

Postgraduate Certificate

Upper Limbs and Sports Injuries

Endorsed by the NBA





Postgraduate Certificate Upper Limbs and Sports Injuries

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 7 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/physiotherapy/postgraduate-certificate/upper-limbs-sports-injuries

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01

Introduction

Upper limb work is very common in sports physiotherapy. The approach to its problems and injuries is currently greatly enhanced by the intervention of the most innovative and efficient systems. This Postgraduate Certificate will place you at the forefront of advanced intervention, with mastery of the most up-to-date practices in this area.



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Increase the competitiveness of your professional profile with a high-quality Postgraduate Certificate at the world's largest online university”

The upper limbs are involved in a large number of sports in which throwing, propulsion and strength are common factors of great value in the athlete's performance.

The great variety of injuries that can affect the proper performance of the movements outlined above, are described in this module by a group of physiotherapists who develop their work in sports where the upper limbs are protagonists; tennis, swimming, mountaineering, etc. The shoulder and elbow are precisely two of the areas where athletes suffer frequent injuries, which increases the urgency and importance of updating knowledge about these areas.

The process of functional assessment, by means of validated tests, the approach of therapeutic objectives and their achievement by means of the most appropriate, evidence-based techniques, to ensure the total recovery of the athlete, form a common thread in this highly applicable module that is designed to offer a direct relationship between anatomical level and the frequent injury-most common scenario, giving it, therefore, a great preventive value.

A complete compendium that the professionals will find extremely useful and interesting to grow in their profession

Throughout the Postgraduate Certificate, the physiotherapy professional will learn about the injury processes and the planning of diagnostic, functional, therapeutic and preventive means that guarantee the full functional recovery of the injured person.

You will also gain knowledge on advanced areas of assessment, which will allow the physiotherapist to maximize therapeutic resources in the process of care for the athlete.

And, to conclude, an educational journey that will allow you to develop care models based on the most up-to-date evidence in the most common sports environments.

This **Postgraduate Certificate in Upper Limbs and Sports Injuries** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ The latest technology in online teaching software
- ♦ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ♦ Practical cases presented by practicing experts
- ♦ State-of-the-art interactive video systems
- ♦ Teaching supported by telepractice
- ♦ Continuous updating and recycling systems
- ♦ Autonomous learning: full compatibility with other occupations
- ♦ Practical exercises for self-assessment and learning verification
- ♦ Support groups and educational synergies: questions to the expert, debate and knowledge forums
- ♦ Communication with the teacher and individual reflection work
- ♦ Content that is accessible from any fixed or portable device
- ♦ Complementary documentation databases available permanently, even after the course ends



A comprehensive Postgraduate Certificate created for physiotherapy professionals, which will allow you to balance your training with other occupations and access from anywhere with total flexibility”

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An effective and safe Postgraduate Certificate, which will take you through an interesting learning process, so that you acquire all the knowledge of an expert in the field”

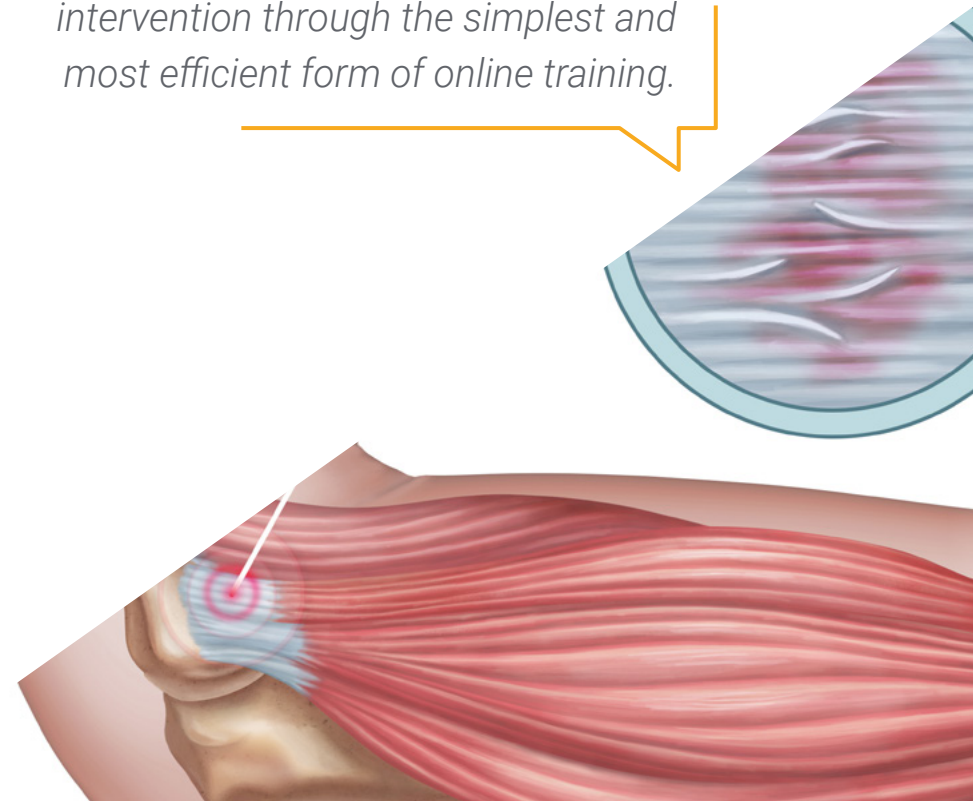
Our teaching staff is made up of working professionals. In this way we ensure that we deliver the educational update we are aiming for. A multidisciplinary team of professionals trained and experienced in different environments, who will cover the theoretical knowledge in an efficient way, but, above all, will put university the practical knowledge derived from their own experience at the service of the course: one of the differential qualities of this course.

