatologist in San Martín de Tours
- ♦ Honorary Advisor to several hospitals in Argentina
- ♦ Orthopedic and Traumatology Center Valls Orthopedics and Traumatology Center
- ♦ Staff traumatologist at the Sanatorio Finocchietto
- ♦ Traumatologist Emergency Department Emergency Department, Buenos Aires University Hospital
- ♦ Editor-in-Chief of the Journal of Regenerative Science
- ♦ Associate Editor of the Spanish Journal of Orthopedics and Traumatology
- ♦ Former President of the Argentinean and Latin American Society of Shoulder and Elbow Surgery
- ♦ Past President of the World Shock Wave Society
- ♦ Member of: President of the Ibero Latin American, Guatemalan Association of Reconstructive Colombian Orthopedics and Traumatology Society, Board of International Congress of Shoulder and Elbow Surgery

**Dr. Alfonso Fernández, Ana**

- ♦ Area Specialist at the University Hospital of Álava
- ♦ Area Specialist Doctor at Sierrallana Hospital
- ♦ Fellowship in Upper Extremity Surgery at the University of Ottawa
- ♦ Area Specialist Doctor at the Marqués de Valdecilla University Hospital

- ♦ Associate Professor in the Department of Medical and Surgical Sciences. Orthopedic Surgery and Traumatology of the University of Cantabria
- ♦ Degree in Medicine and Surgery from the University of Santiago de Compostela
- ♦ Doctor of Medicine, University of Cantabria, Spain
- ♦ Member of: Spanish Society of Orthopaedic Surgery and Traumatology (SECOT)

**Dr. Naula, Víctor**

- ♦ Director of the Integral Miniinvasive & Arthroscopic Center
- ♦ Director of the Comprehensive Shoulder Arthroscopic Improvement Center
- ♦ Chief of the Traumatology and Orthopedics Service of the Clínica María Auxiliadora
- ♦ Associate Physician at San Jacinto Orthopedic and Traumatology Department
- ♦ Doctor of Medicine and Surgery
- ♦ Specialist in Traumatology and Orthopedics
- ♦ Shoulder and Knee Arthroscopic and Open Shoulder and Knee Surgeon
- ♦ Bachelor of Medicine, State University of Medical Sciences
- ♦ Fellowship Hospital San Gerardo of Monza
- ♦ Fellowship Shoulder Surgery Center Forli
- ♦ Fellowship Arthroscopic and Open Shoulder Surgery
- ♦ Member of: Italian Arthroscopy Society, Ecuadorian Arthroscopy Group, Latin American Society of Arthroscopy, Knee and Sports, Guayas Medical and Surgical Society, American Academy of Orthopaedic Surgeons, Ecuadorian Society of Orthopedics and Traumatology

**Dr. Amor Gámez, Fernando**

- ♦ Assistant Doctor in the Rehabilitation Service at the Osteoarticular Pathology Unit of the Rey Juan Carlos University Hospital
- ♦ Specialist in non-surgical pathology at the Hip Unit of University Clinic of Navarra based in Madrid
- ♦ Professional Master's Degree in Musculoskeletal Ultrasound and Interventional Ultrasound by the San Pablo Andalucía CEU Foundation
- ♦ Master's Degree in Clinical Medicine from the Camilo José Cela University
- ♦ Degree in Medicine from Universidad Rey Juan Carlos

**Dr. Santiago Garnica, Sergio Froylán**

- ♦ Traumatologist and Orthopedist at Hospital General Regional 180
- ♦ Orthopedist and Traumatologist assigned to the General Hospital of the Zone
- ♦ Sports Traumatology Doctor for the Universidad del Valle Mexico American Football Team
- ♦ Coordinator of the Shoulder and Elbow Module of the Medical College of Orthopedics and Traumatology of Jalisco
- ♦ Professor at congresses and conferences of Orthopedics and Traumatology of the Mexican College of Orthopedics and Traumatology
- ♦ Full professor of high specialty training in Shoulder and Knee Articular Surgery at Hospital General Regional 180
- ♦ Full Professor of Orthopedics and Traumatology Residency at Hospital General Regional 180
- ♦ Specialty in Traumatology and Orthopedics by the Mexican Institute of Social Security and the Ignacio Garcia Tellez National Medical Center
- ♦ Specialty in Traumatology and Orthopedics from the Autonomous University of Yucatan
- ♦ High Specialty in Shoulder and Elbow Joint Surgery by the Institute of Shoulder & Elbow Surgery and the Autonomous University of Guadalajara

