

# Postgraduate Certificate

## Pilates in Lower Limb Disorders



## Postgraduate Certificate

### Pilates in Lower Limb Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/physiotherapy/postgraduate-certificate/pilates-lower-limb-disorders](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/pilates-lower-limb-disorders)

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# 01

# Introduction

Today's society is much more aware of the health benefits of Pilates. A discipline that has revolutionized training methodology, even for elite athletes. In this sense, the prevention of injuries and their treatment from this method is of great importance to address the lower body, one of the areas where most injuries occur. That is why this program has been designed to provide physiotherapists with advanced content on exercises of this discipline to treat pathologies of the Hip, Knee, Foot, or Ankle. All this, 100% online and with an experienced team of teachers who have developed a syllabus with a theoretical-practical approach of great utility in daily practice.





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*Thanks to this Postgraduate Certificate you will be up to date with the most effective Pilates techniques for lower limb disorders”*

One of the areas that both athletes and people tend to have some kind of trauma in the lower body. Considered by experts as one of the areas with the highest probability of injury, its approach has led physiotherapists to implement new techniques to deal with the individual's complications and that is why, at the same time, they have been required more frequently for physical rehabilitation.

At the same time, research in this field has continued to advance, improving, updating and integrating different therapeutic methods with the bases of Pilates, making it clear that physical therapy professionals must remain at the forefront of this area of knowledge. In this sense, keeping up to date on the latest techniques that have been implemented is essential. For this reason, TECH has designed this study program to enhance the competencies and skills of physical therapists around Pilates in Lower Limb Disorders.

Therefore, the graduate will delve into specific aspects of hip pathology such as joint, muscle-tendon and surgical pathologies, as well as alterations in the knee, ankle and foot. In addition, in each of them, the syllabus presents Pilates exercises that will lead students to obtain a much more global and practical vision of this discipline and its benefits in the recovery of patients. In addition, this qualification, created by a specialized teaching team, has exclusive multimedia material providing dynamism and comfort for the successful completion of this program.

A unique opportunity to study a university qualification of the highest level through a 100% online and flexible methodology that allows you to combine the most demanding daily activities with an avant-garde academic proposal.

This **Postgraduate Certificate in Pilates in Lower Limb Disorders** 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 focused on Lower Limb Disorders
- ◆ 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



*This program has been designed to provide exclusive and advanced content on Lower Limb Biomechanics."*

“*Obtain a wide variety of exercises indicated on machines and with Pilates implements during 150 teaching hours*”

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

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

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

*Implement the different therapeutic methods with the basis of Pilates to treat knee pathologies in your daily practice.*

*TECH adapts to professionals and has designed a program with flexible access to content without time restrictions.*



# 02 Objectives

This qualification offers the physiotherapist a complete up-to-date on the use of the Pilates method for the treatment of lower limb disorders, which will allow the professional to delve into the various therapeutic tools available to improve the mobility, strength, and functionality of patients with disorders in this body part. All this, in addition to a syllabus created by real specialists in this field.



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*This university qualification provides you with useful clinical case studies for the management of patients with posteromedial lower limb chain disorders"*



## General Objectives

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- ◆ Enhance knowledge and professional skills in the practice and teaching of Pilates exercises on the floor, on different machines, and with implements
- ◆ Differentiate the applications of Pilates exercises and the adaptations to be made for each patient
- ◆ Establish an exercise protocol adapted to the symptomatology and pathology of each patient
- ◆ Delineate the progressions and regressions of exercises according to the different phases in the process of recovery from an injury
- ◆ Avoidance of contraindicated exercises based on prior assessment of patients and clients
- ◆ Handle in-depth the apparatus used in the Pilates Method
- ◆ Provide the necessary information to be able to search for scientific and updated information on Pilates treatments applicable to different pathologies
- ◆ Analyze the needs and improvements of Pilates equipment in a therapeutic space for Pilates exercise
- ◆ Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method
- ◆ Perform correctly and analytically exercises based on the Pilates Method
- ◆ Analyze the physiological and postural changes that affect pregnant women
- ◆ Design exercises adapted to the woman in the course of pregnancy until delivery
- ◆ Describe the application of the Pilates Method in high-level athletes





