

Internship Program

Physiotherapy in Primary Care



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Physiotherapy in
Primary Care

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01 Introduction

Physiotherapy plays an essential role in Primary Care by addressing health in its totality. It goes beyond relieving pain and improving mobility, empowering people to take active control of their health. The demand for physiotherapists specialized in rehabilitation and improvement of physical function is high in this context, using manual methods, therapeutic exercises, patient education and self-care advice. With this scenario in mind, TECH has devised an innovative program, which opts for practical experience as specialized learning. Its objective is for the professional to integrate the most avant-garde physiotherapeutic treatments into their routines, adapting to the current needs of Primary Care. In Primary Care, Physiotherapy is key in the prevention, evaluation, treatment and rehabilitation of different physical conditions. Physiotherapists not only seek functional recovery, but also focus on educating people to be the protagonists of their physical well-being. This approach promotes comprehensive and preventive care, encouraging active participation in the health of each individual. And as the best way to perfect these skills is through practice, TECH has designed a program that consists of a 120-hour stay in a reference clinical center.

“

Incorporate the most relevant advances in the area of Primary Care Physical Therapy into your daily practice through a distinctive, unique and effective hands-on experience.”





In this way, over the course of 3 weeks, the graduate will become part of a team of specialists of the highest level, with whom they will actively work in the management of different patients during this period. This opportunity will not only allow the graduate to absorb the most avant-garde techniques in Physical Therapy, but also to cultivate skills to identify and effectively address pain and mobility limitations. Not only will you participate in a program that will elevate your clinical talents to the highest level, but also enhance your human and empathic qualities.

Under the exclusive tutelage of a personal mentor, who will dedicate 100% of their time, the student will safely navigate in an environment equipped with the latest in health technology. In addition, this will provide you with the opportunity to employ proven physical therapy techniques, fully immersing you in an enriching hands-on experience and making the most of every aspect of this valuable learning experience.

02

Why Study an Internship Program?

This Internship Program in Physical Therapy in Primary Care will provide the specialist with valuable hands-on experience in Primary Care settings. In addition, you will delve into the latest trends and techniques in physical therapy while immersed in real patient care situations under the guidance of experts in the field. All this will prepare the graduate to address real challenges and develop crucial skills to develop their clinical praxis, becoming a highly competent and skilled professional to face present and future challenges in Primary Care.



You will incorporate the latest advances in Physiotherapy in Primary Care to your regular clinical practice"

1. Updating from the Latest Technology Available

From portable monitoring devices to advanced virtual reality tools, and Artificial Intelligence systems, technological advances allow physical therapists to accurately assess patient progress, customize treatment programs and offer more effective therapies. For this reason, TECH presents this Semipresential Master, thanks to which the professional will enter a cutting-edge clinical environment, accessing state-of-the-art technology in the field of Primary Care.

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

The large team of professionals that will accompany the specialist throughout the practical period is a first-class and an unprecedented guarantee of updating. With a specifically designated tutor, the student will be able to see real patients in a state-of-the-art environment, which will allow them to incorporate the most effective procedures and approaches in Assisted Reproduction into their daily practice.

3. Entering First-Class Clinical Environments

TECH carefully selects all the centers available for the Internship Programs. Thanks to this, the Physiotherapist will have guaranteed access to a prestigious clinical environment in the area of Primary Care. In this way, you will be able to see the day-to-day work of a demanding, rigorous and exhaustive sector, always applying the latest theses and scientific postulates in its work methodology.



4. Combining the Best Theory with State-of-the-Art Practice

The academic market is plagued by teaching programs that are poorly adapted to the daily work of the specialist and that require long teaching hours, often not very compatible with personal and professional life. TECH offers a new learning model, 100% practical, that allows you to get in front of state-of-the-art procedures in the field of the Physiotherapy professional in Primary Care and, best of all, to put it into professional practice in only 3 weeks.

5. Opening the Door to New Opportunities

The field of Physiotherapy in Primary Care is undergoing an exciting expansion, offering new opportunities for health professionals. In this way, you will be able to participate in early intervention programs, more focused on prevention and health promotion, working in interdisciplinary teams to identify and address musculoskeletal, neurological and respiratory problems in their early stages. In addition, they will be able to integrate innovative technological approaches, such as telemedicine and remote monitoring tools, thus broadening the scope of care and improving access for remote or mobility impaired communities.



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

03

Objectives

Through this program, the specialist will strengthen their practical skills in real contexts. In this way, they will address the implementation of new techniques and cutting-edge technology in health promotion and rehabilitation. This Internship Program will update the physical therapist's skills, preparing them to face the challenges of musculoskeletal, neurological and respiratory health in Primary Care. In addition, you will be under the guidance of experienced professionals, which will not only strengthen your technical skills, but also develop your confidence and ability to make crucial decisions in real clinical situations.