- ♦ High Specialty in Shoulder and Elbow Joint Surgery by the Autonomous University of Guadalajara
- ♦ Training in Musculoskeletal Ecosonography by the Autonomous University of Guadalajara
- ♦ Master's Degree in Education from the Instituto Tecnológico de Estudios Superiores de Monterrey
- ♦ Surgeon, National Autonomous University of Mexico
- ♦ SLAOT Order of Merit with the rank of Knight of the Federation of Latin American Orthopedic and Traumatology Societies and Associations and Associations of Latin American Orthopedics and Traumatology
- ♦ Member of: Mexican Federation of Colleges of Orthopedics and Traumatology, Federation of Latin American Societies and Associations of Orthopedics and Traumatology, Medical College of Orthopedics and Traumatology of Jalisco, Mexican Association of Reconstructive Joint Surgery and Arthroscopy

**Dr. Asenjo Gismero, Cristina Victoria**

- ♦ Shoulder and Elbow Specialist in the +Qtrauma Team at Beata María Ana Hospital
- ♦ Traumatology Assistant, Upper Extremity Unit, Majadahonda Hospital
- ♦ FEA at the Ramón y Cajal Hospital
- ♦ Lecturer in Use of corticosteroids in acute postoperative pain by SECOT
- ♦ Lecturer in Surgical application of the Glenoid Track. AEA
- ♦ Program of Management, Research and Innovation in Health by Instituto de Empresa Business School
- ♦ Doctorate in Medicine, University of Alcalá
- ♦ Degree in Medicine from the University of Alcalá, Spain
- ♦ Shoulder and Elbow Fellow at the Ramón y Cajal Hospital

**Dr. García Bullón, Isabel**

- ♦ Doctor specializing in Orthopedic Surgery and Traumatology at Ibermutua Central Services
- ♦ Specialist Doctor at Dr. Palazón S.A.P. Clinic (La Luz Clinic)
- ♦ Head of the Hand and Wrist Surgery Unit at Severo Ochoa University Hospital
- ♦ Specialist Doctor in Orthopedic Surgery and Traumatology, University Hospital Severo Ochoa
- ♦ Specialist in Orthopedic Surgery and Traumatology at the Severo Ochoa University Hospital
- ♦ Degree in Medicine from the Complutense University of Madrid

**Dr. Lázaro Amorós, Alexandre**

- ♦ Head of Shoulder, Elbow and Hip Unit at MC Mutual
- ♦ Founder Amorós Institute of Traumatology
- ♦ Professor: Master's Degree in Sports Traumatology, University of Barcelona
- ♦ Consultant Stryker Ibérica in Medical Education
- ♦ Dr. in Medicine and Translational Research from the University of Barcelona
- ♦ Degree in Medicine from the Autonomous University of Barcelona
- ♦ Diploma in Advanced Studies (DEA) Program of Doctorate in Surgery and Surgical Specialties from the University of Barcelona
- ♦ Specialist in Orthopedic Surgery and Traumatology at the Hospital Clinic of Barcelona

**Dr. Rodríguez Brotat, María**

- ♦ Specialist Orthopedic Surgery and Traumatology Doctor at Infanta Elena University Hospital
- ♦ Traumatology and Orthopedic Surgery Specialist: Palencia Medical Clinic
- ♦ Traumatology and Orthopedic Surgery Specialist Specialist, Palencia University Welfare Complex
- ♦ Traumatology and Orthopedic Surgery Specialist at Our Lasy of Sonsoles Hospital
- ♦ Specialist in Traumatology and Orthopedic Surgery at Valladolid University Clinical Hospital
- ♦ Traumatology and Orthopedic Surgery Traumatology and Orthopedic Surgery

