## **Internship Program** Sports Physiotherapy

Endorsed by the NBA







Internship Program Sports Physiotherapy

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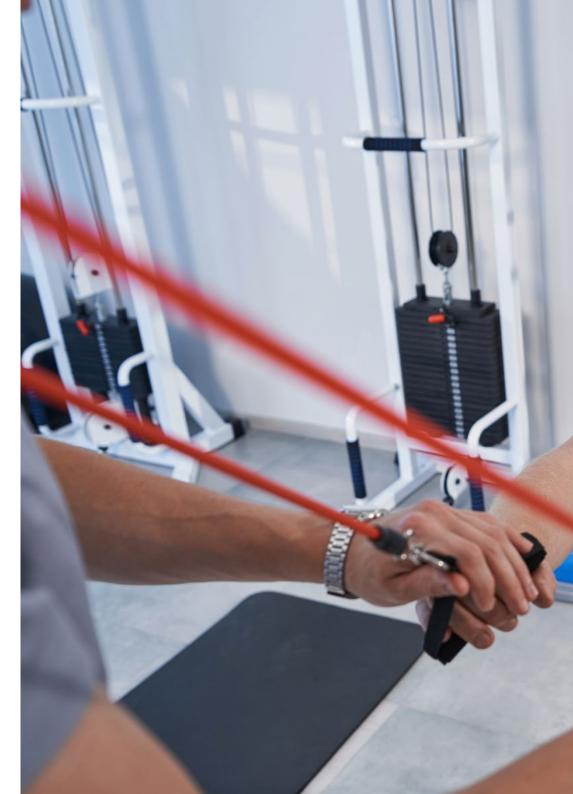
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# 01 Introduction

The incorporation of professional physiotherapists in top-level clubs has raised the prestige of the profession, as well as giving value to the functions it performs throughout the competition season. This in turn has led to the incorporation of new technologies and techniques that favor both diagnosis and treatment. In this scenario, TECH develops a program that provides professionals with a direct update of their knowledge through a practical internship, in a reference center and guided by an expert specialized in the sports area.

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Incorporate into your daily practice the most relevant advances in the area of Sports Physiotherapy thanks to a distinctive, unique and effective hands-on experience"



### Sports Physiotherapy | 05 tech



The high competitiveness of athletes sometimes leads them to push themselves to the limit in each training and competition. That is why the work of a physiotherapist is key both in improving performance and in recovery from high intensity efforts. New devices and techniques have significantly improved treatments, while at the same time boosting the work of physiotherapists.

Given this reality, it is undeniable that professionals must be constantly updating their knowledge in an area where practice is fundamental. For this reason, TECH has developed this Internship Program, which offers graduates a unique experience, integrating them for 3 weeks in a prestigious clinical center. A real scenario, where you will be accompanied by professionals specialized in Sports Physiotherapy, who will take you to learn the latest techniques and methods used in the present.

All this in an excellent professional environment that will allow you to verify the daily work in a unique and intensive environment and that focuses mainly on practical actions, which must be carried out by any professional in this area who wishes to expand their skills and abilities in the services provided to athletes at the highest level. A unique opportunity that only TECH offers you.

## 02 Why Study an Internship Program?

In the educational market there are multiple programs that provide theoretical knowledge, but they are far from the real needs of professionals. That is why TECH has developed this Internship Program, which seeks, through an intensive stay, to facilitate the updating of techniques and procedures used in Sports Physiotherapy. All this, also in a relevant clinical center, whose staff includes excellent professionals who will tutor the graduate. In this way, this institution offers a program that meets the real needs of professionals, immersing them from the beginning in a unique practical experience.

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You will carry out an intensive internship, where you will be side by side with the best specialists in Sports Physiotherapy"

#### 1. Updating from the latest technology available

New technologies have made it possible to incorporate in the consultations of physiotherapists, devices that allow better diagnosis and invasive and non-invasive treatments. Therefore, and with the objective of bringing the professional closer to these advances, TECH has developed this Internship Program, where the professional will enter a cutting-edge clinical environment, thereby gaining access to the latest technological advances in the field of Sports Physiotherapy.

#### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

During this practical process, professionals will not be alone, since from the beginning of this program they will have a physiotherapist specialized in Sports Physiotherapy, who will show them the most advanced techniques and tools. All this, in a first class environment that will lead you to know the latest developments in this area and incorporate them into your daily practice.