This mastery of the subject is complemented by the effectiveness of the methodology used in the design of this course. Developed by a multidisciplinary team of *E-Learning* experts, it integrates the latest advances in educational technology. In this way, you will be able to study with a range of comfortable and versatile multimedia tools that will give you the operability you need for your training.

The design of this program is based on Problem-Based Learning: an approach that conceives learning as a highly practical process. To achieve this remotely, we will use telepractice learning: with the help of an innovative interactive video system, and *learning from an expert*, you will be able to acquire the knowledge as if you were actually dealing with the scenario you are learning about. This concept will enable you to integrate and consolidate learning in a more realistic and lasting way.

With a methodological design based on proven teaching techniques, this course will take you through different teaching approaches to allow you to learn in a dynamic and effective way.

Update yourself on the methods used by frontline professionals in sports physiotherapy for upper limb intervention through the simplest and most efficient form of online training.



02 Objectives

This comprehensive Postgraduate Certificate has been created from start to finish with the purpose of becoming a tool for personal and professional growth for physiotherapists. Its goal is to guide you through training that will allow you to acquire the most up-to-date knowledge and techniques for the most advanced and competitive practice in this field.





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Learn the most effective and advanced ways of working with the upper limb and grow in your profession to the forefront of competitiveness”



General Objectives

- ♦ Understand the pathomechanical bases that support the most frequent sports injuries by region or sport
- ♦ Develop the therapeutic options from the fundamentals of Evidence-Based Physiotherapy for a better understanding of the injuries and their approach
- ♦ Possess knowledge of advanced musculoskeletal examination and the alterations that can be found within it
- ♦ Know the fundamentals of modern approaches to pain management, tissue repair and normal movement disorders, necessary for correct sporting gestures
- ♦ Formulate a physiotherapy diagnosis according to internationally recognized standards and scientific validation tools
- ♦ Develop skills in functional assessment through interviews, observation, measurement, and planning in physiotherapy interventions
- ♦ Execute, direct and coordinate the physiotherapy intervention plan, taking into account the principles of patient individuality, using the therapeutic tools of physiotherapy, that is, the different methods, procedures, actions and techniques, to treat the alterations caused by sports injuries, relating the current pathophysiological knowledge with the physiotherapy treatment
- ♦ Assess the evolution of the results obtained with the treatment, in relation to the objectives set and the established outcome criteria and if appropriate, redesign the objectives and adapt the intervention or treatment plan





Specific Objectives

- ♦ Evaluate the intrinsic and extrinsic factors that may trigger the onset of injury in the upper limbs
- ♦ Formulate functional diagnoses that correlate the user's condition with pathophysiological limitations
- ♦ Design physiotherapy intervention protocols tailored to the injured anatomical region and the sport performed
- ♦ Educate the patient and other collaborators in the actions for detecting and assessing risks



A high-level educational process in a program created to develop the best professionals in Sports Physiotherapy"

03

Course Management

As part of the total quality concept of our Postgraduate Certificate, we are proud to offer you a teaching team of the highest level, selected for their proven experience. Professionals from different areas and fields of expertise that make up a complete multidisciplinary team. A unique opportunity to learn from the best.





