

# Postgraduate Certificate

## Use of Interferential Currents in Physiotherapy





## Postgraduate Certificate Use of Interferential Currents in Physiotherapy

- » 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/use-interferential-currents-physiotherapy](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/use-interferential-currents-physiotherapy)

# 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

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*p. 28*

# 01

# Introduction

Interferential currents are used with the aim of toning and shaping large muscle masses. These types of techniques are becoming more and more frequent and, like other areas of physiotherapy, they are constantly advancing and require professionals to master them. This is the reason why TECH has created a program with which it seeks to provide students with the knowledge and skills necessary to be able to face their work with the highest possible quality and obtaining the best results. Accordingly, the syllabus covers topics such as the fundamentals, main parameters, effects and contraindications of interferential currents. All this, in a comfortable 100% online modality and with the most updated contents.





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*Become an expert in Interferential Currents in only 6 weeks and with total freedom of organization"*

Interferential current is the phenomenon that occurs when two or more simultaneous oscillations are applied at the same point with the aim of toning large muscle masses such as the gluteus, hamstrings, abdominals, quadriceps and even smaller groups such as the biceps and triceps. Therefore, it is becoming more and more frequent that physiotherapy centers require professionals to master this technique, which must be mastered and needs to have specific skills.

This is the reason why TECH has designed a Postgraduate Certificate in the Use of Interferential Currents in Physiotherapy, with the aim of enhancing the professional career of those students who are interested in improving their skills and dedicating their work to this area. And with that goal in mind, a syllabus has been created that addresses topics such as the Concepts of Accommodation, the main types of electrodes and the basics of interferential currents, as well as their main parameters and recommendations or contraindications.

All this, with the most complete multimedia contents, the most advanced teaching technologies and the most updated information, combined with a great variety of activities and practical exercises. Moreover, in a 100% online mode, which allows students to organize themselves freely and access all the content from the first moment, without the need to travel or interfere with their daily activities.

This **Postgraduate Certificate in Use of Interferential Currents in Physiotherapy** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ The development of case studies presented by experts in Use of Interferential Currents in Physiotherapy
- ♦ 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



*Stand out in a sector of Physiotherapy with great projection and that will give you the opportunity you need to grow professionally"*

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*Learn about the main effects of low and high frequency, as well as their application methods and test yourself with the wide variety of practical activities available”*

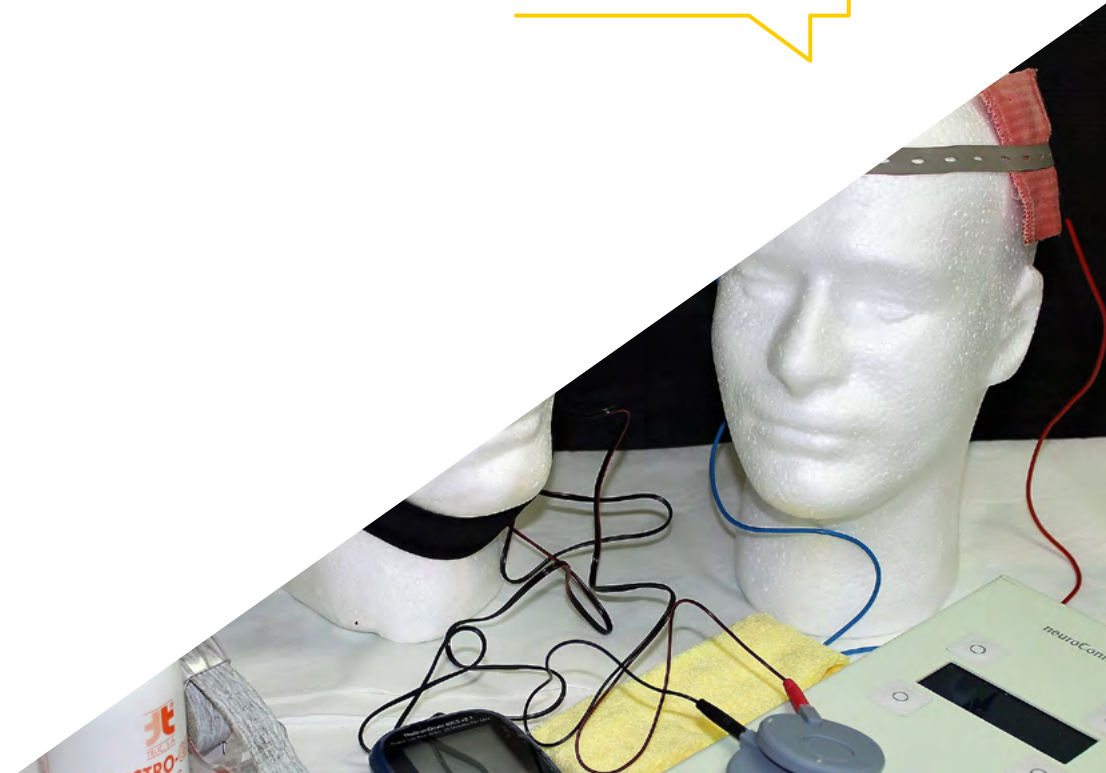
The program’s teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Enroll now and deepen your knowledge in the application of different types of electrodes.*

