

# Postgraduate Certificate Therapeutic Pilates for General Pathology for Nursing





## Postgraduate Certificate Therapeutic Pilates for General Pathology for Nursing

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

Website: [www.techtute.com/us/nursing/postgraduate-certificate/therapeutic-pilates-general-pathology-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/therapeutic-pilates-general-pathology-nursing)

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# 01

# Introduction

Feeling pain in the muscles or joints is a very uncomfortable sensation. That is why patients will always look for the best practices to exercise their body and recover in an optimal time. One of the disciplines is Pilates, focused on the therapeutic aspect being this a very well known exercise and executed globally. That is why, given the great relevance that this field of study has taken, this educational program has been opened, with the purpose of offering the professional a prestigious content regarding the approach to the alterations through exercises based on the Pilates Method. This will be accompanied by the Relearning methodology system, providing greater dynamism to the program, in addition to comfort with the flexibility of the 100% online modality.





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*TECH offers you exclusive content in Therapeutic Pilates that will take you to position you among the best in the sector”*



There are many pathologies that can be addressed through therapeutic Pilates in sedentary people, pregnant women or athletes, projecting the implementation of Pilates exercises in patients with trauma or muscle and joint discomfort. In this way, it serves to treat imbalances that occur at the muscle and joint level, so it benefits any type of person by the low impact of this practice and more if it is the physical rehabilitation of the patient.

Therefore, this discipline treats multiple pathologies guided to the improvement and faster and more effective recovery of the injury.

In this way, research and studies have given their results and continue to advance, managing to integrate Pilates in the recovery and prevention of trauma in patients. That is why the nursing professional must be at the forefront in this area of knowledge. In that sense, this Postgraduate Certificate will provide the graduate with a variety of knowledge and innovative tools in the identification of the main alterations of each pathology, in addition to the benefits of Pilates in neurological diseases.

The graduate will strengthen their knowledge in different areas related to neurological pathologies with more prevalence and scientific evidence in Pilates. In addition, this program has a first class teaching staff and a broad background, in addition to having at their disposal the support of high-quality audiovisual content and the opportunity to distribute their time in the best way to present their sessions at any time of the day.

Therefore, TECH emphasizes efficiency and educational excellence, so this program provides the most revolutionary developments in the industry, positioning the graduate with the highest academic standards at the end of the course. The student will only need an electronic device with an Internet connection to easily access the virtual platform from the comfort of the place where they are.

This **Postgraduate Certificate in Therapeutic Pilates for General Pathology for Nursing** 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 Pilates specialists
- ♦ The graphic, schematic and practical contents of the book provide scientific and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*With TECH you will get the most recent updates in neurological assessment focused on Pilates"*

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*This Postgraduate Certificate will provide you with innovative tools in current trends to master the characteristics of each pathology through the best multimedia content”*

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.

The 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 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 during the course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Delve into your knowledge and broaden your criteria in Therapeutic Pilates with this Postgraduate Certificate.*

*With TECH you have the comfort in your hands by having the time flexibility to perform your sessions at any time of the day.*



# 02 Objectives

With this Postgraduate Certificate in Therapeutic Pilates for General Pathology for Nursing, the graduate will be able to reinforce the necessary skills, incorporating the best updates in the sector, as well as the challenges available in the area of the Pilates Method. Therefore, students will have at their disposal different first level learning methodologies, thereby ensuring the success of the program. At the end of the program, graduates will have reinforced their competencies in the basic principles of Pilates in neurological pathology.







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*You will have at your disposal the best and most innovative teaching tools to successfully carry out the development and completion of the program"*



## 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 a protocol of exercises adapted to the symptomatology and pathology of each patient
- ♦ Avoid contraindicated exercises according to the previous assessment of patients and clients
- ♦ Analyze the needs and improvements of Pilates equipment in a therapeutic space intended for Pilates exercises
- ♦ Perform correctly and analytically the exercises based on the Pilates Method





## Specific Objectives

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- ♦ Master the characteristics of each pathology
- ♦ Identify the main alterations of each pathology
- ♦ Address the alterations by means of exercises based on the Pilates Method



*Along the way TECH will accompany you to achieve your goals, reaching the top in a competitive field of study"*



03

# Course Management

TECH is excellence. Therefore, in its programs the teaching methods are first class, making it the best option to progress successfully in each of its programs. In this way, the professional will be able to access a variety of totally unique content created by a teaching team specialized in Biomechanics applied to the assessment of damage and advanced techniques in Physiotherapy and assessment techniques and treatment in neurological matters. Their vast experience and extensive background in the sector will allow students to face all kinds of problems that arise during the program.