#### 3. Entering First-Class Clinical Environments

In its commitment to offer a quality program, TECH rigorously selects all the centers available for the Internship Program. Thanks to this, specialists will have guaranteed access to a prestigious clinical environment in the area of Sports Physiotherapy. In this way, they will be able to acquire an update of the exhaustive and exquisite work that is carried out in first level centers.



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#### 4. Putting the acquired knowledge into daily practice from the very first moment

This program is focused from the beginning to offer professionals the practical activities they need to be able to carry out an effective update in Sports Physiotherapy. TECH is different from other educational programs and provides a 100% practical experience that will allow the graduate to develop in a professional environment, along with physiotherapists who have a high specialization in this area.

#### 5. Expanding the boundaries of knowledge

TECH offers a unique opportunity for physiotherapy professionals to have access to a prestigious center and be surrounded by specialists who have developed their careers in the recovery and specific treatment of athletes. An incomparable setting, where you can update your practical knowledge, which you will only find in the programs designed by this educational institution.

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You will have full practical immersion at the center of your choice"

# 03 **Objectives**

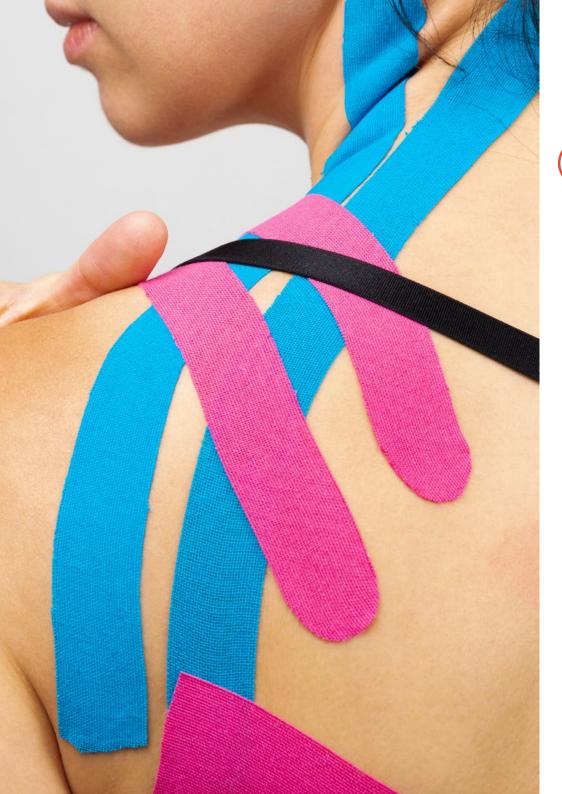
The practical program proposed for this internship aims to provide the professional with all the tools to master, in a practical and rigorous way, the latest treatments and advances in the discipline. In this way, from this approach, the professional will be able to integrate these techniques in their daily practice, expanding their skills in the field of Sports Physiotherapy.



### **General Objectives**

- Update the techniques and treatments used to address common sports injuries
- Be up to date with technological advances and new devices used in Sports Physiotherapy
- Approach sports injuries with the most rigorous and precise methodology, in order to obtain the most appropriate result according to the patient's characteristics and the moment of competition in which they are.





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### **Specific Objectives**

- Plan the diagnostic, functional, therapeutic and preventive means that guarantee the full functional recovery of the injured person
- Maximize therapeutic resources in the process of caring for the athlete
- Integrate therapeutic exercise in health promotion, both in healthy and sick populations
- Develop models of care based on the most up-to-date evidence in the most frequent sports settings
- Intervene in sphincteric dysfunctions and sports
- Use percutaneous and musculoskeletal electrolysis techniques
- Apply percutaneous ultrasound-guided neuromodulation
- Assess and intervene in spinal injuries
- Intervene in upper and lower limb injuries
- Work with manual techniques in sports physiotherapy
- Perform global postural reduction techniques
- Apply therapeutic exercise as injury prevention
- Program therapeutic exercises for the recovery of sports injuries

## 04 Educational Plan

In this practical program, the physiotherapist will have the opportunity to attend a prestigious physiotherapy center for 3 weeks, from Monday to Friday and with 8 hours consecutive shifts. In addition, they will have an assistant professional who will accompany them in each case they attend. In this way, they will be able to put their theoretical knowledge into action, performing innovative therapeutic procedures.

