

# Postgraduate Certificate

## Pilates in Spinal Disorders



## Postgraduate Certificate Pilates in Spinal Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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

# 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

The Pilates Method has been one of the disciplines that has revolutionized the world of physical activity. A training system focused on body balance, stability, and firmness of the spine. That is why physiotherapists nowadays resort to its techniques as a therapy for rehabilitation. Due to the great importance that this discipline has taken, it isn't easy to have access to updates in order to be at the forefront of the physiotherapeutic field. That is why TECH has implemented this program where the professional will delve into the biomechanics of the spine, disc, and muscle pathologies. All of this is complemented by numerous multimedia didactic materials elaborated by an excellent team of experts in this field.



“

*TECH has designed this 100% online program, focused on the biomechanics of the spine, syndromes, and types of pathology”*

Physiotherapists are the most requested specialists in rehabilitation processes due to their high level of knowledge in this area. Therefore, they are expected to handle the latest techniques and methodologies in the field of study. In this sense, the development of Pilates and its popularization among the public has led to a growing interest in this field and its application for the treatment of various pathologies.

In this sense, the search for therapeutic exercises has advanced with the purpose of continuing to innovate in this discipline, thinking about improving interventions in recovery and injury prevention processes. Therefore, this Postgraduate Certificate, created by TECH, will provide the specialist access to up-to-date content regarding Spinal Disorders and their different pathologies.

The graduate will inquire into the main problems of the spine and the technical way to address them, but will also increase their skills in the correct way of how to apply specific protocols for the process of improving injuries. A program that incorporates a specialized faculty team and, at the same time, is supported with the highest quality multimedia material that offers dynamism with a 100% online modality.

Likewise, TECH emphasizes its didactic methodology based on excellence and comfort, which is why this academic proposal offers the most complete and high-quality updating, resulting in a qualification that provides flexibility. The graduate only needs a device with an Internet connection to easily access the virtual platform from the comfort of the place where they are.

This **Postgraduate Certificate in Pilates in Spinal 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 and specialists in Pilates
- ◆ 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



*The specialists will learn the latest techniques and methodologies in the approach to spinal column disorders in Pilates”*



“*Enjoy the time flexibility provided by this program, easily accessing its virtual platform whenever and wherever you want”*

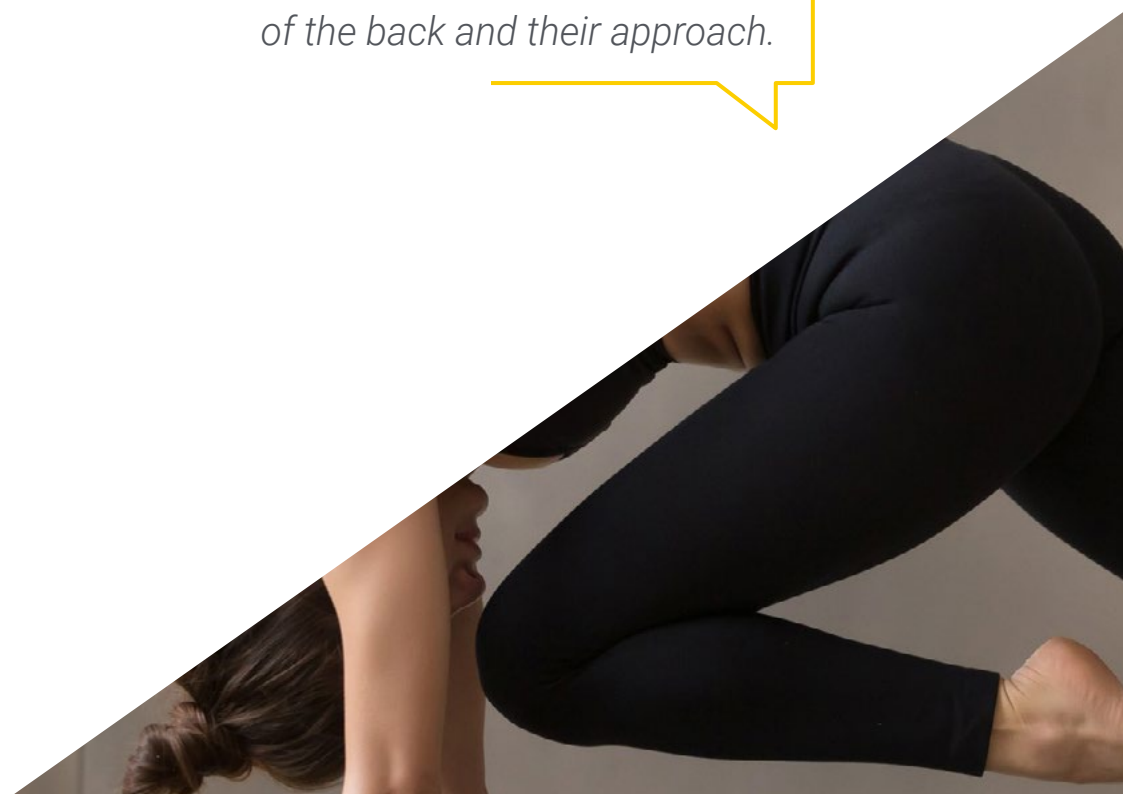
The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*With TECH, you will increase your skills in the application of specific exercise protocols for the injury recovery process.*