## Specific Objectives

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- ◆ Detect distinctive characteristics of each injury
- ◆ Address the alterations through exercises based on the Pilates Method
- ◆ Adapt specific exercise protocols for the injury recovery process

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*Access, wherever and whenever you want, to the most recent and notorious information about Pilates techniques applied to the main Lower Limb Disorders”*

# 03

## Course Management

Students will find in this Postgraduate Certificate didactic and innovative technological tools to successfully carry out the development of the program. In addition, the graduate will have access to a syllabus created by a faculty specialized in Physiotherapy in the Locomotor System and Advanced techniques in this discipline. Likewise, their wide experience and deep knowledge will allow the graduate to solve doubts or answer questions that may arise during the course of this program.





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*The graduate will have access to a syllabus created by a faculty specialized in Physiotherapy and the most advanced Pilates techniques"*

## International Guest Director

Dr. Edward Laskowski is a leading international figure in the field of **Sports Medicine** and **Physical Rehabilitation**. Board certified by the **American Board of Physical Medicine and Rehabilitation**, he has been an integral part of the prestigious staff at the **Mayo Clinic**, where he has served as **Director of the Sports Medicine Center**.

In addition, his expertise spans a wide range of disciplines, from **Sports Medicine**, to **Fitness and Strength and Stability Training**. As such, he has worked closely with a multidisciplinary team of specialists in **Physical Medicine, Rehabilitation, Orthopedics, Physiotherapy** and **Sports Psychology** to provide a comprehensive approach to the care of his patients.

Likewise, his influence extends beyond **clinical practice**, as he has been recognized **nationally and internationally** for his contributions to the world of **sport and health**. Accordingly, he was appointed by President **George W. Bush** to the **President's Council on Physical Fitness and Sports**, and awarded a **Distinguished Service Award** from the **Department of Health and Human Services**, underscoring his commitment to promoting **healthy lifestyles**.

In addition, he has been a key element in renowned **sporting events**, such as the **Winter Olympics (2002)** in **Salt Lake City** and the **Chicago Marathon**, providing **quality medical care**. Add to this his dedication to **outreach**, which has been reflected in his extensive work in creating **academic resources**, including the **Mayo Clinic CD-ROM on Sports, Health and Fitness**, as well as his role as **Contributing Editor** of the book "**Mayo Clinic Fitness for Everybody**." With a passion for **debunking myths** and providing accurate, up-to-date information, Dr. Edward Laskowski continues to be an influential voice in **Sports Medicine** and **Fitness** worldwide.



## Dr. Laskowski, Edward

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- Director, Mayo Clinic Sports Medicine Center, United States
- Consultant Physician to the National Hockey League Players Association, United States
- Physician at the Mayo Clinic, United States
- Member of the Olympic Polyclinic at the Olympic Winter Games (2002), Salt Lake City, Salt Lake City, United States
- Specialist in Sports Medicine, Fitness, Strength Training and Stability Training
- Board Certified by the American Board of Physical Medicine & Rehabilitation
- Contributing Editor of the book "Mayo Clinic Fitness for EveryBody"
- Distinguished Service Award from the Department of Health and Human Services
- Member of: American College of Sports Medicine



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

## Management



### Mr. González Arganda, Sergio

- ◆ Physiotherapist of Atlético de Madrid Football Club (2005-2023)
- ◆ CEO Fisio Domicilio Madrid
- ◆ Teacher in the Master's Degree in Physical Preparation and Sports Readaptation in Football
- ◆ Teacher in the Postgraduate Diploma in Clinical Pilates
- ◆ Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- ◆ Master's Degree in Osteopathy of the Locomotor System from the Madrid School of Osteopathy
- ◆ Expert in Pilates and Rehabilitation from the Royal Spanish Gymnastics Federation
- ◆ Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ◆ Graduate in Physiotherapy from the Comillas Pontifical University

