

Postgraduate Diploma

Sports Physiotherapy: Spine, Upper Limb and Lower Limb Injuries

Endorsed by the NBA





Postgraduate Diploma Sports Physiotherapy: Spine, Upper Limb and Lower Limb Injuries

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 21 ECTS
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-sports-physiotherapy-spine-upper-limb-lower-limb-injuries

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Methodology

p. 20

06

Certificate

p. 28

01 Introduction

Physiotherapeutic intervention in sports injuries involving the spine is one of the highly complex areas in this field. It is a complex and delicate approach that requires the latest therapeutic advances, in order to offer the best prognosis for recovery and improvement to affected patients. This course will allow you to get up to date in everything related to this area of work with a high quality program.





“

Spine, upper and lower limb injuries, in an up-to-date approach, which will show you the most effective intervention techniques in this area of work"

The spine plays a fundamental role in stabilization and support, and is prone to static injuries that limit athletes' functional capacity.

This Postgraduate Diploma allows students to increase their skills and abilities in the use of segmental and structural assessment techniques, focused on two critical regions, such as the cervical and lumbopelvic.

The functional evaluation process through validated tests, as well as the approach to therapeutic objectives and how to achieve them through the most appropriate and evidence-based techniques, with a view to ensuring a full recovery for the athlete, all form a common thread in this highly applicable module. Above all, it is designed to offer a direct relationship between the anatomical level and the most frequent injury/most common scenario, thereby providing it with considerable preventive value..

Another area that will be covered in this program is the upper limbs, which are the protagonists of a large number of sports in which throwing, propulsion and strength are common factors of great value in the athletic performance.

The large variety of injuries that can affect the performance of the movements outlined above are described in this module by a group of physiotherapists who work in sports in which the upper limbs play a leading role: tennis, swimming, mountaineering, etc.

The lower limbs generally suffer a large number of injuries, in a very common scenario such as running, a mechanical gesture that is present in all sports, both as a support for competition, or as a means for learning.

The absence of validated protocols, the large number of factors involved in the production of an injury and the difficulty of its diagnosis, are all elements that this module aims to correct, with the participation of leading physiotherapists in the field of association football, martial arts and athletics.

This **Postgraduate Diploma in Sport Physiotherapy: Spine, Upper Limb and Lower Limb Injuries** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The latest technology in online teaching software
- ♦ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ♦ Practical cases presented by practising experts
- ♦ State-of-the-art interactive video systems
- ♦ Teaching supported by telepractice
- ♦ Continuous updating and recycling systems
- ♦ Autonomous learning: full compatibility with other occupations
- ♦ Practical exercises for self-assessment and learning verification
- ♦ Support groups and educational synergies: questions to the expert, debate and knowledge forums
- ♦ Communication with the teacher and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection
- ♦ Supplementary documentation databases are permanently available, even after the course



Get up to date in all the latest developments in the field of physiotherapy by completing the most effective master's degree in this field available on the market"

“ *A complete Postgraduate Diploma created for physiotherapy professionals, which will allow you to balance your education with other occupations and access from anywhere with total flexibility”*

Our teaching staff is made up of practicing specialists. In this way, we ensure that we provide you with the educational update we are aiming for. A multidisciplinary team of doctors specialized and experienced in different environments, who will develop the theoretical knowledge in an efficient way, but, above all, will put at the service of the course the practical knowledge derived from their own experience: one of the differential qualities of this program.

This mastery of the subject is complemented by the effectiveness of the methodological design of this Postgraduate Diploma. Developed by a multidisciplinary team of e-learning experts, it integrates the latest advances in educational technology. This way, you will be able to study with a range of comfortable and versatile multimedia tools that will give you the operability you need in your education.

The design of this program is based on Problem-Based Learning: an approach that conceives learning as a highly practical process. To achieve this remotely, we will use telepractice: With the help of an innovative interactive video system, and learning from an expert, you will be able to acquire the knowledge as if you were actually dealing with the scenario you are learning about. A concept that will allow you to integrate and fix learning in a more realistic and permanent way.

With a methodological design based on proven teaching techniques, this Postgraduate Diploma will take you through different teaching approaches to allow you to learn in a dynamic and effective way.

Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, which will provide you with a faster integration and a much more realistic view of the contents: “Learning from an Expert”.



02 Objectives

This comprehensive Postgraduate Diploma has been created from start to finish to become a tool for personal and professional growth for physiotherapists. Its objective is to take students through an education course that will allow them to acquire the most up-to-date knowledge and techniques for the most advanced and competitive practice in this field.