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With the expertise of industry professionals who will teach you based on the reality of the sector in a contextual and realistic learning”

Management



Dr. Martínez Gómez, Rafael

- CEO and Founder of RehabMG
- Doctor in Physical Activity and Sports Sciences
- Master's Degree in Biomechanics and Sports Physiotherapy
- Bachelor's Degree in Physiotherapy



04

Structure and Content

The contents of this Postgraduate Certificate have been developed by the various renowned faculty members of this course. As such, TECH Global University has a clear objective: to ensure that our students acquire each and every skill necessary to become true experts in the field of Sports Physiotherapy. All of this makes it a comprehensive and well-structured program that will lead you towards the highest standards of quality and success.



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A comprehensive syllabus that will take you gradually through each and every one of the lessons that the professional sports physiotherapist needs. With an added bonus: the commitment to excellence that characterizes us”

Module 1. Upper Limbs and Sports Injuries

- 1.1. Muscle Injuries of the Upper Limbs and Classification
- 1.2. Muscle Injuries of the Upper Limbs
 - 1.2.1. Clinical Assessment
 - 1.2.2. Examination
 - 1.2.3. Diagnostic Imaging
- 1.3. Muscle Injuries of the Upper Limbs: Conservative Treatment vs. Surgical Treatment
- 1.4. Muscle Injuries of the Upper Limbs
 - 1.4.1. Principles of Recovery
 - 1.4.2. Phases
 - 1.4.3. Objectives and Interventions
- 1.5. Muscle Injuries of the Upper Limbs: Prevention and Motor Control
- 1.6. Glenohumeral Dislocation in Professional Football I
 - 1.6.1. Etiology
 - 1.6.2. Types
- 1.7. Glenohumeral Dislocation in Professional Football II
 - 1.7.1. Functional Assessment
 - 1.7.2. Diagnosis and Clinical Reasoning
- 1.8. Glenohumeral Dislocation in Professional Soccer: Physiotherapeutic Treatment
- 1.9. Glenohumeral Dislocation in Professional Football: Prevention and "Return to Play"
- 1.10. Tendinopathies of the Elbow: Assessment
- 1.11. Joint and Ligament Injuries of the Elbow: Assessment
- 1.12. Treatment Protocols





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A comprehensive teaching program, structured in well-developed teaching units, oriented toward a high impact learning and qualification”

05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

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TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

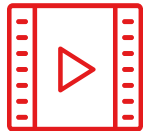
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

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

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

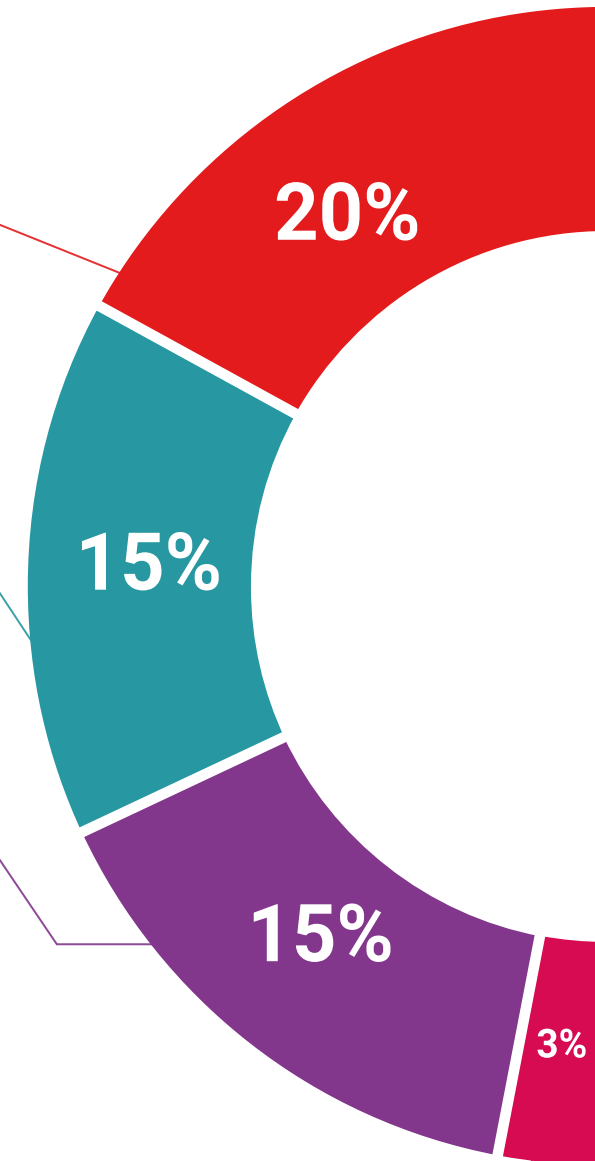
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