*Become an expert in Interferential Currents in just 6 weeks.*



# 02 Objectives

The objective of this program is to provide students with the most appropriate knowledge and skills to be able to face a future in this area of physiotherapy, with full capacity and with the highest possible quality. All this, thanks to the practical activities and theoretical content that TECH has designed specifically for professionals in this sector.







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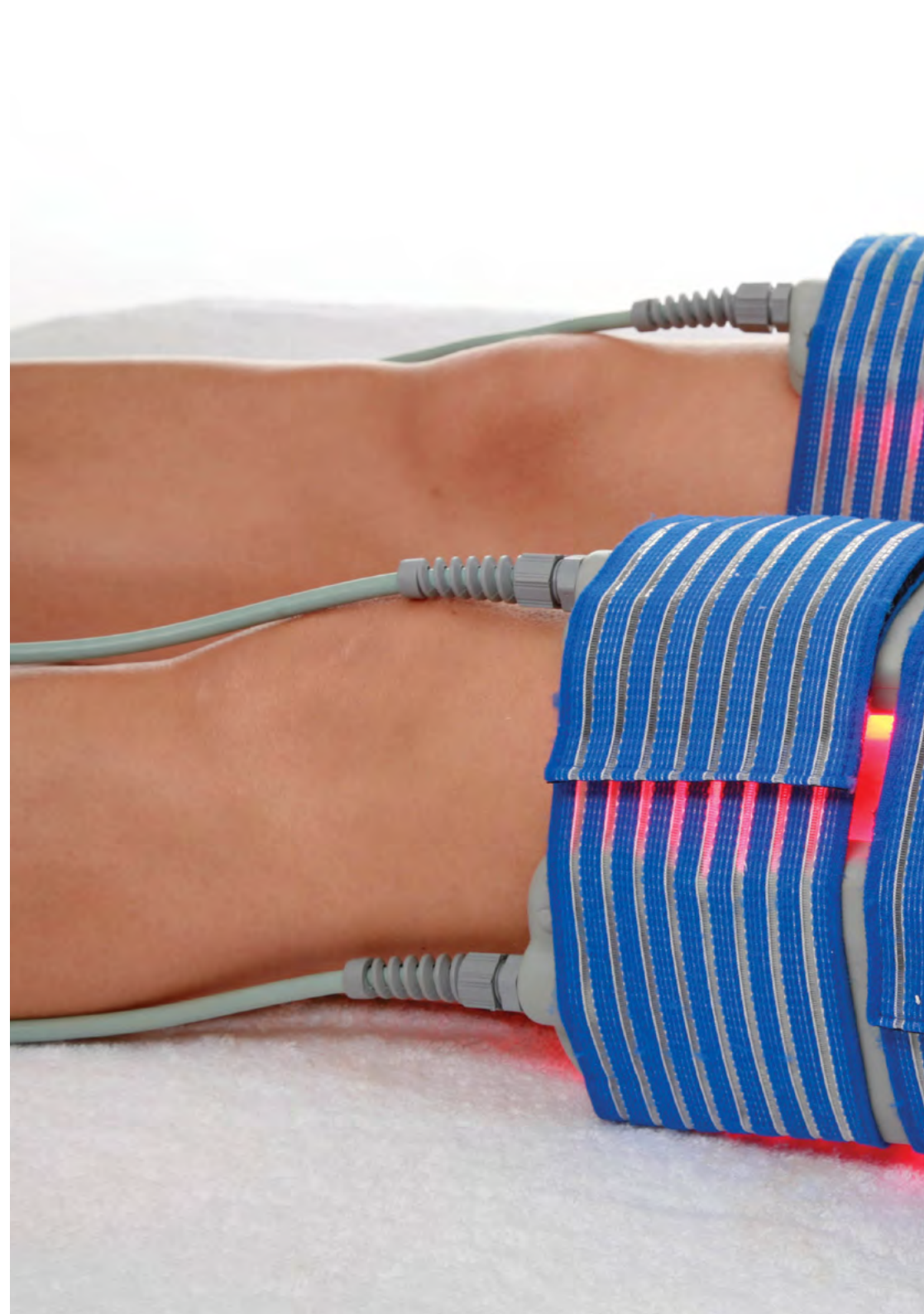
*Achieve your most demanding goals in a short time and with the maximum efficiency possible, thanks to TECH and its team of experts in Interferential Currents in Physiotherapy”*



