

# Postgraduate Certificate

## Spine and Limbs in Therapeutic Yoga



## Postgraduate Certificate Spine and Limbs in Therapeutic Yoga

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

Website: [www.techtitute.com/us/physiotherapy/postgraduate-certificate/spine-limb-therapeutic-yoga](http://www.techtitute.com/us/physiotherapy/postgraduate-certificate/spine-limb-therapeutic-yoga)

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# 01

# Introduction

Knowledge of the spine and limbs allows the physiotherapist to accurately assess the alignment and function of these structures in practitioners of Therapeutic Yoga. This allows them to design personalized programs that are tailored to each person's individual needs and identify postural imbalances to prevent and improve specific injuries and conditions. Consequently, TECH has developed a specialized program focused on this physical activity and its benefits for the patient's health. This is an academic program designed in a completely online format that offers the graduate a wide range of didactic tools created by a specialized teaching staff. In addition, it is taught under the most efficient teaching methodology, TECH Relearning.



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*An exhaustive didactic journey with which you will delve into the lower back and increase the elasticity of the spine”*

Therapeutic Yoga has proven to be effective in the recovery of patients suffering from spine and limb problems. Its adaptability and ability to complement medical treatments make it an essential option for physiotherapists to apply in professional practice.

In order to update the professional in the field of Therapeutic Yoga for the Spine and Limbs, an online Postgraduate Certificate designed by specialized instructors in the discipline has been created. The program offers a theoretical-practical perspective, additional multimedia resources and a syllabus that promise to bring the physiotherapist up to date in these complementary techniques.

This program also includes the participation of an international expert in Therapeutic Yoga, which consolidates this program as a guaranteed option to delve into this discipline. The materials, the masterclass and other fundamentals taught in the class are based on a solid scientific basis, which allows students to keep up to date with the latest knowledge.

This program is tailored to the needs of physiotherapy professionals looking to keep up to date through a flexible and convenient program. Access only requires a digital device with an Internet connection, making it ideal for those who need to reconcile their daily activities with a cutting-edge education.

This **Postgraduate Certificate in Spine and Limbs in Therapeutic Yoga** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ Case studies presented by Yoga experts
- ◆ 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 the self-assessment process can be carried out 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 multimedia material will provide high-quality images so that you can explore in detail the anatomy of the upper and lower limbs”*

“

*Update your knowledge in the most recent techniques of Therapeutic Yoga and implement them in the treatment of pathologies in the spine and limbs”*

*You will be able to access a virtual library full of relevant content to become an up-to-date professional in the axial and appendicular skeleton.*

*A 100% online Postgraduate Certificate with which you will learn about pelvic anteversion and retroversion through TECH's innovative methodology.*

The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized specialists from leading societies and prestigious universities.

The 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 immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby professionals must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02 Objectives

The purpose of this Postgraduate Certificate in Therapeutic Yoga in Spine and Limbs is to provide physiotherapists with an update of their praxis on the application of this technique in anatomical areas. In this way, they will be prepared to adjust the sessions according to the different pathologies presented by their patients, providing the necessary specific requirements of strengthening, mobility or elasticity in only 150 hours of intensive online education.







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*A Postgraduate Certificate with a duration of 6 weeks and a highly advanced thematic content focused on Yoga therapy for the spine and limbs”*



## General Objectives

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- ◆ Incorporate the knowledge and skills that are necessary for the correct development and application of Therapeutic Yoga techniques from a clinical point of view
- ◆ Create a Yoga program designed and based on scientific evidence
- ◆ Delve into the most appropriate asanas according to the characteristics of the person and their injuries
- ◆ Delve into studies on biomechanics and its application to the asanas of Therapeutic Yoga
- ◆ Describe the adaptation of Yoga asanas to the pathologies of each person
- ◆ Delve into the Neurophysiological bases of the existing meditative and relaxation techniques





## Specific Objectives

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- ◆ Describe the muscular, nervous and skeletal systems
- ◆ Delve into the anatomy and functions of the spine
- ◆ Delve into hip physiology
- ◆ Describe the morphology of the upper and lower limbs
- ◆ Delve into the Diaphragm and core

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*An academic program that will bring you up to date in the advanced techniques of Therapeutic Yoga applied to the Spine and Limbs”*

# 03

## Course Management

With the commitment to offer high-quality academic programs, TECH has carefully selected the instructors who teach this program. In this way, physiotherapists who decide to take this academic option will be able to update their knowledge on the application of Therapeutic Yoga in the Spine and Limbs with content created by recognized experts in this discipline. Throughout 6 weeks of the best content, the graduate will delve into the Spine and Limbs in Therapeutic Yoga with materials designed by authentic experts in this field.



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*Get up to date with great experts with international trajectory in Therapeutic Yoga”*

## International Guest Director

As the Director of Teachers and Head of Instructor Education at the Integral Yoga Institute in New York, Dianne Galliano is positioned as one of the most important figures in the field internationally. Her academic focus has been mainly therapeutic yoga, with more than 6,000 documented hours of teaching and continuing education.