Teaching Collaborator Infanta Elena University Hospital

- ♦ Teaching collaborator of the Department of Anatomy at the University of Valladolid
- ♦ Teaching collaborator with family doctors in the Palencia University Welfare Complex
- ♦ *Fellowship in shoulder and elbow* University College London Hospital/St. John and St. Elisabeth hospital
- ♦ Degree in Medicine from the Complutense University of Madrid
- ♦ Postgraduate degree in Biomedical Sciences from the Madrid Complutense University
- ♦ Master's Degree in Knee Pathology from the International University of Andalusia
- ♦ Master's Degree in Shoulder Pathology from the International University of Andalusia

**Dr. Fierro Porto, Guido Alfonso**

- ♦ Chief of the Shoulder and Elbow Section at Santa Fe Foundation of Bogotá
- ♦ Orthopedic Doctor Shoulder and Elbow Surgeon
- ♦ Advanced Fellow Training in Shoulder and Elbow Surgery by Santa Fe Foundation of Bogotá
- ♦ Medical Degree from the University of Colombia
- ♦ Member of: Shoulder and Elbow Committee of the International Society of Orthopaedic Surgery and Traumatology (SICOT), Secretary General of the Latin American Shoulder and Elbow Society. SLAHOC, President of the Colombian Shoulder and Elbow Society. SCCOT Affiliate, Vice President of the Colombian Shoulder and Elbow Society. Subsidiary SCCOT

**Dr. Ferrando de Jorge, Albert**

- ♦ Assistant Doctor of Traumatology and Orthopedic Surgery at the Universitari Sant Joan de Reus Hospital
- ♦ Doctor at the MQ Center
- ♦ Doctor at the Alomar Clinic
- ♦ Doctor at the Monegal Clinic
- ♦ Doctor of Medicine and University of Valencia Surgery

**Dr. De Rus Aznar, Ignacio**

- ♦ Specialist Physician at the Hospital Olympia Quirón Salud
- ♦ Specialist Physician at the Beata María Ana Hospital
- ♦ Specialist Physician at HM Sanchinarro Hospital
- ♦ Fellowship in Shoulder and Elbow Surgery at the Hospital Ramón y Cajal
- ♦ Doctor of Medicine from the Alcalá de Henares University
- ♦ Master's Degree in Medicine, Complutense University of Madrid
- ♦ Degree in Medicine from the Complutense University of Madrid
- ♦ Member of: Spanish Society of Orthopedic Surgery and Traumatology SECOT, Spanish Association of Arthroscopy AEA, Spanish Society of Sports Traumatology SETRADE, European Society of Shoulder and Elbow Surgery SECHC

**Dr. Calvo Palma, Claudio Andrés**

- ♦ Shoulder and Elbow Surgeon at the Pontificate Clinical Hospital: Catholic University of Chile
- ♦ Shoulder & Elbow Surgeon at Florida Hospital
- ♦ Traumatologist of the Shoulder and Elbow Team at Red Salud UC Christus
- ♦ Adjunct Instructor, Department of Orthopedics and Traumatology, Pontificate Catholic University of Chile
- ♦ Professor at the Pontificate Catholic University School of Medicine
- ♦ Specialty in Orthopedics and Traumatology from the Pontificate Catholic University of Chile
- ♦ Medical Surgeon, Pontificate Catholic University of Chile
- ♦ Postgraduate Certificate in Medical Education from the Pontificate Catholic University of Chile
- ♦ Fellowship in Shoulder and Knee Surgery at the Pontificate Catholic University of Chile
- ♦ Fellowship in Shoulder and Elbow Surgery at the Jiménez Díaz Foundation