## Professors

### Mr. Pérez Costa, Eduardo

- ◆ CEO of Move2Be Physiotherapy and Readaptation
- ◆ Independent physiotherapist, home treatment in Madrid
- ◆ Physiotherapist Natal Clinic San Sebastian de los Reyes
- ◆ Sports readaptor of Club Baloncesto Zona Press
- ◆ Physiotherapist in the UD Sanse's subsidiary team
- ◆ Physiotherapist on the field with the Marcet Foundation
- ◆ Physiotherapist at Pascual & Muñoz Clinic
- ◆ Physiotherapist at the Físio Life Plus clinic
- ◆ Master in Manual Physiotherapy in the locomotor apparatus at the University of Alcalá
- ◆ Degree in Physiotherapy at the University of Alcalá

“Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice”



# 03

## Structure and Content

This academic program gathers the most innovative criteria on each pathology of the lower body areas with the Pilates approach applied to therapeutic rehabilitation in Physiotherapy. In this sense, the student will delve into different specific exercises implemented from this field of study to counteract pathologies and alterations in the lower body area, such as the ankles, knees, and feet. All this is supported by didactic material that integrates innovation in technological and educational aspects, taking the academic processes in TECH to higher levels.





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*You will delve into different specific exercises implemented from this field of study to counteract pathologies and alterations in the lower body area”*

## Module 1. Pilates in Lower Limb disorders

- 1.1. Basic anatomical recall
  - 1.1.1. Osteology of the Lower Limb
  - 1.1.2. Myology of the Lower Limb
  - 1.1.3. Biomechanics of the Lower Limb
  - 1.1.4. Good Practices
- 1.2. Frequent pathologies susceptible to treatment with Pilates
  - 1.2.1. Growth pathologies
  - 1.2.2. Pathologies in the athlete
  - 1.2.3. Other Types of Pathologies
  - 1.2.4. Conclusions
- 1.3. Exercises indicated on Mat, Machines, and Implements. General protocol
  - 1.3.1. Dissociation exercises
  - 1.3.2. Mobilization exercises
  - 1.3.3. Strengthening exercises
  - 1.3.4. Functional exercises
- 1.4. Hip Pathology
  - 1.4.1. Articular Pathology
  - 1.4.2. Muscle-tendon Pathology
  - 1.4.3. Surgical pathology Prosthesis
  - 1.4.4. Hip Exercises
- 1.5. Knee Pathology
  - 1.5.1. Articular Pathology
  - 1.5.2. Muscle-tendon Pathology
  - 1.5.3. Surgical pathology. Prosthesis
  - 1.5.4. Knee Exercises
- 1.6. Ankle Pathology
  - 1.6.1. Articular Pathology
  - 1.6.2. Muscle-tendon Pathology
  - 1.6.3. Surgical pathology
  - 1.6.4. Ankle Exercises





- 1.7. Foot Pathology
  - 1.7.1. Joint and fascial pathology
  - 1.7.2. Muscle-tendon Pathology
  - 1.7.3. Surgical pathology
  - 1.7.4. Foot Exercises
- 1.8. Nerve entrapments in the Lower limb
  - 1.8.1. Brachial Plexus
  - 1.8.2. Peripheral Nerves
  - 1.8.3. Types of pathologies
  - 1.8.4. Exercises for nerve entrapments in the Lower Limb
- 1.9. Analysis of the anterolateral chain of the lower limb.
  - 1.9.1. What is the anterolateral chain, and how important is it for the patient?
  - 1.9.2. Important aspects for assessment
  - 1.9.3. The relationship of the chain with pathology already described
  - 1.9.4. Exercises for training of the anterolateral chain
- 1.10. Analysis of the posterior-medial chain of the lower limb.
  - 1.10.1. What is the posterior-medial chain, and how important is it for the patient?
  - 1.10.2. Important aspects for assessment
  - 1.10.3. The relationship of the complex with pathology already described
  - 1.10.4. Exercises for posterior-medial chain