In this internship program, of a completely practical nature, the activities are aimed at developing and perfecting the competencies necessary for the provision of physiotherapeutic care in areas and conditions that require a high level of qualification, and which are oriented to the specific training for the exercise of the activity, in an environment of safety for the patient and high professional performance.

Therefore, in this period, graduates will have a series of activities that involve the skills they must have to deal with high-performance athletes and sports enthusiasts. In this way, students will put into practice invasive techniques such as percutaneous electrosisis in tendinopathies and muscle injuries, as well as the exploration of muscle injuries in upper and lower limbs. The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners to facilitate teamwork and multidisciplinary integration as transversal competences for the practice of Sports Physiotherapy (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"



| Module   | Practical Activity   |
|--|--|
| Invasive techniques in<br>sports: percutaneous<br>electrolysis | Perform diagnosis and treatment in sports patients   |
|  | Perform invasive physiotherapy techniques in athletes through the neuromechanical model                    |
|  | Perform percutaneous ultrasound-guided electrosisis in athletes  |
|  | Practice percutaneous electrosisis in tendinopathies and muscle injuries                                   |
|  | Outline strategies for addressing proprioceptive dysfunctions and neuroplastic changes<br>at the CNS level |
| <b>T</b>   | Diagnose dysfunctions in accuracy, dissociation and movement quality                                       |
| Treatment of spine,<br>instability and injuries                | Perform lumbar instability testing   |
| instability and injulies                                       | Collaborate in the performance of observational movement control analysis                                  |
|  | Perform muscle activation pattern assessment tests and muscle endurance tests                              |
|  | Provide support in the treatment and exploration of muscle injuries of the upper limb                      |
| Treatment of upper   | Diagnose upper limb muscle injuries by imaging   |
| limb and sports  | Carry out diagnosis of glenohumeral dislocation  |
| injuries   | Perform physiotherapy treatment of glenohumeral dislocation  |
|  | Assess and treat joint and ligament injuries of the elbow  |
|  | Assist in the treatment and examination of dysfunction/pain and trauma of the hip region                   |
|  | Perform treatment of adductor-related groin pain   |
|  | Perform a functional assessment of the knee, through the neuro-orthopedic approach                         |
|  | Carry out physiotherapeutic treatment of repetitive stress syndrome  |
| Lower limb treatment<br>and sport                              | Outline a physiotherapeutic treatment strategy for illotibial band syndrome                                |
| and sport  | Treat goosefoot bursitis through physiotherapeutic treatment   |
|  | Perform clinical and complementary tests of ankle ligament injuries in contact sports                      |
|  | Address metatarsalgia  |
|  | Perform functional and podiatric assessment of the painful sole of the foot                                |
|  | Perform joint techniques in upper and lower limbs  |
| Manual techniques in   | Approach the patient with osteopathic techniques of the dorsal spine                                       |
| Sports Physiotherapy   | Provide support in performing osteopathic techniques of the lumbar spine                                   |
|  | Manage pelvic osteopathic techniques   |

## 05 Where Can I Do the Internship Program?

In order to provide the best education and preparation to its students, TECH has been willing to broaden the educational horizons so that this Internship Program can be delivered in various prestigious centers worldwide. This is a unique opportunity for the student to continue to grow in their professional area, together with the best physiotherapists specialists in the sector.