**Dr. Fernández-Bravo Rueda, Almudena Beatriz**

- ♦ Associate Chief Doctor of the Rehabilitation Service of the Jiménez Díaz Foundation Hospital
- ♦ Head of the Interventionism and Biological Therapies Unit at the Olympia-qx medical center of the Quirón Health Madrid group
- ♦ Professor of ultrasound in the Professional Master's Degree in Musculoskeletal Ultrasound and Ultrasound-guided Interventionism. Program awarded by San Pablo Ceu University, Andalucía
- ♦ Graduate in Medicine and Surgery from Universidad de Navarra
- ♦ Master's Degree in Aesthetic and Anti-Aging Medicine from the Complutense University of Madrid
- ♦ Member of: Board of Directors of SERMEF and member of the editorial committee of the journal Rehabilitación, Board of Directors of SETOC (Spanish Society of Shockwave Therapy), Pain Care Committee at the Jiménez Díaz Foundation Hospital

**Dr. Castaño Pérez, Iker**

- ♦ Doctor of the Traumatological Rehabilitation Unit at the Hospital Universitario Rey Juan Carlos
- ♦ Doctor of the Vestibular Rehabilitation Unit at the Rey Juan Carlos University Hospital
- ♦ Interventionalist Rehabilitation Service of Hospital Gómez Ulla
- ♦ Doctor at the Children's Rehabilitation Unit of the Rehabilitation Service of the Gregorio Marañón General University Hospital
- ♦ Degree in Medicine from the University of Navarra
- ♦ Diploma in ultrasound diagnosis of Locomotor System injuries. Level A and B
- ♦ Lecturer in the Master's Degree in Electrotherapy in Rehabilitation Medicine at the TECH Technological University}

# 04

## Structure and Content

The contents offered by this Postgraduate Diploma cover relevant topics in the field of Rotator Cuff and Glenohumeral Joint Surgery. In this regard, cutting-edge content will be presented, including subacromial syndrome without rotator cuff injuries, diagnosis of glenohumeral stiffness and soft tissue surgical techniques. In addition, you will get a deeper insight into the therapeutic algorithm of Instability Surgery, the types of Glenohumeral stiffness and partial Posterosuperior Cuff tears. In addition, the 100% online format of this program will provide the professional with multimedia resources such as detailed videos, which you will be able to access without any restriction.





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*You will enjoy a personalized study plan, designed with the most effective educational methodology: the Relearning system"*

### Module 1. Rotator Cuff (I). Subacromial Syndrome and Rotator Cuff Ruptures

- 1.1. Rotator cuff
  - 1.1.1. The shoulder girdle
  - 1.1.2. Rotator Cuff Muscles
  - 1.1.3. Innervation of the Rotator Cuff Muscles
- 1.2. Rotator Cuff Disease
  - 1.2.1. Rotator Cuff Disease
  - 1.2.2. Evolutionary history of rotator cuff disease
  - 1.2.3. Rotator Cuff Disease Treatment
- 1.3. Anamnesis and clinical examination. Maneuvers and diagnostic techniques
  - 1.3.1. Anamnesis in Rotator Cuff Pathology
  - 1.3.2. Exploratory maneuvers in rotator cuff pathology
  - 1.3.3. Diagnostic techniques in Rotator Cuff Pathology
  - 1.3.4. Rotator Cuff Rupture Classification
- 1.4. Subacromial syndrome without rotator cuff injury
  - 1.4.1. Subacromial syndrome without rotator cuff injury
  - 1.4.2. Diagnosis of subacromial syndrome without rotator cuff lesions
  - 1.4.3. Treatment of subacromial syndrome without rotator cuff injury
- 1.5. Partial posterosuperior cruciate cuff ruptures
  - 1.5.1. Diagnosis of partial rotator cuff tears
  - 1.5.2. Surgical indication of partial ruptures of the Posterosuperior Cuff
  - 1.5.3. Surgical techniques in partial Posterosuperior Posterior Cuff Injuries
- 1.6. Repairable complete posterosuperior posterosuperior cuff ruptures
  - 1.6.1. Diagnosis of complete posterosuperior repairable breaks of the posterosuperior sleeve
  - 1.6.2. Repairable complete ruptures of the posterosuperior cuff
  - 1.6.3. Surgical techniques in repairable posterosuperior cuff ruptures
- 1.7. Subscapularis ruptures
  - 1.7.1. Diagnosis of subscapularis ruptures
  - 1.7.2. Classification of subscapularis tears
  - 1.7.3. Subscapularis repair surgical techniques
  - 1.7.4. Surgical approach to PLB pathology concomitant with anterosuperior cuff lesions

