

# Postgraduate Certificate

## Therapeutic Pilates for General Pathology





## Postgraduate Certificate Therapeutic Pilates for General Pathology

- » 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/therapeutic-pilates-general-pathology](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/therapeutic-pilates-general-pathology)

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# 01

# Introduction

One of the physical activity disciplines that has become more consolidated in recent years to address general pathologies with less impact is the Pilates Method. Its techniques allow the treatment of patients with neurological and musculoskeletal problems in an optimal way, which has led to its integration as a therapeutic strategy in the field of Physiotherapy. As a result of this development in this area, this 100% online TECH qualification is born, leading the graduate to complete an update on the most effective techniques, indications, and indications of each exercise in patients with Parkinson's, Cerebral Palsy, or Osteoporosis. In this way, in only 6 weeks and from a theoretical-practical approach, the graduate will achieve an effective update in Therapeutic Pilates.



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*This Postgraduate Certificate is oriented to provide advanced information on the different pathologies, their description, and their adaptation to the exercises of Therapeutic Pilates”*

Therapeutic Pilates has become one of the most effective alternatives to treat neurological pathology. At the same time, it continues to be an area of constant research that allows perfecting the techniques of this method for the different musculoskeletal or neurological conditions of the patient.

In this context, Physiotherapy has been nourished by the progress of this discipline, incorporating its advances as a complement to traditional therapies. For this reason, TECH has developed this Postgraduate Certificate that will offer the professional the most recent updates on Therapeutic Pilates for General Pathology.

In this academic program, the specialist will broaden his knowledge of criteria such as the approach to the Pelvic Floor Problem, its incidence, and prevalence, and will inquire into the indicated and contraindicated exercises to avoid this health issue. You will also delve into the integration of different techniques to treat patients with Parkinson's, Multiple Sclerosis, Cerebral Palsy, or Osteoporosis, a complete syllabus developed by a great specialized faculty and accompanied by a variety of high-quality audiovisual tools.

In TECH, it is also much easier and more practical to get an update since the 100% online mode facilitates access to the program content from any electronic device with an Internet connection. Likewise, the comprehensive *Relearning* methodology will help the graduate to consolidate the didactic process, allowing them to develop practical skills during the 150 teaching hours of this qualification.

This **Postgraduate Certificate in Therapeutic Pilates for General Pathology** 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 focused on Therapeutic 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



*At TECH, professionals will update their knowledge based on the latest therapeutic techniques"*

“*Therapeutic Pilates has become one of the most effective alternatives to treat neurological pathology. Update your knowledge with this program*”

The program's teaching staff includes professionals from the 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.

*You will expand your knowledge about the management of pelvic floor issues, their incidence, and their prevalence.*

*With the 100% online modality, you only need to access the virtual platform with an electronic device with an Internet connection to visualize the syllabus.*




# 02 Objectives

This Postgraduate Certificate in Therapeutic Pilates for General Pathology has been created primarily to provide the professional with the most recent updates in the field of Physical Therapy. That is why TECH provides its students with Academic innovation tools, guaranteeing success in the qualification process. At the end of this program, the specialist will have nurtured his knowledge about neurological assessment focused on Pilates, tests, scales, or the multiple existing exercises in this discipline.







“TECH provides its students with tools for academic innovation, successfully guaranteeing the process of updating competencies in this qualification”



## General Objectives

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- ◆ 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

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- ◆ Master the characteristics of each pathology
- ◆ Identify the main alterations of each pathology
- ◆ Address the alterations through exercises based on the Pilates Method

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*Learn with the best multimedia didactic material into the main alterations of each pathology thanks to TECH”*

# 03

## Course Management

The teachers of this academic program are highly specialized in the use of Therapeutic Pilates to address different pathologies. These experts have applied their knowledge in Neurological Physiotherapy and assessment and treatment techniques in a syllabus that provides the updated competencies the graduate seeks. Likewise, his wide experience and deep knowledge of Therapeutic Pilates will allow the graduate to solve doubts or answer questions that may arise during the course of this program.