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*This Postgraduate Certificate integrates an experienced and highly renowned teaching staff in the field of Osteopathy of the Locomotor System”*

## Management



### Mr. González Arganda, Sergio

- Physiotherapist of Atlético Madrid Football Club
- CEO Physio Domicilio Madrid
- Professor in the Master's Degree in Physical Preparation and Sports Rehabilitation in Football
- Professor in the University Expert in Clinical Pilates
- Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- Master's Degree in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- Master's Degree in Biomechanics Applied to Injury Assessment from the Comillas Pontifical University
- Expert in Pilates and Rehabilitation by the Royal Spanish Gymnastics Federation
- Degree in Physiotherapy from the Comillas Pontifical University

## Professors

### Ms. García Ibáñez, Marina

- Physiotherapist at the Multiple Sclerosis Foundation of Madrid and private practice at home
- Physiotherapist in home treatments in pediatrics and adults with neurological pathology
- Physiotherapist in Multiple Sclerosis Foundation of Madrid
- Physiotherapist at Kinés Clinic
- Physiotherapist at San Nicolás Clinic
- Expert in Neurological Physiotherapy at the European University of Madrid
- Master's Degree in Neurological Physiotherapy: Assessment and Treatment Techniques at the European University of Madrid
- Degree in Physiotherapy from the University of Alcalá

### Ms. Cortés Lorenzo, Laura

- Physiotherapist at the Fiosiomon clinic
- Physiotherapist at the Technification Center of the Madrid Hockey Federation
- Physiotherapist at Físio Domicilio Madrid
- Traumatology physiotherapist at Artros Clinic
- Physiotherapist in Club SPV51 and Club Valdeluz Field Hockey
- Diploma in Physiotherapy. Complutense University of Madrid





# 04

## Structure and Content

This program features a syllabus that provides the most advanced content in Therapeutic Pilates for General Pathology for Nursing, referring to the research done in the field of Therapeutic Pilates. This Postgraduate Certificate includes a detailed approach providing the students with up-to-date material on the description of the neural pathways, central and peripheral nervous system. All this by means of multiple audiovisual resources that manage to give dynamism to this university program.







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*A syllabus designed by specialists with high quality content is crucial for the successful enhancement of your knowledge”*

## 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. Neurological Pathologies with Higher Prevalence 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. Description of the Pathologies
  - 1.4.2. Assessment of the Patient's Capabilities
  - 1.4.3. Adaptation of Pilates Floor Exercises
  - 1.4.4. Adaptation of Pilates Exercises with Elements
- 1.5. Stroke
  - 1.5.1. Description of the Pathologies
  - 1.5.2. Assessment of the Patient's Capabilities
  - 1.5.3. Adaptation of Pilates Floor Exercises
  - 1.5.4. Adaptation of Pilates Exercises with Elements
- 1.6. Parkinson's Disease
  - 1.6.1. Description of the Pathologies
  - 1.6.2. Assessment of the Patient's Capabilities
  - 1.6.3. Adaptation of Pilates Floor Exercises
  - 1.6.4. Adaptation of Pilates Exercises with Elements





- 1.7. Cerebral Palsy
  - 1.7.1. Description of the Pathologies
  - 1.7.2. Assessment of the Patient's Capabilities
  - 1.7.3. Adaptation of Pilates Floor Exercises
  - 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. Description of the Pathologies
  - 1.9.2. Assessment of the Patient's Capabilities
  - 1.9.3. Indicated Exercises
  - 1.9.4. Contraindicated Exercises
- 1.10. Pelvic Floor Problems: Urinary Incontinence
  - 1.10.1. Description of the Pathologies
  - 1.10.2. Incidence and Prevalence
  - 1.10.3. Indicated Exercises
  - 1.10.4. Contraindicated Exercises

“ You will achieve your objectives thanks to the solid foundations of the program and the didactic tools that TECH will provide you with”



