

Internship Program

Aquatic Physiotherapy for Special Populations



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for Special Populations

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01 Introduction

Aquatic Physical Therapy has become a key tool in the treatment and prevention of injuries in Special Populations, especially in people with physical disabilities, pregnant women and older adults. The incorporation of technological advances and new assistive materials has enabled physical therapists to address cases that previously had a less hopeful prognosis. For this reason, TECH has designed a 100% practical program that involves the students for 3 weeks in a first level clinical center. A space where you will be accompanied by real experts in aquatic therapies and rehabilitation, which will lead to be aware of the most innovative therapeutic and diagnostic procedures. A unique up-to-date opportunity that only TECH can offer you.



Incorporate into your therapeutic approach the latest advances in Aquatic Physiotherapy for pregnant women and the elderly”





Reduced pain, improved mobility and muscle strength, reduced stress or anxiety are just some of the therapeutic benefits of Aquatic Physiotherapy. This area has proven to be especially effective in caring for special populations, such as people with physical disabilities, pregnant women and the elderly.

In this sense, the role of the professional physiotherapist becomes very relevant, since his knowledge in this field can favor the recovery process or the prevention of injuries in Special Populations. Faced with this reality, TECH provides a 100% practical program, which gives the opportunity to carry out a process of updating in a clinical center of reference in the field of Physiotherapy.

Therefore, the graduate will have the opportunity to be involved in a prestigious space, which will allow them to delve into the most effective methodologies and procedures to address pathologies that affect the musculoskeletal or neurological apparatus. A 3-week process, where you will be guided, at all times, by the best experts and in a unique environment. An unparalleled practical training oriented to the improvement of competencies.

02

Why Study an Internship Program?

Currently, Aquatic Physiotherapy has become an increasingly important technique in the treatment and prevention of injuries in special populations. For this reason, it is essential that physiotherapists keep up to date in this discipline in order to offer their patients the most innovative and effective treatments. In addition, a 3-week Practical Training in Aquatic Physiotherapy for Special Populations at a recognized clinical center alongside expert tutors will allow students to acquire the necessary skills to carry out the most innovative and effective therapeutic procedures. This hands-on training is a unique opportunity to improve the quality of life of people with physical disabilities, pregnant women and older adults.



TECH gives you the opportunity to get involved in a real healthcare environment under the supervision of the best specialists in the field"

1. Updating from the Latest Technology Available

In recent years, the area of Aquatic Physical Therapy for Special Populations has undergone a great revolution thanks to technological advances, such as the use of assistive materials and new therapeutic techniques. In order to bring specialists closer to these innovations, TECH has developed a Practical Training in which professionals will be able to enter a cutting-edge clinical environment and access state-of-the-art technology in this field. This will allow them to be up to date and apply the latest techniques and advances in their professional practice.

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

During this 3-week process, students will not be alone, as they will be accompanied and tutored by a team of experts that make up the clinical center where they will carry out the Practical Training. Therefore, you will have an eminently practical experience from the first day, where you will be able to observe and participate in the most effective procedures in Aquatic Physiotherapy.

3. Entering First-Class Clinical Environments

TECH makes a careful selection of clinical centers available for the Aquatic Physical Therapy Practical Training for Special Populations. This ensures that professionals will have access to a prestigious clinical environment in this area, where they will be able to experience first-hand the daily work in a rigorous, demanding and comprehensive environment.



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

The educational market presents a wide offer of programs that often do not fit the daily needs of physiotherapists, and involve long hours of study, often incompatible with their personal and working life. However, TECH offers an innovative, completely practical update model in Aquatic Physical Therapy for Special Populations. In this way, students will be able to keep abreast of the latest procedures and cutting-edge techniques in this field, and most importantly, apply them in professional practice in just 3 weeks.

5. Expanding the Boundaries of Knowledge

TECH offers the opportunity to carry out this practical training in prestigious centers not only nationally, but also internationally. In this way, the professional will be able to broaden his or her horizons and update his or her knowledge with the most outstanding experts, who perform their functions in first-class healthcare centers. A unique opportunity that only TECH, the world's largest digital university, has the ability to.