## General Objectives

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- ♦ Update your knowledge of the rehabilitation professional in the field of electrotherapy
- ♦ Promote work strategies based on a comprehensive approach to the patient as a standard model for achieving excellent care
- ♦ Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online workshops simulation and/or specific training
- ♦ Encourage professional stimulation through continuing education and research





## Specific Objectives

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- ◆ Identify the main effects of high frequency
- ◆ Discover the latest high frequency applications

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*Get a position in one of the areas of physiotherapy with the greatest potential and put your acquired knowledge to the test, with a total guarantee of success”*

# 03

## Course Management

For the creation and design of the contents of this course, TECH has relied on leading experts in the field, who have put all their experience and dedication to develop the best possible curriculum and that is a unique opportunity in the academic market. These specialists in the Use of Interferential Currents in Physiotherapy are a guarantee that completing this program will result in an optimal assimilation of knowledge and an enormous improvement in the student's skills.





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*Achieve your goals and stand out in the physiotherapy sector, thanks to the excellent team of experts at TECH”*

## Management



### Dr. León Hernández, Jose Vicente

- ♦ Physiotherapist expert in the Study and Treatment of Pain and Manual Therapy
- ♦ Doctorate in Physiotherapy from the Rey Juan Carlos University
- ♦ Master's Degree in the Study and Treatment of Pain from the Rey Juan Carlos University
- ♦ Degree in Chemical Sciences from the Complutense University of Madrid, specializing in Biochemistry
- ♦ Diploma in Physiotherapy from the Alfonso X el Sabio University
- ♦ Member and training coordinator at the Institute of Neuroscience and Movement Sciences

## Professors

### Mr. Suso Martí, Luis

- ♦ Physiotherapist
- ♦ Researcher at the Institute for Neurosciences and Movement Sciences
- ♦ Contributor to the popular science magazine NeuroRhab News
- ♦ Physiotherapy Degree: University of Valencia
- ♦ Doctorate, Autonomous University of Madrid
- ♦ Degree in Psychology. Open University of Catalonia
- ♦ Master's Degree in "Advanced Physiotherapy in Pain Management"

### Ms. Merayo Fernández, Lucía

- ♦ Physiotherapist Expert in Pain Management
- ♦ Physiotherapist in the Navarra Health Service
- ♦ Physiotherapist. Doctor San Martin Ambulatory
- ♦ Degree in Physiotherapy
- ♦ Professional Master's Degree in Advanced Physiotherapy in Musculoskeletal Pain Management