# 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.





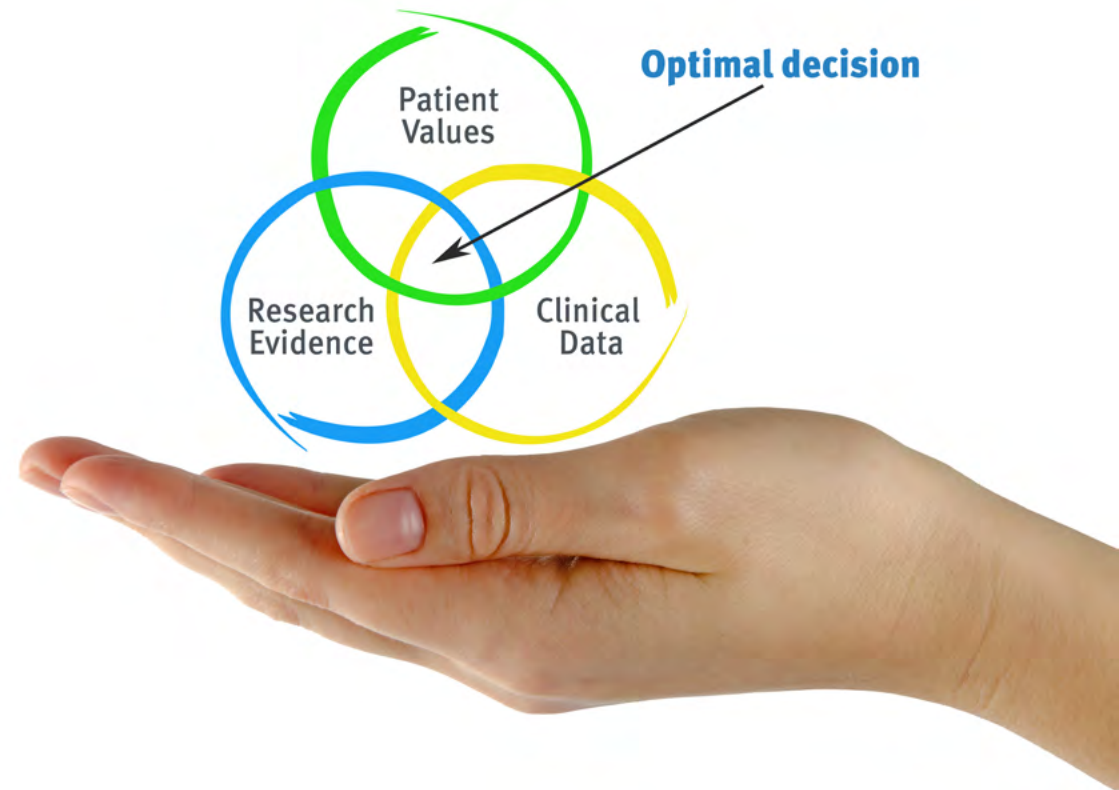
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### 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.

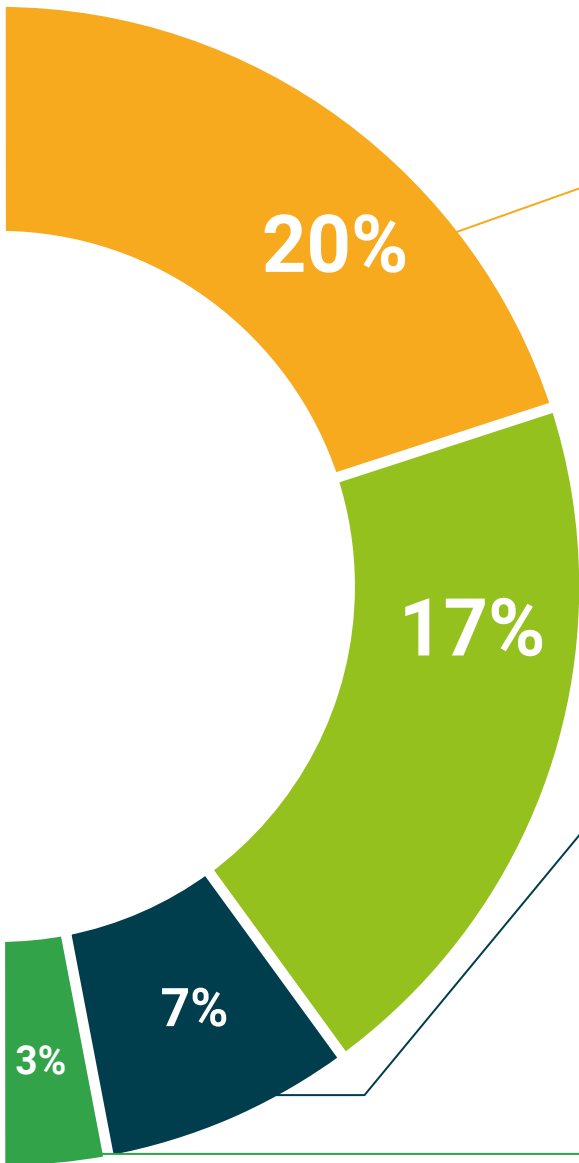
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 suggesting that observing third-party experts can be useful.  
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 for Nursing 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 Certificate in Therapeutic Pilates for General Pathology for Nursing** 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 for Nursing**  
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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Therapeutic Pilates for  
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