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

03

Objectives

This Practical Training will allow the graduate to enhance the necessary skills to carry out the most innovative and effective therapeutic procedures in Aquatic Physical Therapy. To this end, it will carry out actions aimed at improving their skills in the design of therapies, the practice of rehabilitative exercises, adapted to Special Population. All this, in addition, tutored by the best experts.



General Objectives

- ♦ Apply the most innovative techniques and methodologies in the care of patients with special needs
- ♦ Develop clinical and therapeutic skills in a real working environment and under the supervision of experts in the field of aquatic physical therapy for special populations
- ♦ To enhance the professional's ability to care for patients with special needs and increase their field of action in a constantly evolving area





Specific Objectives

- ♦ Carry out the necessary assessment for the correct development of the programs and their subsequent reevaluation
- ♦ Planning aquatic Physiotherapy sessions
- ♦ Design individualized treatment plans using aquatic physical therapy as a therapeutic tool
- ♦ Evaluate and analyze the results of aquatic physical therapy treatments in special populations, using specific tools and methodologies to determine their effectiveness
- ♦ Provide high quality care to patients with special populations, in a safe and adapted environment
- ♦ Apply strategies for post-partum treatment in the aquatic environment
- ♦ Apply strategies for the treatment and prevention of spinal pathology
- ♦ Use hydrotherapy and hydrokinesitherapy as an element of quality in the prevention and recovery of athletes
- ♦ Apply safety protocols for the patient, the physical therapist and the facility
- ♦ Develop aquatic physical therapy sessions with neurological, pediatric, pregnant or elderly patients

04

Educational Plan

The Practical Training in Aquatic Physical Therapy for Special Populations includes a 3-week practical stay in a prestigious center, where the graduate will have the opportunity to work with a team of professional physical therapists. During the days from Monday to Friday, with a duration of 8 consecutive hours, you will be able to witness real cases and apply the most innovative therapeutic procedures for each pathology. In addition, you will have access to state-of-the-art devices, which will allow you to expand your capabilities for the care of elderly, pediatric or physically disabled patients.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

It is undoubtedly an ideal opportunity to broaden competencies while working in an advanced healthcare space, where real-time monitoring of patients' health is the epicenter of the culture of the experts who make it up. This Practical Training represents a novel way of understanding and merging healthcare processes, transforming a center of excellence into the ideal place for this innovative experience for the development of professional skills.

The practical education 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 fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for Current FISIOTERAPIA practice (learning to be and learning to relate).



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"



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:

Module	Practical Activity
Approach to specific groups in the aquatic environment	Adapting specific exercises for older people in the water.
	Develop an aquatic exercise program for pregnant women.
	Planning aquatic rehabilitation sessions for overweight persons.
	Design an adapted swimming program for people with disabilities.
Approach to the neurological patient in the aquatic environment	Perform mobility and balance exercises in the water.
	Planning exercises for gait recovery in patients with brain injuries.
	Adapting water-based occupational therapy programs for patients with neurodegenerative diseases.
	Design a sensory stimulation exercise program for patients with cerebral palsy.
Approach to Upper and Lower Extremity Pathology	Plan muscle strengthening exercises specific to the upper extremity.
	Develop exercises for functional recovery of the lower extremity after a sports injury.
	Tailoring rehabilitation programs for patients with knee problems in water.
	To design an exercise program for patients with spinal cord injuries in water.
Hydrotherapy Techniques	Applying cryotherapy techniques in water.
	To develop resistance exercises with the help of floating elements.
	Applying Thermotherapy techniques in water.
	Design an exercise program with the help of water currents.
Aquatic Physical Therapy Techniques - Social and community and community	Develop an aquatic exercise program for the prevention of cardiovascular disease women.
	Planning an aquatic physiotherapy program for patients with chronic illnesses.
	Design a water exercise program for people at social risk.
	Adapt aquatic exercise programs to improve the quality of life of older people in the community.

05

Where Can I Do the Internship Program?

TECH has carefully selected all the centers where the professional physiotherapist will be able to carry out his or her practical training. An up to date in a space that is distinguished by its excellent team of professionals, its avant-garde equipment and the use of the most effective diagnostic procedures and treatments in the area of Aquatic Physiotherapy. A first class environment, which will lead students to improve their skills under the guidance of the best experts.