**Dr. Cuenca Martínez, Ferrán**

- ♦ Physiotherapist Expert in Pain Management
- ♦ Physiotherapist at FisioCranioClinic
- ♦ Physiotherapist at the Institute of Functional Rehabilitation La Salle
- ♦ Researcher at the Center for Higher University Studies (CSEU La Salle)
- ♦ Researcher at EXINH Research Group
- ♦ Researcher in the Motion in Brans Research Group of the Institute of Neuroscience and Movement Sciences (INCIMOV)
- ♦ Chief editor of The Journal of Move and Therapeutic Science
- ♦ Editor and publisher of NeuroRehab News magazine
- ♦ Author of several scientific articles in national and international journals
- ♦ PhD in Medicine and Surgery from the Autonomous University of Madrid
- ♦ Graduate in Physiotherapy from the University of Valencia
- ♦ Master's Degree in Advanced Physiotherapy in Pain Treatment by the UAM

**Mr. Losana Ferrer, Alejandro**

- ♦ Clinical Physiotherapist and Trainer in New Technologies for Rehabilitation at Rebiotex
- ♦ Physiotherapist at CEMTRO Clinic
- ♦ Professional Master's Degree in Advanced Physiotherapy in Musculoskeletal Pain Management
- ♦ Expert in Neuroorthopedic Manual Therapy
- ♦ University Advanced Training in Therapeutic Exercise and Invasive Physiotherapy for Musculoskeletal Pain
- ♦ Graduate in Physiotherapy in La Salle

**Dr. Gurdíel Álvarez, Francisco**

- ♦ Physiotherapist at Powerexplosive
- ♦ Physiotherapist at Fisad Clinic
- ♦ Physiotherapist for Ponferradina Sports Society
- ♦ D. in Health Sciences from the Rey Juan Carlos University
- ♦ Degree in Physiotherapy by the University of Leon
- ♦ Degree in Psychology from UNED
- ♦ Master in Advanced Physiotherapy in the Treatment of Musculoskeletal Pain by the Autonomous University of Madrid
- ♦ Expert in Orthopedic Manual Therapy and Myofascial Pain Syndrome by the European University

# 04

## Structure and Content

The design of the structure and contents of this study plan has arisen from the complete dedication of the reputed professionals who make up the TECH team and who have a great professional trajectory in the field of the use of Interferential Currents. In addition, they have created the program based on the pedagogical methodology of *Relearning*, which greatly facilitates the assimilation of the contents and the subsequent implementation of such knowledge by the student.





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*A curriculum designed by the best and with which you will be able to reach your highest goals in the physiotherapy sector"*

## Module 1. Interferential Currents

- 1.1. Fundamentals of Interferential Currents
  - 1.1.1. Interferential Current Concept
  - 1.1.2. Main Properties of Interferential Currents
  - 1.1.3. Characteristics and Effects of Interferential Currents
- 1.2. Main Parameters of Interferential Currents
  - 1.2.1. Introduction to the Different Parameters
  - 1.2.2. Types of Frequencies and Effects Produced
  - 1.2.3. Relevance of Application Time
  - 1.2.4. Types of Applications and Parameters
- 1.3. Effects of High Frequency
  - 1.3.1. Concept of High Frequency in Interferential Streams
  - 1.3.2. Main Effects of High Frequency
  - 1.3.3. Application of High Frequency
- 1.4. Concept of Accommodation. Importance and Adjustment of the Frequency Spectrum
  - 1.4.1. Low-Frequency Concept in Interferential Currents
  - 1.4.2. Main Effects of Low Frequency
  - 1.4.3. Low-Frequency Application
- 1.5. Electrodes. Types and Application
  - 1.5.1. Main Types of Electrodes in Interferential Currents
  - 1.5.2. Relevance of Electrode Types in Interferential Currents
  - 1.5.3. Application of Different Types of Electrodes
- 1.6. Practical Applications
  - 1.6.1. Recommendations for the Application of Interferential Currents
  - 1.6.2. Techniques for the Application of Interferential Currents
- 1.7. Contraindications
  - 1.7.1. Contraindications to the Use of Interferential Currents
  - 1.7.2. Recommendations for Safe Practice Using Interferential Currents





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*Enjoy all the content from day one and access a wide variety of additional material, available on the Virtual Campus”*

# 05

# Methodology

This 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.