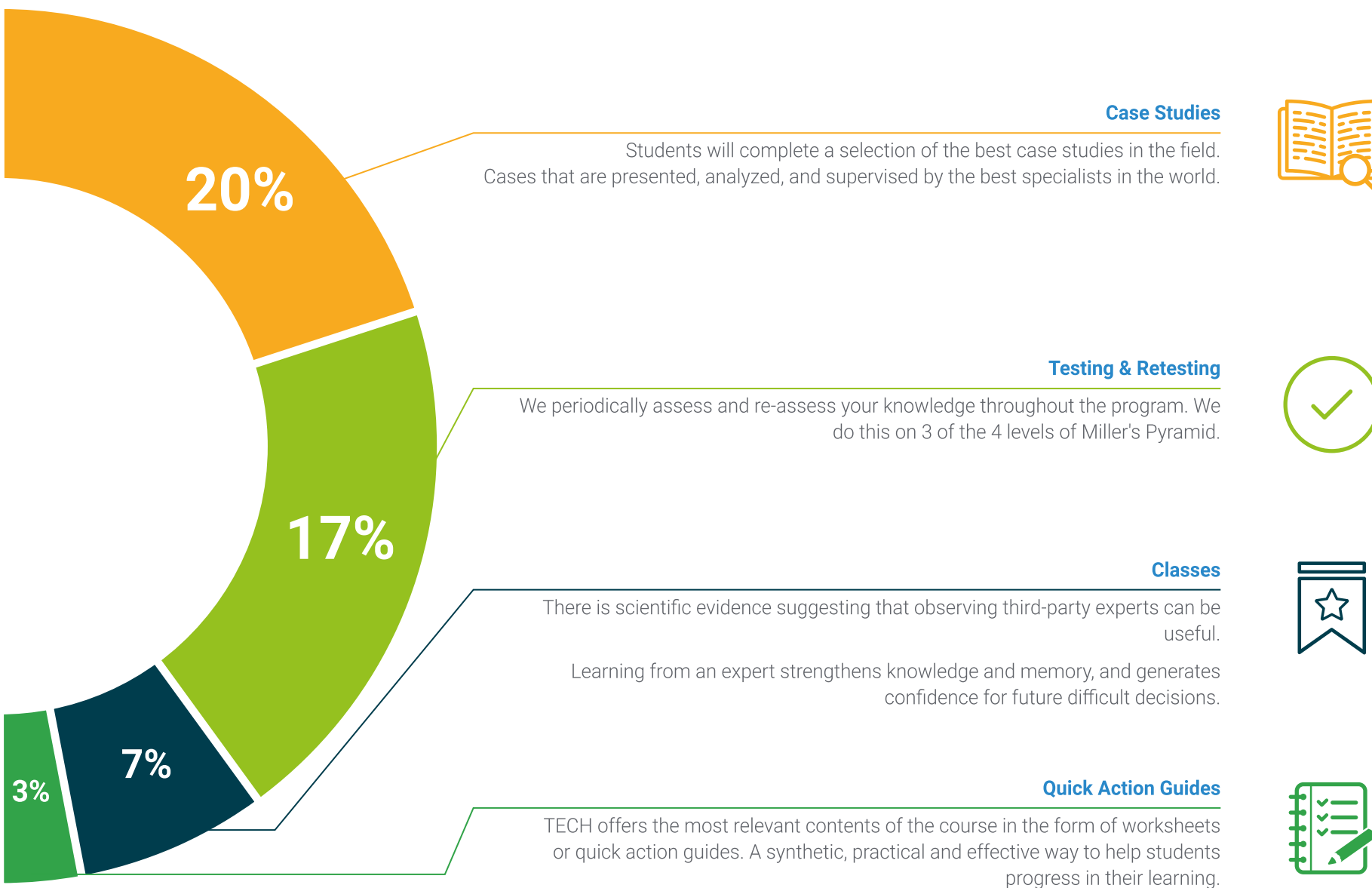
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





06 Certificate

The Postgraduate Certificate in Upper Limbs and Sports Injuries guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Certificate issued by TECH Global University.



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

This private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Upper Limbs and Sports Injuries** endorsed by TECH Global University, the world's largest online university.

TECH Global University, is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Upper Limbs and Sports Injuries**

Modality: **online**

Duration: **6 weeks**

Accreditation: **7 ECTS**





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