General Objectives

- Present practical examples of specific techniques to reinforce the student's correct skills
- Present practical examples of specific techniques to reinforce proper dexterity
- Apply prescribed treatments and recommendations to the patient
- Specialize in assessment and treatment tools from different schools within physiotherapy and always oriented to the possibilities in Primary Care





Specific Objectives

- Detail parameters of Electrotherapy used in clinical practice
- Enrich students with different disciplines within physiotherapy
- Manage general ideas about the most frequent lower limb pathologies in Primary Care
- Identify pathologies in specific complementary tests
- Perform an adequate evaluation of the patient through specific tests
- Emphasize the importance of self-care and physical activity as part of a healthy patient routine
- Evaluate the spinal area with specific tests of eminently practical use
- To present functional tests and diagnostic criteria as useful and practical as possible
- Present different treatment proposals to increase the likelihood of successful therapies
- Delve more deeply into ultrasound as a fundamental diagnostic tool in the tissues we treat and, in particular, of the articular complex
- Assess the functionality of cardiopulmonary exercises and to include them in the usual treatments

04

Educational Plan

The Internship Program in Primary Care Physical Therapy will allow the specialist to immerse themselves in the real world of medical care. This will consist of a clinical practical stay, lasting 3 weeks, from Monday to Friday with consecutive 8-hour days of practical learning at the side of an attending specialist. This stay will allow you a direct interaction with real patients, under the supervision of reference professionals in the area, developing skills of evaluation, diagnosis and treatment of a wide range of conditions, from musculoskeletal injuries to chronic diseases.

In this learning proposal, completely practical in nature, the activities will be aimed at developing and perfecting the skills necessary for the provision of physiotherapeutic care in areas and conditions that require a high level of qualification, and which are oriented towards specific knowledge for the practice of the activity.

These internships are presented as a great opportunity to strengthen professional confidence. Graduates will face challenges and make important decisions, always with the guidance of experienced mentors. This experience will not only strengthen their clinical skills, but will open doors to a valuable network of contacts and fundamental references for their careers in the field of Primary Care Physical Therapy.

The practical teaching will be done 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 skills for the praxis of Physiotherapy in Primary Care (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:

Module	Practical Activity
Trauma and Rheumatologic Physical Therapy	Perform comprehensive evaluations of patients with trauma or rheumatologic disorders
	Design personalized treatment plans based on the specific needs of each patient
	Apply manual therapy techniques to reduce pain and improve mobility in patients with traumatic injuries or rheumatologic diseases
	Implement therapeutic exercise programs to strengthen muscles and improve flexibility and joint function
	Educate patients about self-care, pain management, and prevention of recurrent injury or worsening of rheumatologic conditions
Neurological Physiotherapy	Perform detailed neurological evaluations to identify motor, sensory or cognitive deficits
	Design customized rehabilitation programs focused on functional recovery of the nervous system
	Apply manual therapy techniques and specific exercises to improve mobility, strength, and coordination in patients with neurological disorders
	Utilize advanced technologies, such as electrical stimulation, to improve motor function in neurological patients
	Regularly evaluate and adjust treatment plans according to the patient's evolving and changing needs
Respiratory Physiotherapy	Perform comprehensive respiratory evaluations to identify respiratory problems and deficiencies in lung function
	Implement specific breathing techniques and exercises to improve lung capacity and ventilation in patients with respiratory conditions
	Teach and guide patients in the performance of chest expansion and respiratory muscle strengthening exercises
	Use bronchial clearance and postural drainage techniques to help clear secretions and improve lung function
	Educate patients on self-care, proper use of respiratory devices, and prevention of respiratory complications

Module	Practical Activity
Lymphatic Drainage	Assess the condition of the patient's lymphatic system to determine the need for and approach to lymphatic drainage
	Apply gentle manual massage techniques to stimulate lymphatic flow and reduce fluid accumulation
	Customize treatment to the patient's specific areas of fluid retention or edema or edema
	Monitor the patient's response to treatment and adjust techniques as needed to optimize results
Pilates	Tailor Pilates exercises according to patients' physical needs and limitations
	Guide and supervise the correct execution of exercises during sessions
	Design personalized learning programs, based on Pilates principles, to improve mobility, strength and flexibility
	Evaluate and monitor patients' progress, adjusting exercises as needed to maximize therapeutic benefits

05

Where Can I Do the Internship Program?

Included in this Internship Program is a 3-week stay in a renowned hospital, allowing students to apply their Physiotherapy knowledge in Primary Care settings. TECH will provide the opportunity for graduates to broaden their experience working with renowned experts in the healthcare field, promoting a constant growth in their professional career.



Take your Internship program in a prestigious hospital center and put into action everything you have learned from the best professionals in the sector".





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



Centro Paso a Paso

Country City
Spain BORRAR Madrid

Management: Paseo de la Democracia 10 Portal
4 Bajo Entrada por Calle Rosalía de Castro
(Peatonal, 28850 Torrejón de Ardoz, Madrid)

Rehabilitation center specializing in health and early care services.

Related internship programs:

- Neuropsychology and Education
- Physiotherapy in Primary Care



Clínica Espasana

Country City
Spain BORRAR Alicante

Management: C/ Poeta Hassan,
Rasid, nº1, 03400 Villena, Alicante

The Espasana Clinic is a polyclinic center with a wide range of specialties

Related internship programs:

- Diagnosis in Physiotherapy
- Physiotherapy in Primary Care

06

General Conditions

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the learners 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 learning 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 **Internship Program in Physiotherapy in Primary Care** complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Hybrid Professional Master's Degree diploma issued by TECH Technological University via tracked delivery*.

The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Physiotherapy in Primary Care**

Duration: **3 weeks**

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

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



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

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A close-up photograph of a physiotherapist's hands performing a manual therapy technique on a patient's knee. The therapist is wearing a blue shirt and is kneeling on a green mat. The patient's leg is extended, and the therapist's hands are positioned to apply pressure to the knee joint. The background is slightly blurred, showing a green mat and a white object.

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