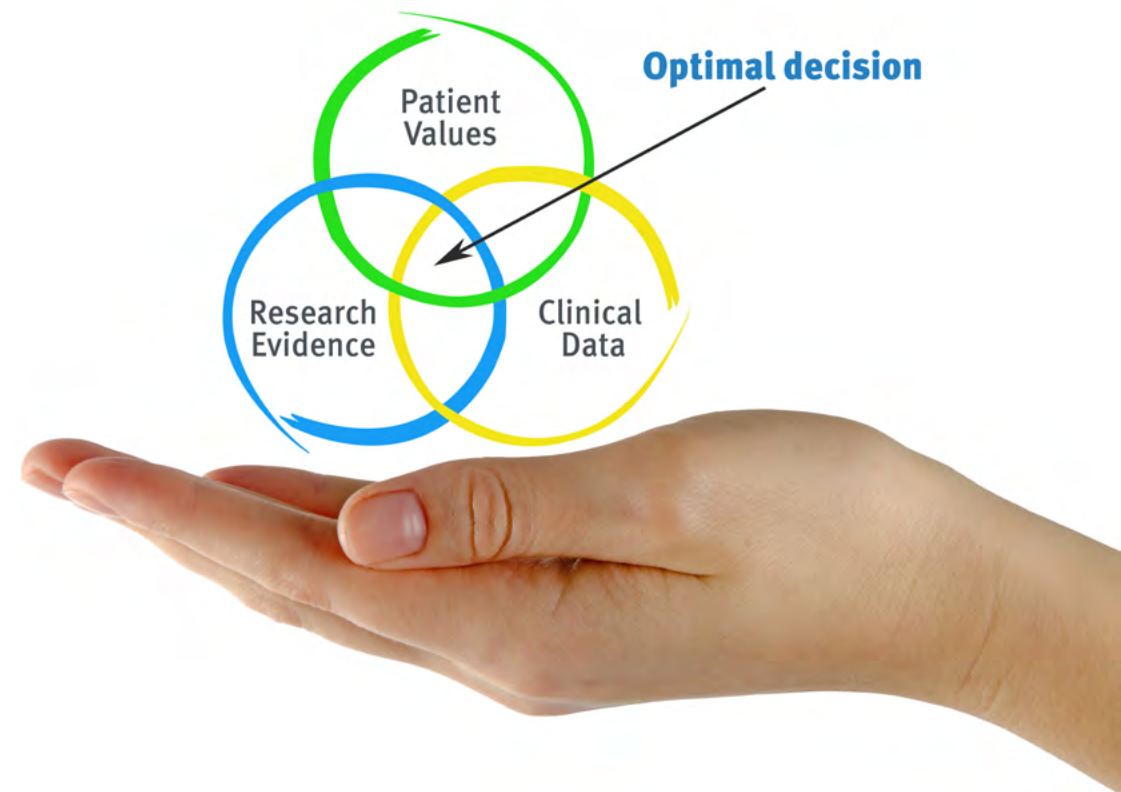
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: A way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

In a given clinical situation, what should a professional do? Throughout the program you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, 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 can 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 potential 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 Harvard case method with the best 100% online teaching methodology available: Relearning.

Our 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, which represent a real revolution with respect to simply studying and analyzing 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. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we balance each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you 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.

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.



#### Physiotherapy Techniques and Procedures on Video

We introduce students to the latest techniques, the latest educational advances, and the forefront of physiotherapy and kinesiology procedures and techniques. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, students can watch them as many times as they want.