- 1.8. Massive repairable Rotator Cuff Ruptures
  - 1.8.1. Diagnosis of massive repairable rotator cuff tears
  - 1.8.2. Classification of massive repairable rotator cuff tears
  - 1.8.3. Surgical techniques in massive repairable cuff ruptures
- 1.9. Irreparable Rotator Cuff Ruptures
  - 1.9.1. Diagnosis of irreparable massive rotator cuff tears
  - 1.9.2. Classification of irreparable massive rotator cuff ruptures
  - 1.9.3. Surgical techniques for massive irreparable cuff tears
- 1.10. Therapeutic algorithm for rotator cuff tears
  - 1.10.1. Therapeutic Algorithms
  - 1.10.2. Therapeutic algorithm for rotator cuff tears
  - 1.10.3. Usefulness of the therapeutic algorithm for rotator cuff tears

### Module 2. Rotator cuff (II). Calcifying Tendinitis. Stiffness

- 2.1. Arthroscopic knotting techniques
  - 2.1.1. Key terms and points in knot mechanics
  - 2.1.2. Slip knots
  - 2.1.3. Non-slip knots
  - 2.1.4. Knot suture in Shoulder arthroscopy
- 2.2. Rehabilitation in cuff rupture: postoperative treatment: Immobilization and Physiotherapy
  - 2.2.1. Indication and immobilization times according to tear pattern in postoperative treatment of rotator cuff tears
  - 2.2.2. Indication of the different physiotherapy techniques in the postoperative period following rotator cuff rupture
  - 2.2.3. Physiotherapy techniques for rotator cuff postoperative period
  - 2.2.4. Postoperative treatment algorithm for rotator cuff tears
- 2.3. Rehabilitation in cuff rupture: Conservative treatment of rotator cuff tears. Indications and Techniques
  - 2.3.1. Indication for conservative treatment with rehabilitation in rotator cuff tears
  - 2.3.2. Physiotherapy techniques in conservative treatment of Rotator Cuff
  - 2.3.3. Therapeutic algorithm in rehabilitation treatment in conservative treatment of rotator cuff tears





- 2.4. Complications of rotator cuff repair: Infections, Rebreaks, Stiffness
  - 2.4.1. Complications of rotator cuff repair
  - 2.4.2. Diagnosis of Rotator Cuff Rupture Complications
  - 2.4.3. Therapeutic approach to the different rotator cuff complications
- 2.5. Calcifying tendinitis
  - 2.5.1. Calcifying tendinitis
  - 2.5.2. Anamnesis and Physical Examination
  - 2.5.3. Diagnostic techniques in calcifying tendinitis
  - 2.5.4. Therapeutic Algorithms
- 2.6. Stiff shoulder: diagnosis and types of stiffness. Rotator Cuff Ruptures and coexisting preoperative stiffness
  - 2.6.1. Diagnosis of glenohumeral stiffness
  - 2.6.2. Types of glenohumeral stiffness
  - 2.6.3. Rotator cuff tears and coexisting stiffness. Diagnosis and Treatment
- 2.7. Adhesive capsulitis, definition and predisposing diseases, anamnesis, examination and prognosis. Evolution
  - 2.7.1. Adhesive capsulitis
  - 2.7.2. Predisposing diseases
  - 2.7.3. Anamnesis and Physical Examination
- 2.8. Capsulitis: conservative vs. surgical treatment
  - 2.8.1. Therapeutic Algorithms
  - 2.8.2. Conservative treatment of adhesive capsulitis
  - 2.8.3. Surgical treatment of adhesive capsulitis
- 2.9. Glenohumeral internal rotation deficit (GIRD)
  - 2.9.1. Internal rotation deficit (GIRD)
  - 2.9.2. Anamnesis and Physical Examination
  - 2.9.3. Therapeutic Algorithms
- 2.10. Coexisting Rotator Cuff Breaking and Instability
  - 2.10.1. Anamnesis and Physical Examination
  - 2.10.2. Diagnosis
  - 2.10.3. Therapeutic Algorithms
  - 2.10.4. Treatment. Surgical Techniques