*You will find in this Postgraduate Certificate didactic and innovative tools that will provide you with very useful learning for your performance as a physiotherapist"*

# 04

# 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.





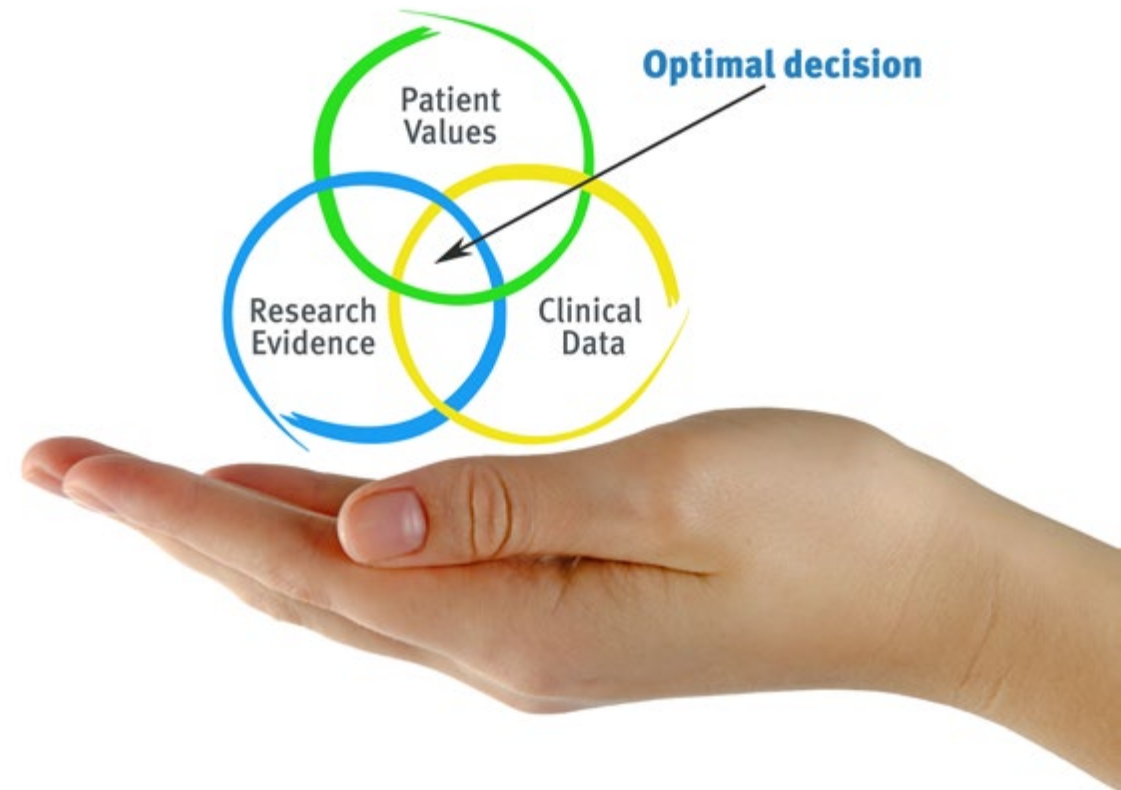
“

*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. Physiotherapists/kinesiologists 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 of professional physiotherapy 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. Physiotherapists/kinesiologists 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 physiotherapist/kinesiologist 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.



*The physiotherapist/kinesiologist 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 trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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.