Take a three-week internship at one of these prestigious centers and perfect your skills working on clinical and therapeutic”





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



Physiotherapy

Hospital HM Modelo

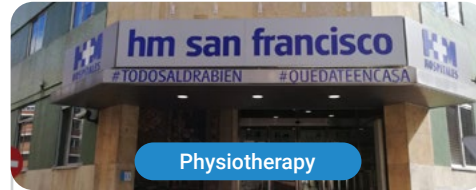
Country: Spain City: La Coruña

Management: Rúa Virrey Osorio, 30, 15011, A Coruña

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

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Physiotherapy

Hospital HM San Francisco

Country: Spain City: León

Management: C. Marqueses de San Isidro, 11, 24004, León

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

Related internship programs:

- Update in Anesthesiology and Resuscitation
- Nursing in the Traumatology Department



Physiotherapy

Hospital HM Regla

Country: Spain City: León

Management: Calle Cardenal Landázuri, 2, 24003, León

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

Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Physiotherapy

Hospital HM Nou Delfos

Country: Spain City: Barcelona

Management: Avinguda de Valldarxa, 151, 08023 Barcelona

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

Related internship programs:

- Aesthetic Medicine
- Clinical Nutrition in Medicine



Physiotherapy

Hospital HM Madrid

Country: Spain City: Madrid

Management: Pl. del Conde del Valle de Súchil, 16, 28015, Madrid

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

Related internship programs:

- Palliative Care
- Anaesthesiology and Resuscitation



Physiotherapy

Hospital HM Torrelodones

Country: Spain City: Madrid

Management: Av. Castillo Olivares, s/n, 28250, Torrelodones, Madrid

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

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Physiotherapy

Hospital HM Sanchinarro


Country: Spain City: Madrid

Management: Calle de Oña, 10, 28050, Madrid

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

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care

Physiotherapy

Hospital HM Puerta del Sur


Country	City
Spain	Madrid

Management: Av. Carlos V, 70, 28938, Móstoles, Madrid

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

Related internship programs:

- Palliative Care
- Clinical Ophthalmology



Physiotherapy

Policlínico HM Las Tablas


Country	City
Spain	Madrid

Management: C. de la Sierra de Atapuerca, 5, 28050, Madrid

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

Related internship programs:

- Nursing in the Traumatology Department
- Diagnosis in Physiotherapy



Physiotherapy

Policlínico HM Moraleja

Country	City
Spain	Madrid

Management: 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



Physiotherapy

Policlínico HM Virgen del Val


Country	City
Spain	Madrid

Management: Calle de Zaragoza, 6, 28804, Alcalá de Henares, Madrid

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

Related internship programs:

- Diagnosis in Physiotherapy
- Physiotherapy in Early Care



Physiotherapy

Policlínico HM Imi Toledo


Country	City
Spain	Toledo

Management: Av. de Irlanda, 21, 45005, Toledo

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

Related internship programs:

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation



Physiotherapy

Premium global health care Madrid

Country	City
Spain	Madrid

Management: C. de Víctor de la Serna, 4, 28016 Madrid

Rehabilitation, readaptation and personal training: these are the pillars of the Physiotherapy clinic in Chamartín.

Related internship programs:

- MBA in Digital Marketing
- Project Management



Physiotherapy

Premium global health care Fuenlabrada

Country City
Spain Madrid

Management: Paseo de Roma, 1, 28943 Fuenlabrada, Madrid

Rehabilitation, readaptation and personal training: these are the pillars of the Physiotherapy clinic in Fuenlabrada.

Related internship programs:

- MBA in Digital Marketing
- Project Management



Physiotherapy

Premium global health care Pozuelo

Country City
Spain Madrid

Management:
Centro Comercial Monteclaro, Local 59.4, s/n, Av. de Monteclaro, d, 28223 Pozuelo de Alarcón, Madrid

Rehabilitation, readaptation and personal training: these are the pillars of the Physiotherapy clinic in Pozuelo.

Related internship programs:

- MBA in Digital Marketing
- Project Management

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 educational entity undertakes to take out civil liability insurance to cover any eventuality that may arise during the course of the stay at the internship 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 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. 3.- 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 **Internship Program's Degree in Aquatic Physiotherapy for Special Populations** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery*.

The diploma issued by TECH will state the score obtained in the test.

Title: **Internship Program in Aquatic Physiotherapy for Special Populations**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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