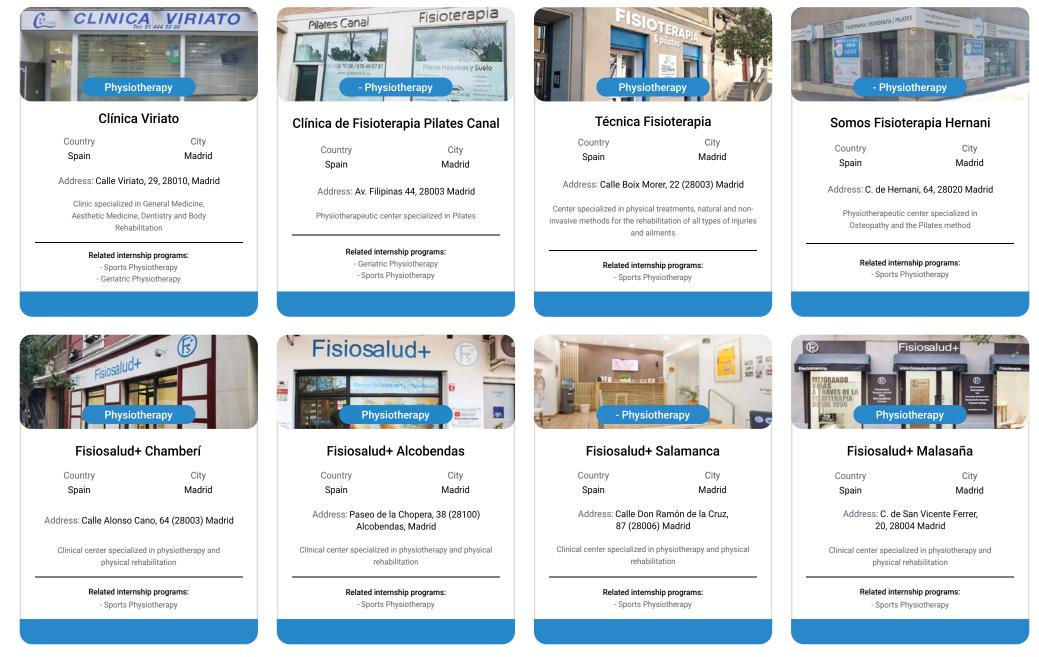
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The time has come to grow in your career and for this, you have a program focused on improving your skills as a sports physiotherapist"



## Sports Physiotherapy | 13 tech

The student will be able to do this program at the following centers:



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| Fisiosaluc | l+ Ciudad Lineal |
|------------|------------------|
| Country    | City             |
| Spain      | Madrid           |

Address: Calle Emilio Ferrari 10, 28017 Madrid

Clinical center specialized in physiotherapy and physical rehabilitation

Related internship programs: - Sports Physiotherapy



| Fisiomed Brunete                               |        |  |
|--|--------|--|
| Country  | City   |  |
| Spain  | Madrid |  |
| Address: C/ Sorolla nº1 28690 Brunete (Madrid) |        |  |

Sports Physiotherapy Clinic and Integral Rehabilitation Center

> Related internship programs: - Sports Physiotherapy



#### Fisioterapia Flor Trujillo

Country City Spain Granada

Address: Pasaje de Recogidas, 10, Granada (18005)

Physiotherapeutic and osteopathic clinic with promotion of natural therapies

Related internship programs: - Sports Physiotherapy - Prevention, Rehabilitation and Readaptation of Sports Injuries



#### Fisioterapia Recupérate Ya

City

Madrid

Country Spain

Address: Calle de Sandoval 17, (28010) Madrid

Physiotherapeutic center with a wide range of services for physical and manual therapy

> Related internship programs: - Diagnosis in Physiotherapy - Electrotherapy in Physiotherapy



## Fisiosalud+ San Sebastián de los Reyes

| Country | City   |
|---------|--------|
| Spain   | Madrid |

Address: Av. de los Reyes Católicos, 29, 28701 San Sebastián de los Reyes, Madrid

Clinical center specialized in physiotherapy and physical rehabilitation

Related internship programs: - Sports Physiotherapy



#### Somos Fisioterapia Palafox

| Country | City   |
|---------|--------|
| Spain   | Madrid |

Address: Calle de Palafox, 12, 28010 Madrid

Physiotherapeutic center specialized in Osteopathy and the Pilates method

> Related internship programs: - Sports Physiotherapy



#### Fisioincorpore

City

Madrid

| Country |  |
|---------|--|
| Spain   |  |

Address: Avenida del Ventisquero de la Condesa 18, (28035) Madrid

Physiotherapy and podiatry clinic specialized in traumatology

Related internship programs: - Sports Physiotherapy - Prevention, Rehabilitation and Readaptation of Sports Injuries