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*These experts have applied their knowledge in Neurological Physiotherapy throughout the 150 teaching hours of this program”*

## 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

## Professors

### Ms. García Ibáñez, Marina

- ◆ Physiotherapist at Foundation Multiple Sclerosis of Madrid and private consultation at home
- ◆ Physiotherapist for home treatment in pediatrics and adults with neurological pathology
- ◆ Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ◆ Physiotherapist and Psychologist in Kinés Clinic
- ◆ Physiotherapist in San Nicolás Clinic
- ◆ Master's Degree in Neurological Physiotherapy: Techniques of Assessment and Treatment at the European University of Madrid
- ◆ Expert in Neurological Physiotherapy at the European University of Madrid
- ◆ Degree in Psychology from the National University of Distance Education



# 04

# Structure and Content

This program has been created and guided according to the most recent research in the physiotherapeutic field, establishing a curriculum that provides great content on Therapeutic Pilates for General Pathology. This Postgraduate Certificate is oriented to provide advanced information about Neurological Assessment focused on Pilates, the Nervous System, and the different pathologies, its description, and its adaptation to Therapeutic Pilates exercises. All this is done by means of the multiple multimedia tools that offer dynamism and a greater attractiveness to this university qualification.







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*This program establishes a curriculum that provides a broad range of content on Therapeutic Pilates for General Pathology”*

## Module 1. General pathology and its treatment with Pilates

- 1.1. Nervous system
  - 1.1.1. Central Nervous System
  - 1.1.2. Peripheral Nervous System
  - 1.1.3. Brief description of neural pathways
  - 1.1.4. Benefits of Pilates in neurological pathology
- 1.2. Neurological assessment focused on Pilates
  - 1.2.1. Medical History
  - 1.2.2. Strength and tone assessment
  - 1.2.3. Sensitivity assessment
  - 1.2.4. Tests and scales
- 1.3. Most prevalent neurological pathologies and scientific evidence in Pilates
  - 1.3.1. Brief description of the pathologies
  - 1.3.2. Basic principles of Pilates in neurological pathology
  - 1.3.3. Adaptation of Pilates positions
  - 1.3.4. Adaptation of Pilates Exercises
- 1.4. Multiple Sclerosis
  - 1.4.1. Pathology description
  - 1.4.2. Assessment of the patient's capabilities
  - 1.4.3. Adaptation of Pilates exercises on floor
  - 1.4.4. Adaptation of Pilates exercises with elements
- 1.5. Stroke
  - 1.5.1. Pathology description
  - 1.5.2. Assessment of the patient's capabilities
  - 1.5.3. Adaptation of Pilates exercises on floor
  - 1.5.4. Adaptation of Pilates exercises with elements
- 1.6. Parkinson's Disease
  - 1.6.1. Pathology description
  - 1.6.2. Assessment of the patient's capabilities
  - 1.6.3. Adaptation of Pilates exercises on floor
  - 1.6.4. Adaptation of Pilates exercises with elements





- 1.7. Cerebral Palsy
  - 1.7.1. Pathology description
  - 1.7.2. Assessment of the patient's capabilities
  - 1.7.3. Adaptation of Pilates exercises on floor
  - 1.7.4. Adaptation of Pilates exercises with elements
- 1.8. Older adults
  - 1.8.1. Age-related pathologies
  - 1.8.2. Assessment of the patient's capabilities
  - 1.8.3. Indicated exercises
  - 1.8.4. Contraindicated exercises
- 1.9. Osteoporosis
  - 1.9.1. Pathology description
  - 1.9.2. Assessment of the patient's capabilities
  - 1.9.3. Indicated exercises
  - 1.9.4. Contraindicated exercises
- 1.10. Pelvic Floor Disorders: urinary incontinence
  - 1.10.1. Pathology description
  - 1.10.2. Incidence and Prevalence
  - 1.10.3. Indicated exercises
  - 1.10.4. Contraindicated exercises



*Get the most suitable exercises to treat patients with pelvic floor problems or osteoporosis as a physio*