*This program will provide up-to-date content on the main issues of the back and their approach.*



# 02 Objectives

With this program, TECH aims for students to strengthen their knowledge and skills through the most innovative and comprehensive content on Pilates in Spinal Disorders. In this way, this Postgraduate Certificate provides an update on the anatomical memory of the spine and the most current exercises with machines and implements in the physiotherapeutic area. For this, the specialist will have different technological didactic tools to ensure the successful development of the program.







“

*This program provides didactic tools ensuring the successful development and completion of this Postgraduate Certificate”*



## General Objectives

---

- ◆ 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

---

- ◆ Inquire into the main problems of the Spine and their approach
- ◆ Update knowledge on the main problems of the Spine and their approach
- ◆ Apply specific exercise protocols for the injury recovery process

“

*The theoretical and practical perspective of this program will allow you to integrate the most effective Pilates techniques to treat muscular pathologies”*





03

# Course Management

The TECH technological institution contains a number of academic programs that have, one by one, the highest quality in academic matters. This is evident in this Postgraduate Certificate that has been prepared by a faculty specialized in the area of Pilates in Spinal Disorders, applying their knowledge in the health field. Its wide experience and deep mastery of Pilates techniques will allow the graduate to achieve a successful update. Additionally, thanks to their proximity will be able to resolve any doubts that may arise about the syllabus during the course of this program.



“

*TECH has a specialized teaching team with expertise in Osteopathy of the Locomotor System, Advanced Physiotherapy techniques and Pilates”*

## Management



### Mr. González Arganda, Sergio

- Physiotherapist of Atlético de Madrid Football Club
- CEO Fisio Domicilio Madrid
- Lecturer in the Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- Lecturer in the University Expert in Clinical Pilates
- Lecturer in the Master of Biomechanics and Sports Physiotherapy
- Master in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- Expert in Pilates Rehabilitation by the Royal Spanish Gymnastics Federation
- Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- Physiotherapy Graduate at Comillas Pontifical in University





# 03

## Structure and Content

This Postgraduate Certificate gathers the most innovative criteria for the use of Pilates as a therapeutic and rehabilitation Method against different alterations or injuries in the spine. This program is oriented to provide updated information on the symptomatology, syndromes, and protocols of each of the spinal pathologies. All this is done by means of the multiple multimedia tools that offer dynamism and a greater attractiveness to this academic qualification.







“

*This program is oriented to expand your competences on symptomatology, syndromes, and protocols of the spinal pathologies”*