#### Interactive Summaries

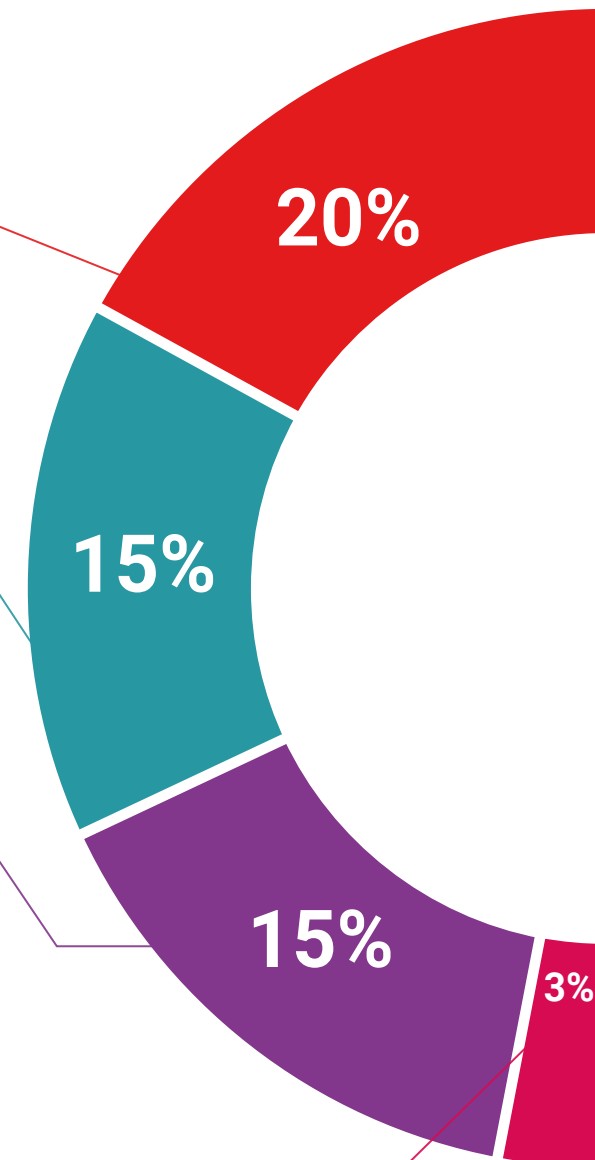
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

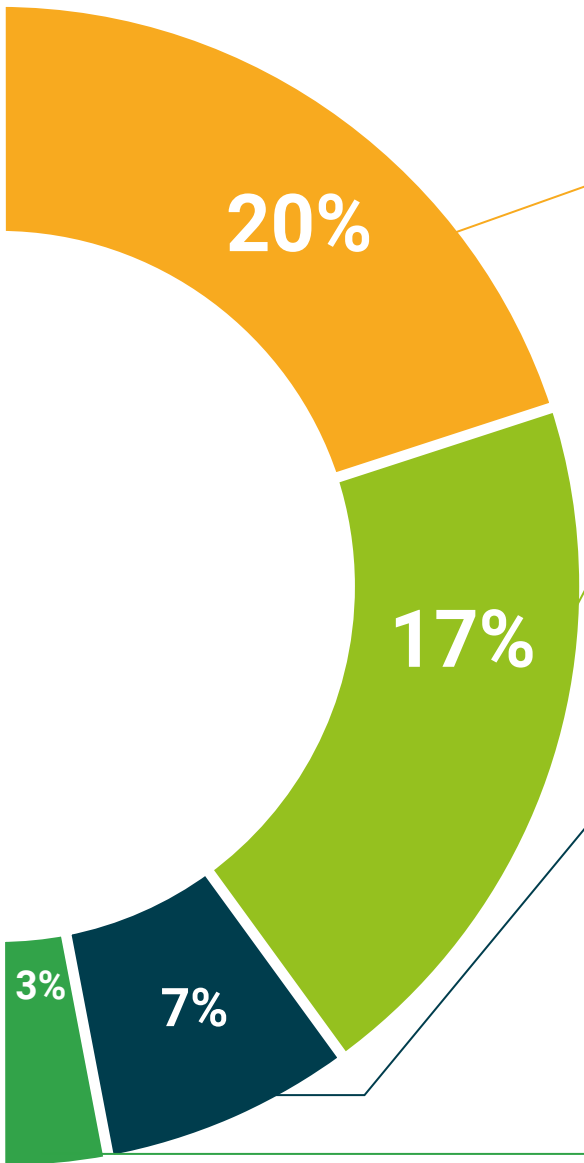
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides... in our virtual library, 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, we will present students with real case developments in which the expert will guide them through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



**Quick Action Guides**

We offer students 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 Use of Interferential Currents in Physiotherapy 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 Use of Interferential Currents in Physiotherapy** 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 Use of Interferential Currents in Physiotherapy**  
Official Number 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  
online training  
development languages  
virtual classroom



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