“

The objective of this program is to provide professionals with the latest knowledge to intervene safely in all the techniques involved in the lower and upper limbs and spine. A challenge that you will achieve in a simple and flexible way with the best education in the online teaching market”



General Objectives

- Understand the pathomechanical bases that support the most frequent sports injuries by region or sport
- Develop the therapeutic options from the fundamentals of Evidence-Based Physiotherapy for a better understanding of the injuries and their approach.
- Possess knowledge of advanced exploration of the locomotor system and the alterations that can be found in it
- Know the fundamentals of modern approaches to pain management, tissue repair and normal movement disorders, necessary for correct sporting gestures
- Elaborate a physiotherapy diagnosis according to internationally recognized standards and scientific validation tools
- Manage skills in functional assessment from interviews, observation, measurement and planning in physiotherapy actions
- Execute, direct and coordinate the physiotherapy intervention plan, taking into account the principles of patient individuality, using the therapeutic tools of physiotherapy, that is, the different methods, procedures, actions and techniques, to treat the alterations caused by sports injuries, relating the current pathophysiological knowledge with the physiotherapy treatment
- Evaluate the evolution of the results obtained with the treatment, in relation to the objectives set and the established outcome criteria, and if appropriate, redesign the objectives and adapt the intervention or treatment plan





Specific Objectives

Module 1. Spine and Injuries

- ♦ Assess intrinsic and extrinsic factors that may precipitate the onset of spinal cord injury
- ♦ Formulate functional diagnoses that correlate the user's condition with the pathophysiological limitations
- ♦ Design physiotherapy intervention protocols adapted to the injured anatomical region and sport performed
- ♦ Educate the patient and other collaborators in the detection and assessment of risks

Module 2. Upper Limb

- ♦ Assess intrinsic and extrinsic factors that may precipitate the onset of upper limb injury
- ♦ Formulate functional diagnoses that correlate the user's condition with the pathophysiological limitations
- ♦ Design physiotherapy intervention protocols adapted to the injured anatomical region and sport performed
- ♦ Educate the patient and other collaborators in the detection and assessment of risks

Module 3. Lower Limb

- ♦ Assess intrinsic and extrinsic factors that may precipitate the onset of lower limb injury
- ♦ Formulate functional diagnoses that correlate the user's condition with the pathophysiological limitations
- ♦ Design physiotherapy intervention protocols adapted to the injured anatomical region and sport performed
- ♦ Educate the patient and other collaborators in the detection and assessment of risks



Highly specialized objectives in a qualification created to specialize the best professionals in Sports Physiotherapy"

03 Course Management

For our course to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





“

With the expertise of industry professionals who will teach you based on the reality of the sector in a contextual and realistic learning"

Management



Dr. Martínez Gómez, Rafael

- ♦ CEO and founder of RehabMG
- ♦ PhD in Physical Activity and Sport Science
- ♦ Master's Degree in Sports Biomechanics and Physiotherapy
- ♦ Graduate in Physiotherapy.

Professors

Mr. Fernández Bartolomé, Álvaro

- ♦ Physiotherapist at the RehabMG Clinic.
- ♦ Therapeutic Personal
- ♦ Graduate in Physiotherapy.
- ♦ Graduate in Physical Activity and Sports Science

Mr. Herranz Gómez, Miguel

- ♦ CEO Centro de Rehabilitación
- ♦ Master's Degree in Integrative Osteopathy
- ♦ Degree in Physiotherapy from the Camilo José Cela University.



04 Structure and Content

The contents of this Postgraduate Diploma have been developed by the different teachers of this course, with a clear purpose: to ensure that our students acquire each and every one of the skills necessary to become true experts in this field.

A complete and well-structured program that will take you to the highest standards of quality and success.