#### **Fisioincorpore Fit**

Country City Spain Madrid

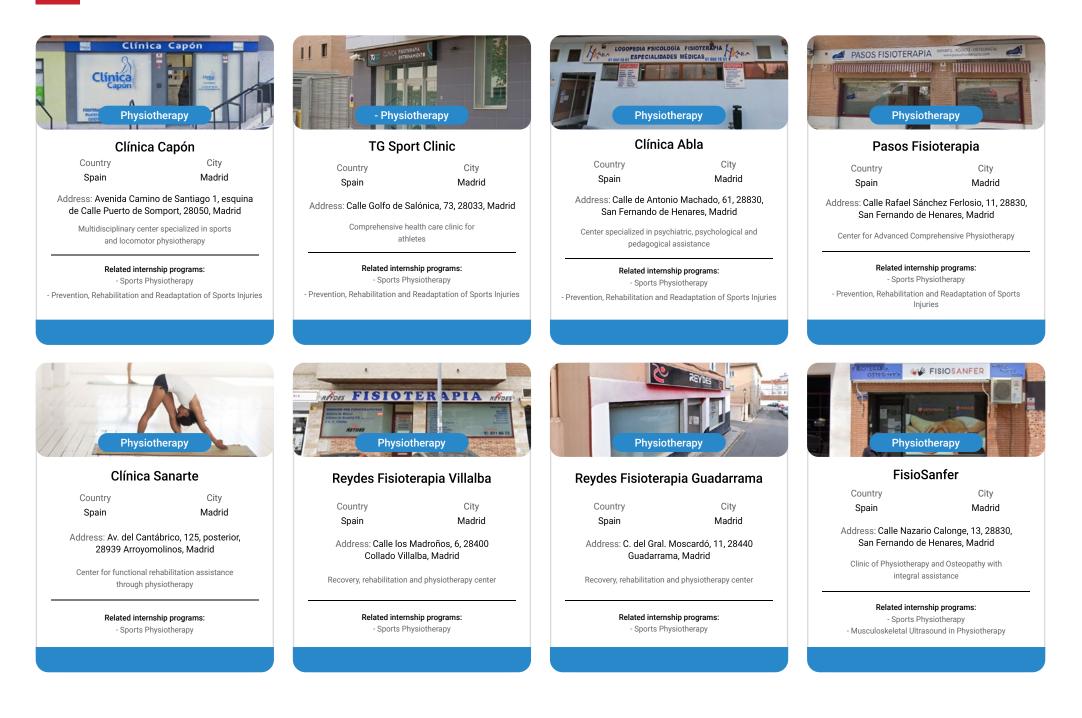
Address: Calle Baños de Valdearados, 14, (28051) Madrid

Clinic focused on the integral and absolute care of the human body through Physiotherapy

Related internship programs:

Sports Physiotherapy Prevention, Rehabilitation and Readaptation of Sports Injuries

### Sports Physiotherapy | 15 tech



## tech 16 | Sports Physiotherapy



Country Spain

Address: Sector Descubridores, 2, 28760, Tres Cantos, Madrid

City

Madrid

Physiotherapy and rehabilitation clinic, personal training and injury rehabilitation

Related internship programs: - Musculoskeletal Ultrasound in Physiotherapy - Sports Physiotherapy



| Fisiokina                              |        |  |
|--|--------|--|
| Country                                | City   |  |
| Spain                                  | Madrid |  |
| Address: Avenida de Madrid. 18. 28760. |        |  |

Tres Cantos, Madrid

Sports and general physiotherapy and osteopathy clinic

Related internship programs: - Prevention, Rehabilitation and Readaptation of Sports Injuries



#### **Rekovery Clinic**

| Country | City   |
|---------|--------|
| Spain   | Madrid |

#### Address: Calle Bolivia 38, 28016, Madrid

Clinical center specialized in bone-muscular rehabilitation and recovery

Related internship programs: - Sports Physiotherapy - Prevention, Rehabilitation and Readaptation of Sports Injuries



#### Clinisalud

| Country | City   |
|---------|--------|
| Spain   | Madrid |

Address: Calle Pingüino, 23, 28047 Madrid

Multidisciplinary health care center

Related internship programs: - Diagnosis in Physiotherapy - Advanced Clinical Podiatry





## Sports Physiotherapy | 17 tech



#### Fisioentrena Madrid

Country City Spain Madrid

Address: Avenida del Dr. Federico Rubio y Galí, 59, 28040 Madrid (Dentro del Wellsport Club)

Center specialized in the prevention and recovery of injuries

Related internship programs:

- Prevention, Rehabilitation and Readaptation of Sports Injuries



#### Fisio en Forma

Country City Spain Madrid

Address: C. de Boadilla, 42, 28220 Majadahonda, Madrid

Physiotherapeutic and physical health promotion clinic

Related internship programs: - Sports Physiotherapy - Diagnosis in Physiotherapy



#### **Binomio Ocio**

Country City Spain Madrid

Address: C/ Cartagena, 164, Madrid 28002

Center oriented to high-level sports physiotherapy

Related internship programs: - Sports Physiotherapy

- Prevention, Rehabilitation and Readaptation of Sports Injuries



#### Policlínico HM Moraleja

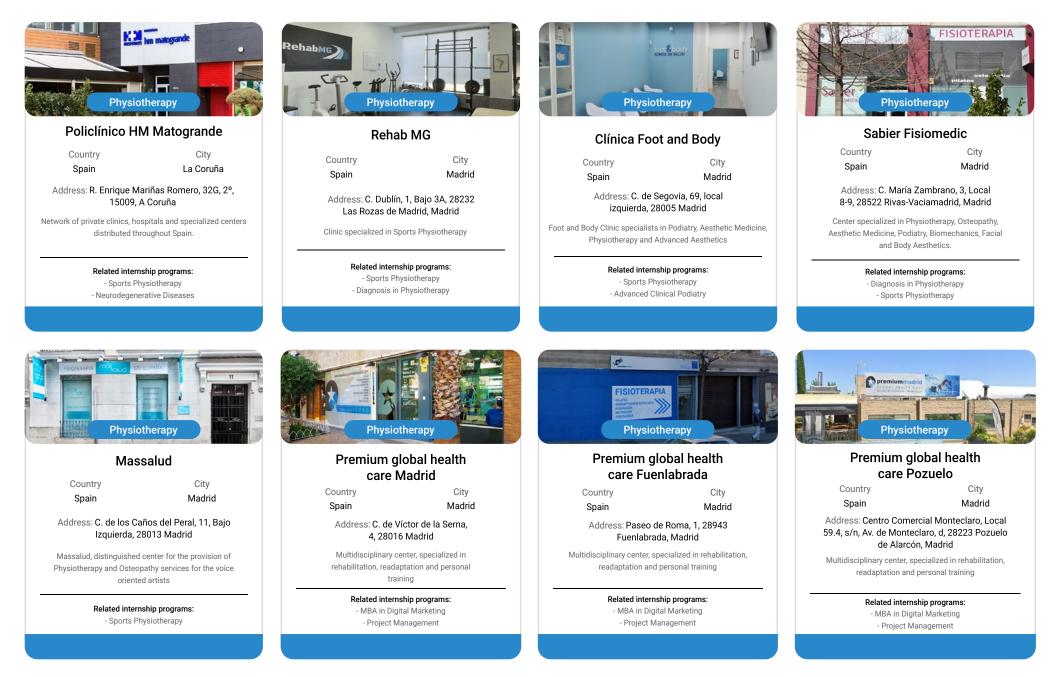
| Country | City   |
|---------|--------|
| Spain   | Madrid |

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

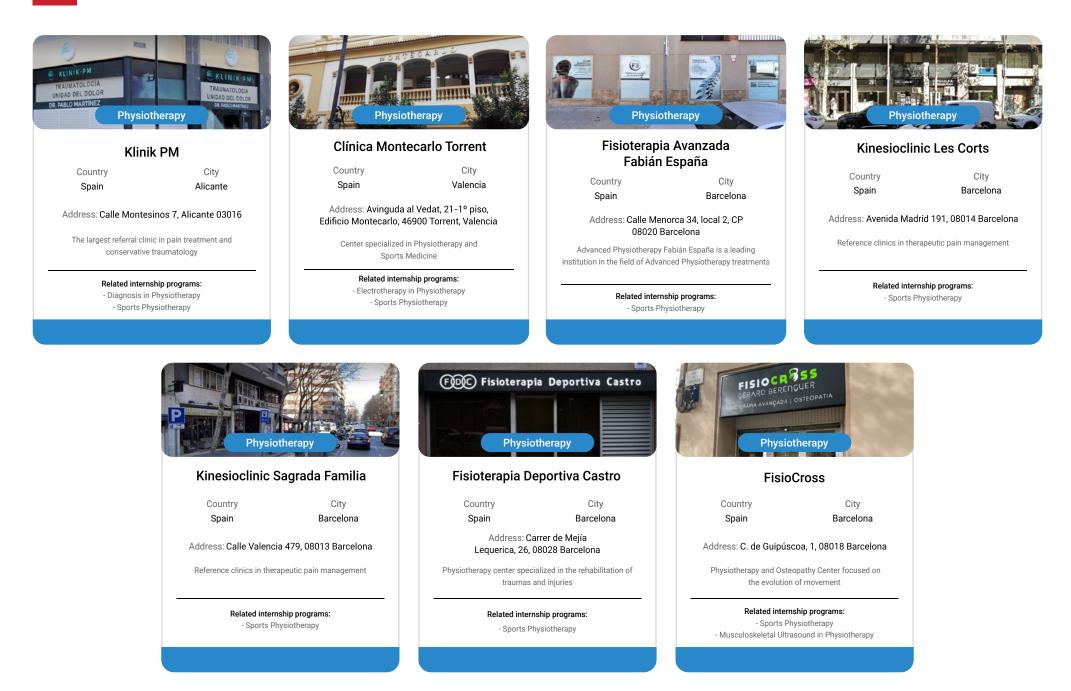
Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs: Rehabilitation Medicine in Acquired Brain Injury Management