### Module 3. Glenohumeral Instability

- 3.1. Glenohumeral joint. Arthroscopic and external view in open surgery
  - 3.1.1. Glenohumeral Joint
  - 3.1.2. Arthroscopic view of the Glenohumeral Joint
  - 3.1.3. External view of the shoulder focused on open surgery techniques
- 3.2. Clinical Evaluation Exploratory maneuvers
  - 3.2.1. Anamnesis in glenohumeral instability
  - 3.2.2. Hyperlaxity: measurement and predisposing diseases
  - 3.2.3. Exploratory maneuvers in glenohumeral instability
  - 3.2.4. Diagnostic techniques in glenohumeral instability
- 3.3. Anterior instability: Conservative and surgical treatment. Measurement of bone deficit
  - 3.3.1. Measurement of bone deficit
  - 3.3.2. Indication of conservative and surgical treatment in anterior instability
  - 3.3.3. Therapeutic algorithm in anterior instability
- 3.4. Anterior instability: soft tissue surgical techniques. Open and arthroscopic Bankart. Arthroscopic Remplissage
  - 3.4.1. Soft tissue surgical techniques
  - 3.4.2. Arthroscopic Bankart surgical technique
  - 3.4.3. Arthroscopic Remplissage Surgical Technique
  - 3.4.4. Open Bankart surgical technique
- 3.5. Anterior instability: surgical techniques with bone stop. Open and arthroscopic Latarjet. Bony Bankart arthroscopic
  - 3.5.1. Arthroscopic knotting techniques
  - 3.5.2. Open Latarjet surgical technique
  - 3.5.3. Bony Bankart arthroscopic technique
- 3.6. Posterior instability: Conservative and surgical treatment. Surgical Techniques
  - 3.6.1. Anamnesis and Physical Examination
  - 3.6.2. Conservative Treatment
  - 3.6.3. Surgical Management
  - 3.6.4. Therapeutic Algorithms
  - 3.6.5. Surgical techniques in posterior instability



- 3.7. Multidirectional instability. Microinstability. Hyperlaxity. Sports Injuries Rehabilitation Treatment
  - 3.7.1. Multidirectional instability, microinstability, and hyperlaxity
  - 3.7.2. Multidirectional instability. Rehabilitative treatment
  - 3.7.3. Glenohumeral microinstability. Rehabilitative treatment
- 3.8. Multidirectional instability. Microinstability. Hyperlaxity. Sports Injuries Surgical Management
  - 3.8.1. Surgical Treatment Indications
  - 3.8.2. Multidirectional instability. Surgical Management
  - 3.8.3. Glenohumeral microinstability. Surgical Management
- 3.9. Complications and sequelae of glenohumeral instability
  - 3.9.1. Complications of conservative treatment
  - 3.9.2. Complications of surgical treatment
  - 3.9.3. Sequels of glenohumeral instability: Conservative and surgical treatment
- 3.10. Rescue of instability surgery: Bone cap and final arthrodesis
  - 3.10.1. Therapeutic algorithm for the rescue of instability surgery
  - 3.10.2. Bone stop as Latarjet rescue technique
  - 3.10.3. Arthrodesis as the last step

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*You will acquire the most innovative tools to apply the therapeutic algorithm in the treatment of rotator cuff tears”*

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 Diploma in Rotator Cuff Surgery and Glenohumeral Joint Instability guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Diploma in Rotator Cuff Surgery and Glenohumeral Joint Instability** 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 Diploma** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Rotator Cuff Surgery and Glenohumeral Joint Instability**  
Official N° of Hours: **450 h.**



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



## Postgraduate Diploma

Rotator Cuff Surgery  
and Glenohumeral  
Joint Instability

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

# Postgraduate Diploma

## Rotator Cuff Surgery and Glenohumeral Joint Instability