# 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.





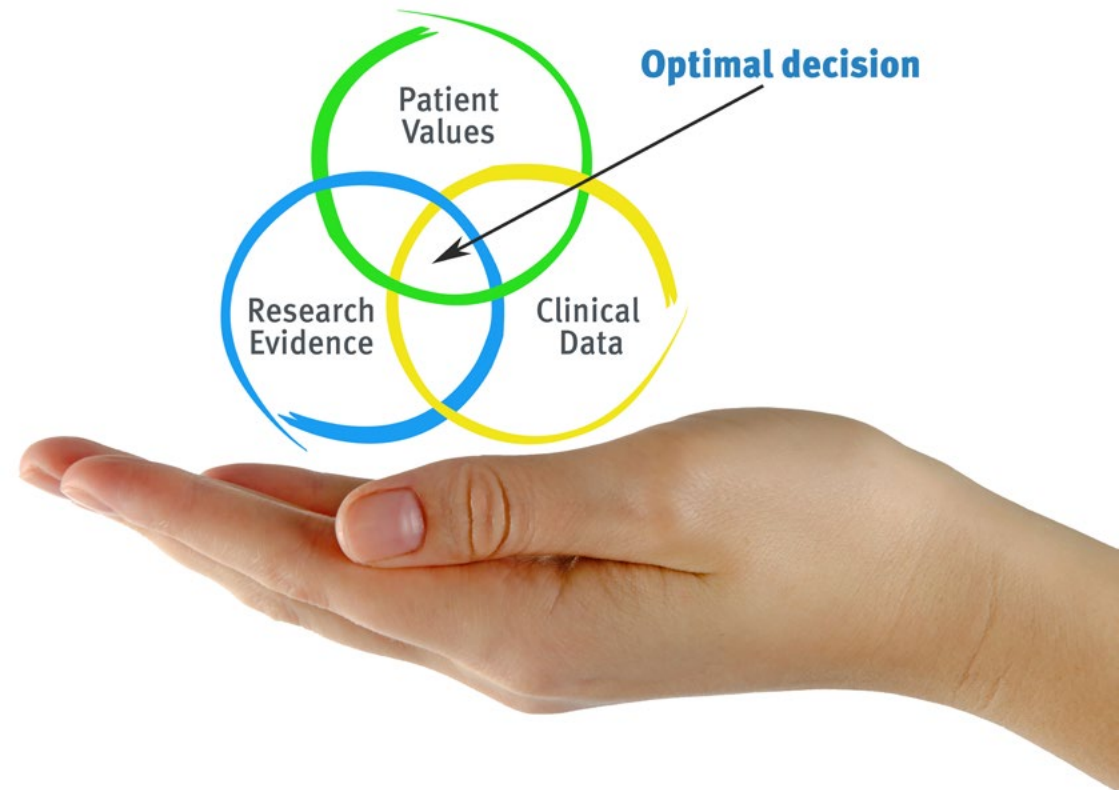
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

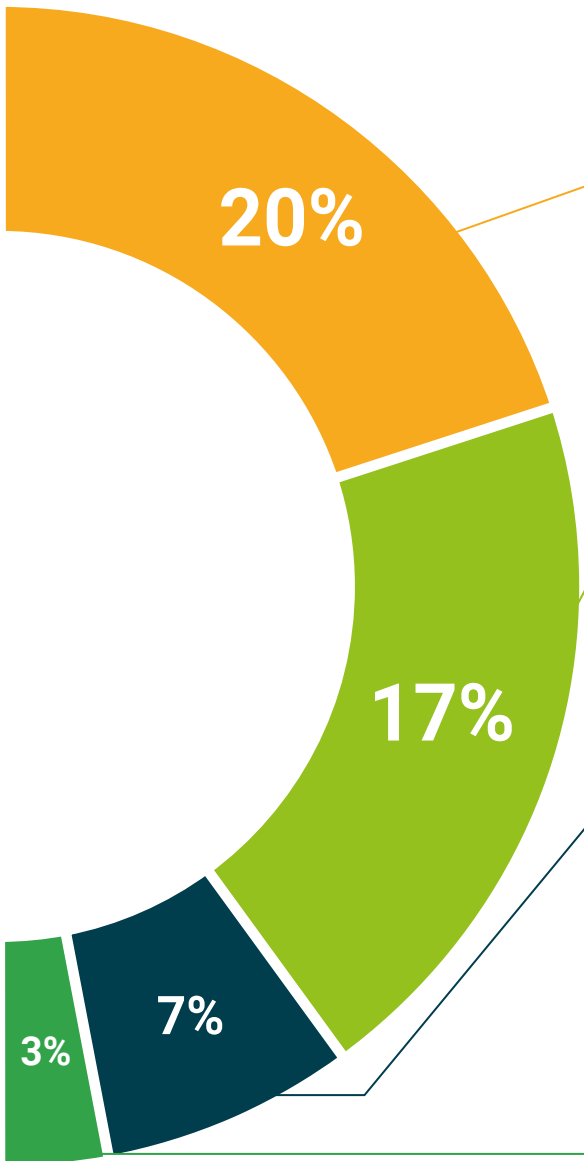
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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 Therapeutic Pilates for General Pathology 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 Therapeutic Pilates for General Pathology** 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 Therapeutic Pilates for General Pathology**

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 language  
virtual classroom

**tech** technological  
university

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