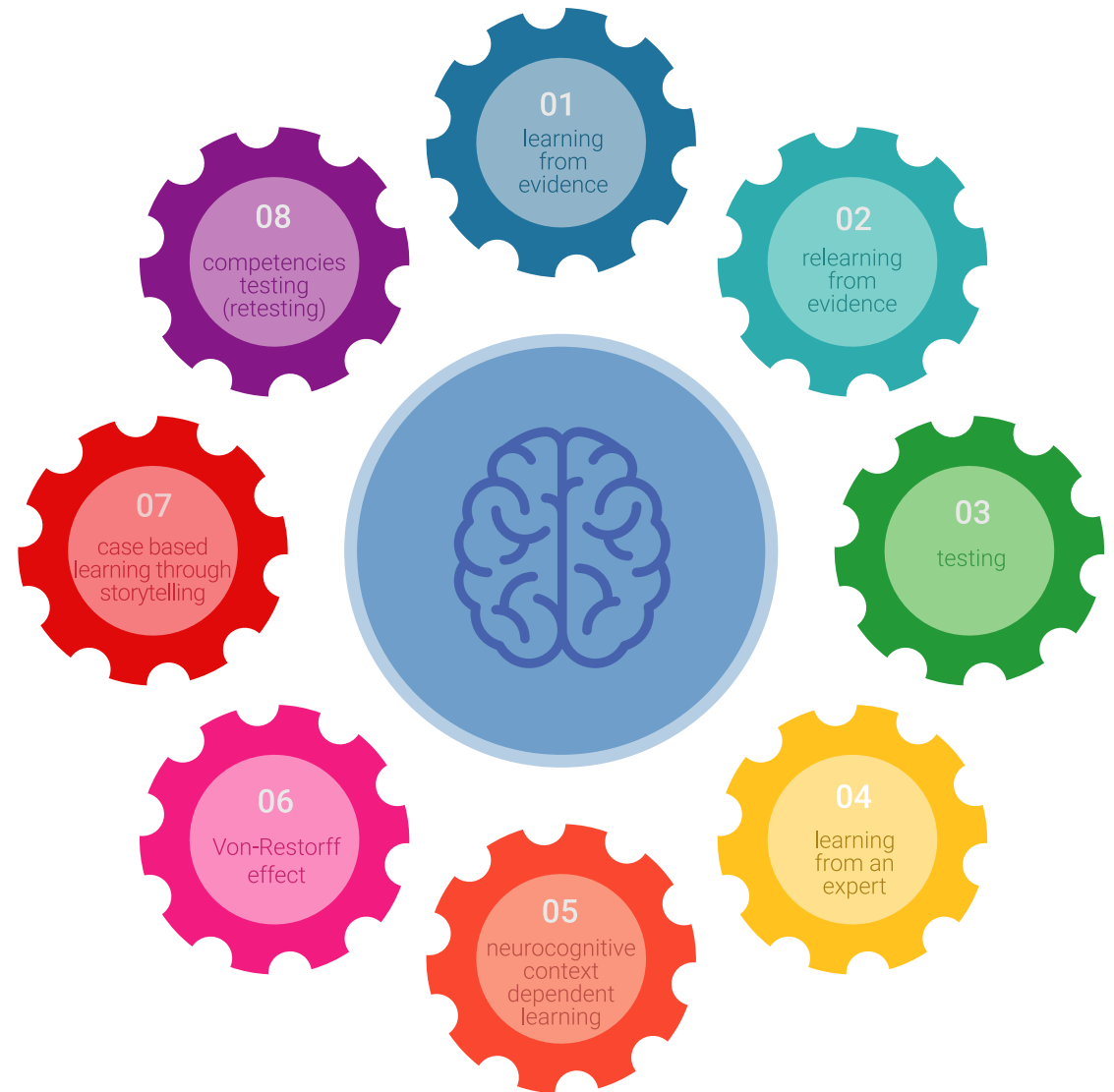
The overall score obtained by our learning system is 8.01, according to the highest international standards.



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# 05 Certificate

The Postgraduate Certificate in Pilates in Lower Limb Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Pilates in Lower Limb Disorders** 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** title 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: **Postgraduate Certificate in Pilates in Lower Limb Disorders**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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

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

**tech** global  
university

## Postgraduate Certificate

Pilates in Lower  
Limb Disorders

- » Modality: online
- » Duration: 6 weeks
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- » Credits: 6 ECTS
- » Schedule: at your own pace
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