In this way, her work has been to tutor, develop protocols and teaching criteria and provide continuing education to the instructors of the Integral Yoga Institute. She combines this work with her role as a therapist and instructor at other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa or the Educational Alliance: Center for Balanced Living.

Her work also extends to creating and directing yoga programs, developing exercises and assessing the challenges that may arise. Throughout her career she has worked with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults and even war veterans with a range of physical and mental health issues.

For each of them she performs careful and customized work, having treated people with osteoporosis, recovering from heart surgery or post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome and obesity. She has several certifications, most notably the E-RYT 500 from Yoga Alliance, Basic Life Support (BLS) from American Health Training and Certified Exercise Instructor from the Somatic Movement Center.



## Ms. Galliano, Dianne

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- Director of Teachers at Integral Yoga Institute - New York, USA
- Therapeutic Yoga Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa - New York
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Degree in Primary Education from the State University of New York
- Master's Degree in Therapeutic Yoga from the University of Maryland

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

## Management



### Ms. Escalona García, Zoraida

- ◆ Vice-president of the Spanish Association of Therapeutic Yoga
- ◆ Founder of the Air Core method (classes that combine TRX and Functional Training with Yoga)
- ◆ Therapeutic Yoga Trainer
- ◆ Degree in Biological Sciences from the Autonomous University of Madrid
- ◆ Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga, Yoga and Cancer Teaching Course
- ◆ Floor Pilates Instructor Course
- ◆ Phytotherapy and Nutrition Course
- ◆ Meditation Teaching Course

## Professors

### Ms. García, Mar

- ◆ Yoga Center Director and Yoga Instructor at Satnam Yoga
- ◆ Vinyasa Yoga Teacher
- ◆ Special Yoga Instructor
- ◆ Yoga Instructor for Children and Families





# 04

## Structure and Content

This academic offering includes a wide variety of concepts related to the anatomy and function of the spine and limbs. The syllabus covers everything from the muscular, nervous and skeletal systems to the different regions of the body, such as the pelvis and the upper and lower limbs. All this is presented through a series of online multimedia materials, such as interactive summaries and additional readings that will allow students to access them at any time and from anywhere thanks to its e-learning platform.



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*Delve into the importance of  
Isometric and Isotonic Contraction  
in the different modalities of Yoga”*

## Module 1. Spine and Limbs

- 1.1. The Muscular System
  - 1.1.1. Muscle: Functional unit
  - 1.1.2. Types of muscles
  - 1.1.3. Tonic and phasic muscles
  - 1.1.4. Isometric and isotonic contraction and its relevance in the styles of Yoga
- 1.2. Nervous system
  - 1.2.1. Neurons: Functional unit
  - 1.2.2. Central Nervous System: Brain and Spinal Cord
  - 1.2.3. Somatic peripheral nervous system: Nerves
  - 1.2.4. Autonomic peripheral nervous system: Sympathetic and Parasympathetic
- 1.3. Skeletal System
  - 1.3.1. Osteocyte: Functional unit
  - 1.3.2. Axial and appendicular skeleton
  - 1.3.3. Tendons
  - 1.3.4. Ligaments
- 1.4. Spine
  - 1.4.1. Evolution of the spine and functions
  - 1.4.2. Structure
  - 1.4.3. Vertebra type
  - 1.4.4. Spine movements
- 1.5. Cervical and Dorsal Region
  - 1.5.1. Cervical vertebrae: typical and atypical
  - 1.5.2. Dorsal vertebrae
  - 1.5.3. Major muscles of the cervical region
  - 1.5.4. Major muscles of the dorsal region
- 1.6. Lumbar Region
  - 1.6.1. Lumbar vertebrae
  - 1.6.2. Sacrum
  - 1.6.3. Coccyx
  - 1.6.4. Major muscles



- 1.7. Pelvis
  - 1.7.1. Anatomy: Difference between male and female pelvis
  - 1.7.2. Two key concepts: Anteversion and retroversion
  - 1.7.3. Major muscles
  - 1.7.4. Pelvic floor
- 1.8. Upper Limbs
  - 1.8.1. Shoulder joint
  - 1.8.2. Rotator cuff muscles
  - 1.8.3. Arm, elbow and forearm
  - 1.8.4. Major muscles
- 1.9. Lower Limbs
  - 1.9.1. Coxofemoral joint
  - 1.9.2. Knee: Tibiofemoral and patellofemoral joint
  - 1.9.3. Knee ligaments and meniscus
  - 1.9.4. Major muscles of the leg
- 1.10. Diaphragm and core
  - 1.10.1. Anatomy of the diaphragm
  - 1.10.2. Diaphragm and breathing
  - 1.10.3. Core muscles
  - 1.10.4. Core and its importance in Yoga



*Get up to date on the core and its importance in Yoga with the most comprehensive syllabus and the most effective methodology, TECH's Relearning"*



# 05

# 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.





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*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.



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.



06

# Certificate

The Postgraduate Certificate in Spine and Limbs in Therapeutic Yoga guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Spine and Limbs in Therapeutic Yoga** 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 Spine and Limbs in Therapeutic Yoga**

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



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