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### Sports Physiotherapy | 19 tech



## tech 20 | Sports Physiotherapy



Fiziord Country Mexico Mexico City

City

Address: Segovia 96 Int. 4 Col. Alamos Del. Benito Juárez CDMX C.P 03400

Advanced Physiotherapy and Sports Medicine Clinic

> Related internship programs: - Sports Physiotherapy - Neurological Physiotherapy in Degenerative Diseases



## **Small Haughton Rehab**

Country City Mexico Mexico City

Address: Nicolás San Juan 1319 Col. Del Valle Sur Benito Juárez

Clinic specialized in Sports Medicine and comprehensive care in Physiotherapy

> Related internship programs: - Geriatric Physiotherapy - Sports Physiotherapy



#### **Ossis Ortho Sport Clinic**

| Country | City         |
|---------|--------------|
| Mexico  | Quintana Roo |

Address: Plaza Ossis Wellness Center. Ubicado en Av. Huayacan esq. Calle Ciricote Smz. 313 Mza. 257, Cancún, Quintana Roo

Rehabilitation clinic specialized in Traumatology, Orthopedics and Sports Medicine

> Related internship programs: - Sports Physiotherapy - Electrotherapy in Physiotherapy



#### Physio Sports México

| Country | City        |
|---------|-------------|
| Mexico  | Mexico City |

Address: Convento del Rosario No. 34, Jardines de Santa Mónica C.P. 54050. Tlalnepantla, Estado de México

Avant-garde and innovative Physiotherapy Clinic

Related internship programs: - Electrotherapy in Physiotherapy - Sports Physiotherapy



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#### PleneFisio

Country City Mexico Mexico City

Address: Anaxágoras 915, Narvarte Poniente, Benito Juárez, 03100 Ciudad de México, CDMX

Physiotherapy Clinic in the Narvarte neighborhood

Related internship programs: - Diagnosis in Physiotherapy - Electrotherapy in Physiotherapy



#### Rehamex

Country

Mexico

City

Mexico

Address: J.J. Fernández de Lizardi No. 5, Cto. Novelistas, Ciudad Sátelite, Naucalpan

Center specialized in rehabilitation and physical health promotion.

Related internship programs: - Diagnosis in Physiotherapy Sports Physiotherapy



#### Clínica de Fisioterapia Integral Mover-T

Country City Mexico Mexico City

Address: Calle Pilares 506, Colonia del Valle Centro, Benito Juárez, 03100 Ciudad de México, CDMX

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Integral Physical Therapy Clinic

Related internship programs: - Diagnosis in Physiotherapy - Electrotherapy in Physiotherapy



#### Athlos Ecatepec

| Country | City        |
|---------|-------------|
| Mexico  | Mexico City |

Address: Plaza Ecatepec, Via Morelos 172, Local C-8, Los Laureles, Ecatepec de Morelos, Méx. Junto a la zona de Comida

Specialized physical and sports rehabilitation centers

Related internship programs: - Diagnosis in Physiotherapy - Electrotherapy in Physiotherapy

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**Athlos Naucalpan** 

Country Mexico

City Mexico City

Address: Av. Gustavo Baz Prada No. 116, Col. Bosques de Echegaray, Naucalpan de Juárez. Estado de México