“

A comprehensive syllabus that will take you gradually through each and every one of the lessons that the professional sports physiotherapist needs. With an added bonus: the commitment to excellence that characterizes us”

Module 1. Spinal Column, Instability and Injuries

- 1.1. Conceptual Aspects of the Movement Control System and its Dysfunctions in the Lumbopelvic and Cervico-Scapular Regions
- 1.2. Muscle Dysfunction
- 1.3. Proprioceptive Dysfunctions and Neuroplastic Changes at the CNS Level
- 1.4. Dysfunctions in Precision, Dissociation and Movement Quality
- 1.5. Association between Motor Control Dysfunctions and Sports Injuries
- 1.6. Lumbopelvic Rhythm and Lumbar Instability Tests
- 1.7. Analysis of Movement Control by Observation
- 1.8. Muscle Activation Patterns Assessment Test and Muscle Endurance Test
- 1.9. Sensorimotor Test
- 1.10. Integration and Clinical Reasoning

Module 2. Upper Limb and Sports Injuries

- 2.1. Muscle Injuries of the Upper Limb and Classification
- 2.2. Muscle Injuries of the Upper Limb
 - 2.2.1. Clinical Assessment
 - 2.2.2. Exploration
 - 2.2.3. Diagnostic Imaging
- 2.3. Muscle Injuries of the Upper Limb: Conservative Treatment vs. Surgical
- 2.4. Muscle Injuries of the Upper Limb
 - 2.4.1. Principles of Recovery
 - 2.4.2. Phases
 - 2.4.3. Objectives and Interventions
- 2.5. Muscle Injuries of the Upper Limb. Prevention and Motor Control
- 2.6. Glenohumeral Dislocation in Professional Soccer
 - 2.6.1. Etiology
 - 2.6.2. Types
- 2.7. Glenohumeral Dislocation in Professional Soccer
 - 2.7.1. Functional Assessment
 - 2.7.2. Diagnosis and Clinical Reasoning
- 2.8. Glenohumeral Dislocation in Professional Soccer: Physiotherapy Treatment
- 2.9. Glenohumeral Dislocation in Professional Soccer: Prevention and "Return to Play"



- 2.10. Tendinopathies of the Elbow: Assessment
- 2.11. Joint and Ligament Injuries of the Elbow: Assessment
- 2.12. Treatment Protocols

Module 3. Lower Limb and Sport

- 3.1. Overview, Epidemiology and Principles of Terminological Uniformity According to the "DOHA Agreement" in the Athlete's Hip
- 3.2. Principles of Functional and Physical Examination
 - 3.2.1. Identification of Dysfunctional Movement Patterns
 - 3.2.2. Differential Diagnosis of Syndromes
 - 3.2.3. Dysfunction/Pain and Trauma of the Hip Region
- 3.4. Principles of Adductor-Related Groin Pain Management
- 3.5. Principles of Femoroacetabular Impingement Treatment
- 3.6. Clinical and Functional Indicators in the Determination of "Return to Play"
- 3.7. Functional Assessment of the Knee: Neuro-Orthopedic Approach
- 3.8. Repetitive Stress Syndrome
 - 3.8.1. Functional Assessment
 - 3.8.2. Physiotherapy Treatment
- 3.9. Iliotibial Band Syndrome
 - 3.9.1. Functional Assessment
 - 3.9.2. Physiotherapy Treatment
- 3.10. Goosefoot Syndrome
 - 3.10.1. Functional Assessment
 - 3.10.2. Physiotherapy Treatment
- 3.11. Ankle Ligament Injuries in Contact Sports
 - 3.11.1. Etiology and Pathophysiology
 - 3.11.2. Diagnosis
 - 3.11.2.1. Clinical Tests
 - 3.11.2.2. Complementary Tests
 - 3.11.3. Physiotherapy Treatment
 - 3.11.3.1. Acute Phase
 - 3.11.3.2. Functional Recovery Phase
 - 3.11.3.3. Return to Sporting Activity Phase
 - 3.11.3.4. Complications of Ligament Injuries
 - 3.11.3.5. Preventive Work
- 3.12. Metatarsalgia
 - 3.12.1. Functional Assessment
 - 3.12.2. Podiatric Assessment
 - 3.12.3. Therapeutic Approach
- 3.13. Plantar Fasciitis
 - 3.13.1. Functional Assessment
 - 3.13.2. Podiatric Assessment
 - 3.13.3. Therapeutic Approach
- 3.14. Sports Footwear
 - 3.14.1. Principal Components
 - 3.14.2. Types by Sport



A comprehensive teaching program, structured in well-developed teaching units, oriented toward a high impact learning and training"

05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



“

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

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 assess 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