## Module 1. Pilates in Spine disorders

- 1.1. Basic anatomical recall
  - 1.1.1. Osteology of the Spine
  - 1.1.2. Spinal myology
  - 1.1.3. Biomechanics of the Spine
  - 1.1.4. Conclusions
- 1.2. Frequent pathologies susceptible to treatment with Pilates
  - 1.2.1. Growth pathologies
  - 1.2.2. Pathologies in elderly patients
  - 1.2.3. Pathologies in the sedentary person
  - 1.2.4. Pathologies in the athlete
- 1.3. Exercises indicated in MATT, on Machines, and with Implements. General protocol
  - 1.3.1. Stretching exercises
  - 1.3.2. Core stabilization exercises
  - 1.3.3. Joint mobilization exercises
  - 1.3.4. Strengthening exercises
  - 1.3.5. Functional exercises
- 1.4. Disk Pathology
  - 1.4.1. Pathomechanics
  - 1.4.2. Disc syndromes
  - 1.4.3. Differences between types of pathologies
  - 1.4.4. Good Practices
- 1.5. Articular Pathology
  - 1.5.1. Pathomechanics
  - 1.5.2. Joint syndromes
  - 1.5.3. types of pathologies
  - 1.5.4. Conclusions
- 1.6. Muscular Pathology
  - 1.6.1. Pathomechanics
  - 1.6.2. Muscle syndromes
  - 1.6.3. Types of pathologies
  - 1.6.4. Conclusions





- 1.7. Cervical spine pathology
  - 1.7.1. Symptoms
  - 1.7.2. Cervical syndromes
  - 1.7.3. Specific protocols
  - 1.7.4. Conclusions
- 1.8. Dorsal Spine Pathology
  - 1.8.1. Symptoms
  - 1.8.2. Dorsal syndromes
  - 1.8.3. Specific protocols
  - 1.8.4. Conclusions
- 1.9. Lumbar Spine Pathology
  - 1.9.1. Symptoms
  - 1.9.2. Lumbar syndromes
  - 1.9.3. Specific protocols
  - 1.9.4. Conclusions
- 1.10. Sacroiliac Pathology
  - 1.10.1. Symptoms
  - 1.10.2. Lumbar syndromes
  - 1.10.3. Specific protocols
  - 1.10.4. Conclusions



*This Postgraduate Certificate includes the most innovative criteria on the use of Pilates as a therapeutic method"*

# 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. Gervas, 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.

“

*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.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".

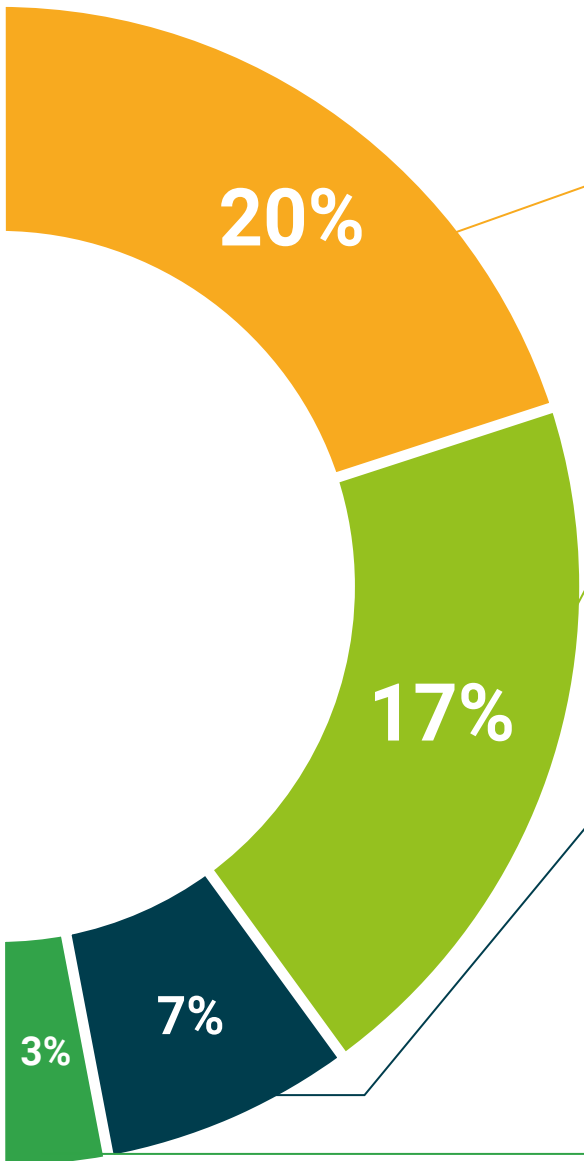


#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.







#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 05 Certificate

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



“

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

This **Postgraduate Certificate in Pilates in Spinal Disorders** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Pilates in Spinal Disorders**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION 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 languages  
virtual classroom



## Postgraduate Certificate Pilates in Spinal Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online



# Postgraduate Certificate

## Pilates in Spinal Disorders