Specialized physical and sports rehabilitation centers

Related internship programs: - Diagnosis in Physiotherapy - Electrotherapy in Physiotherapy



#### Athlos Iztacalco

Country City Mexico Mexico City

Address: Julio García No. 14, Piso 2, San Miguel, Iztacalco, CDMX. Esq. Francisco del Paso y Troncoso

Specialized physical and sports rehabilitation centers

Related internship programs: - Diagnosis in Physiotherapy - Electrotherapy in Physiotherapy



#### Athlos Toluca

| Country | City        |
|---------|-------------|
| Mexico  | Mexico City |

Address: Cerro de la Estrella 128 - 29, Xinantécatl, Metepec, Edo. de Méx

Specialized physical and sports rehabilitation centers

Related internship programs: - Diagnosis in Physiotherapy - Electrotherapy in Physiotherapy



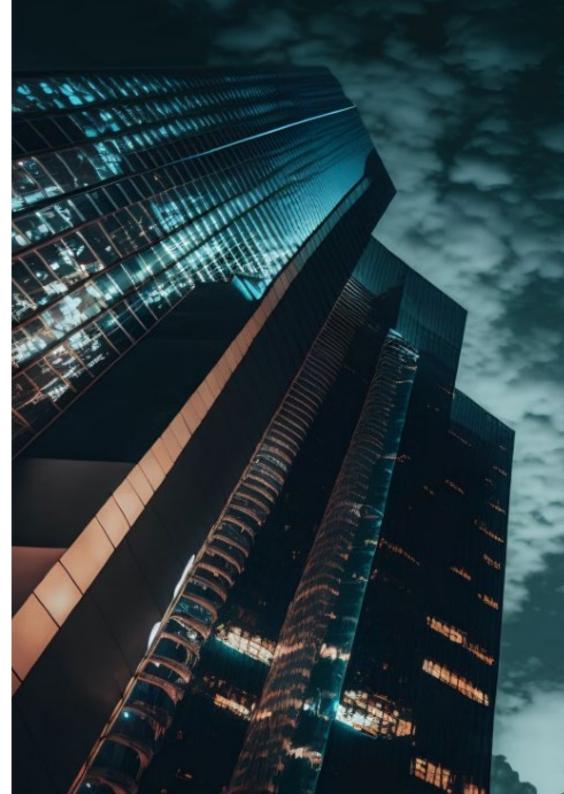
#### Athlos Tiber

| Country | City        |
|---------|-------------|
| Mexico  | Mexico City |

Address: Río Tiber No. 21, 3er Piso, Col: Cuauhtémoc, Del: Cuauhtémoc, CDMX

Specialized physical and sports rehabilitation centers

Related internship programs: - Diagnosis in Physiotherapy - Electrotherapy in Physiotherapy





### Sports Physiotherapy | 23 tech



#### Athlos Roma

Country City Mexico Mexico City

Address: Guanajuato 178, 3er Piso. Roma Norte, Cuauhtémoc, CDMX

Specialized physical and sports rehabilitation centers

Related internship programs: - Diagnosis in Physiotherapy - Electrotherapy in Physiotherapy



#### Athlos Tlalpan

Country Mexico City Mexico City

Address: Calle 3 Num 52, Coapa, Espartaco, Coyoacán, 04870, CDMX

Specialized physical and sports rehabilitation centers

Related internship programs: - Diagnosis in Physiotherapy - Electrotherapy in Physiotherapy



#### Athlos Lindavista

Country Mexico M

City Mexico City

Address: Sullana 741, Col. Lindavista, Del. G.A.M. CDMX

Specialized physical and sports rehabilitation centers

#### Related internship programs: - Diagnosis in Physiotherapy

- Electrotherapy in Physiotherapy

## 06 General Conditions

## **Civil Liability Insurance**

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## **General Conditions of the Internship Program**

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE**: If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor. **4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

## 07 **Certificate**

This private qualification will allow you to obtain a **Internship Program in Sports Physiotherapy** endorsed by **TECH Global University**, the world's largest online university.

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

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

Title: Internship Program in Sports Physiotherapy

Modality: online

Duration: 3 weeks

Accreditation: 4 ECTS

Endorsed by the NBA







Internship Program Sports Physiotherapy

## **Internship Program** Sports Physiotherapy

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