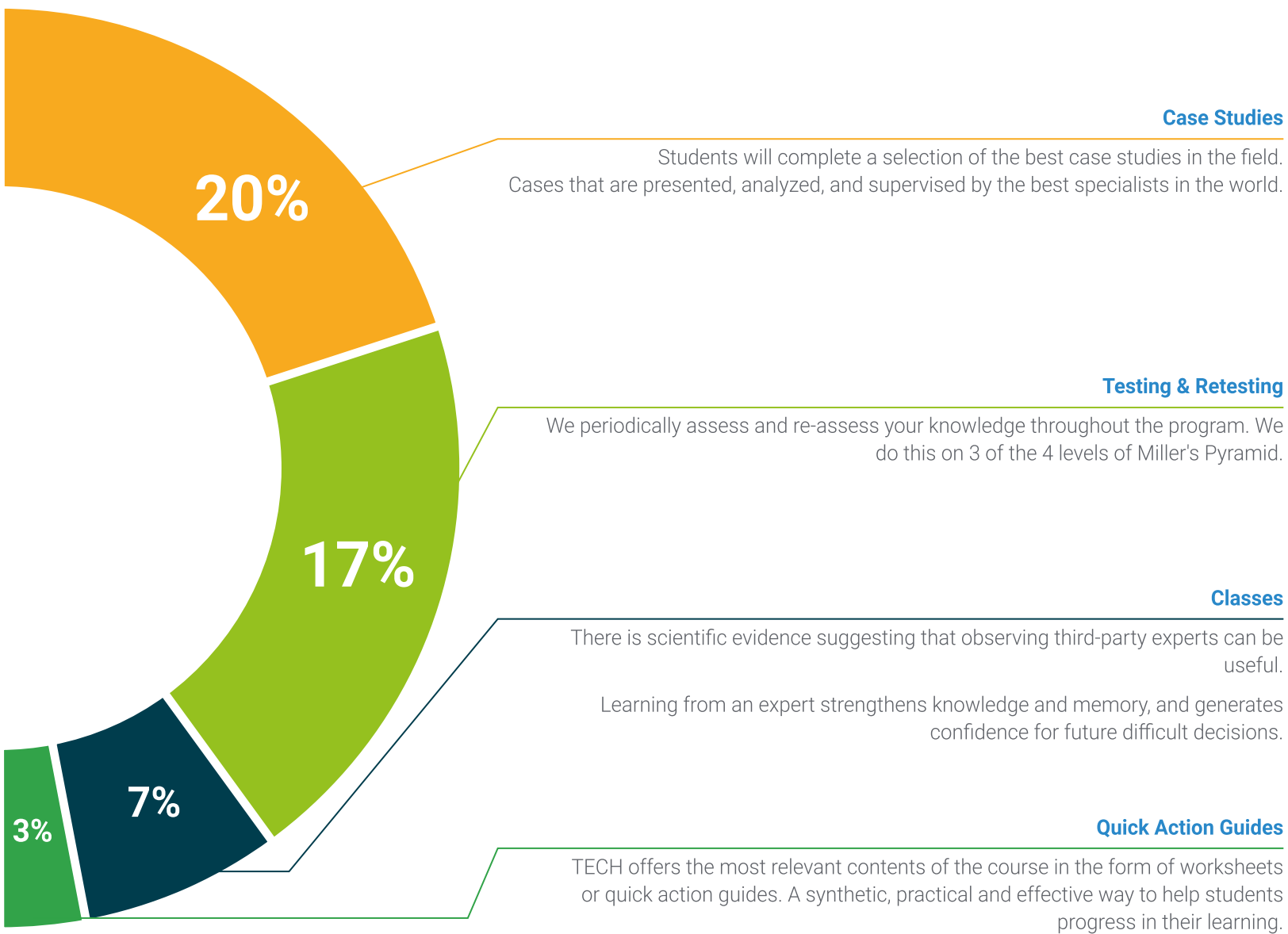
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





06 Certificate

The Postgraduate Diploma in Sports Physiotherapy: Spine, Upper Limb and Lower Limb Injuries guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma university issued by TECH Global University.



“

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

This private qualification will allow you to obtain a diploma for the **Postgraduate Diploma in Sports Physiotherapy: Spine, Upper Limb and Lower Limb Injuries** 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: **Postgraduate Diploma in Sports Physiotherapy: Spine, Upper Limb and Lower Limb Injuries**

Modality: online

Duration: 6 months

Accreditation: 21 ECTS





Postgraduate Diploma

Sports Physiotherapy:
Spine, Upper Limb and
Lower Limb Injuries

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 21 ECTS
- » Schedule: at your own pace
- » Exams: online

Postgraduate Diploma

Sports Physiotherapy: Spine, Upper Limb and Lower Limb Injuries

Endorsed by the NBA



tech global
university