

# Professional Master's Degree

## Diagnosis in Physiotherapy





## Professional Master's Degree Diagnosis in Physiotherapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online Website: [www.techtitute.com/pk/physiotherapy/professional-master-degree/master-diagnosis-physiotherapy](http://www.techtitute.com/pk/physiotherapy/professional-master-degree/master-diagnosis-physiotherapy)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Skills

---

*p. 12*

04

Course Management

---

*p. 16*

05

Structure and Content

---

*p. 20*

06

Methodology

---

*p. 28*

07

Certificate

---

*p. 36*

# 01

# Introduction

Diagnosis in Physiotherapy is one of the pillars of the correct treatment of any type of patient and pathology. In fact, an error in diagnosis can lead to an incorrect physiotherapeutic treatment. To help you achieve a high level of knowledge in this field, we have designed this course with the most up-to-date program on the market.







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*Making early and accurate diagnoses allows physiotherapists to apply appropriate treatments for each pathology, which will lead to faster recoveries”*

For years, little importance has been given to Diagnosis in Physiotherapy, focusing all efforts on the treatment of different pathologies. Hence, the patient was considered to have arrived in the physiotherapist's hands with a clear diagnosis. However, there are more and more situations in which the patient arrives without a clear diagnosis, and so a correct definition of the pathology becomes a basic pillar of the professional's work, in order to be able to address it correctly.

Diagnosis consists of recovering as much information as possible from the patient, listening and attending to all the explanations that they want to communicate in order to subsequently be able to make an assessment and exploration of the affected area, thus being able to develop effective treatment. The diagnosis is a very important part of the treatment, since it will allow you to identify the cause and origin of the problem for which patients come to the physiotherapist.

In order to prepare professionals in this field, at TECH we have designed this specific program on Diagnosis in Physiotherapy, which has been developed by a team of professionals of the highest level, with years of experience and expertise in diagnosis of pathologies in different parts of the body.

In addition, this course has the advantage that it is conducted in a fully online format, so that the student can have their lessons in a completely self-directed way, choosing when and where to study, since they only need a computer or mobile device with an Internet connection. In this way, you will be able to perfectly balance your study time with the rest of your daily commitments.

This **Professional Master's Degree in Diagnosis in Physiotherapy** 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
- ◆ 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
- ◆ The latest developments in Diagnosis in Physiotherapy
- ◆ Practical exercises where the self-assessment process can be carried out to improve learning
- ◆ With special emphasis on innovative methodologies in Diagnosis in Physiotherapy
- ◆ 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

“*Expand your knowledge in Diagnosis in Physiotherapy and improve your patients' care and, therefore, their quality of life*”



*This Professional Master's Degree may be the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Diagnosis in Physiotherapy, you will obtain a qualification issued by TECH Technological University"*

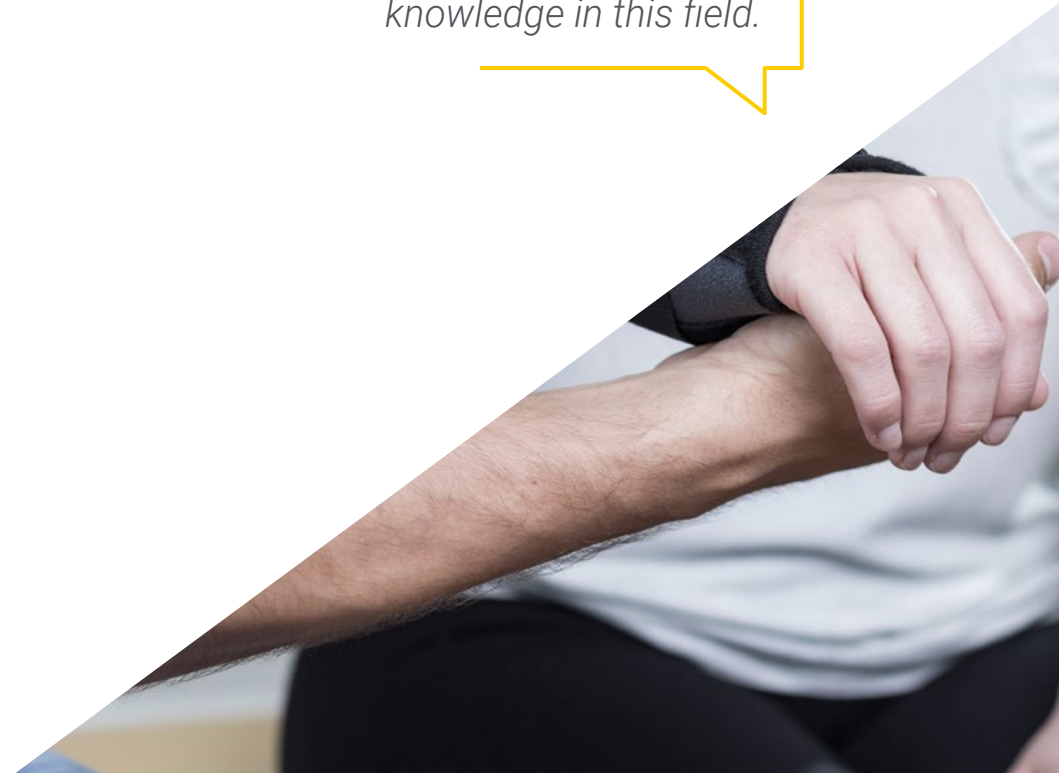
It includes in its teaching staff professionals belonging to the field of Physiotherapy, who bring to this program the experience of their work, as well as recognized specialists from reference societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow physiotherapists situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to prepare for real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this, the professional will have the help of an innovative, interactive video system made by recognized and experienced experts in Diagnosis in Physiotherapy.

*Use the best educational methodology to continue your education in the field of Diagnosis in Physiotherapy.*

*This 100% online program will allow you to combine your studies with your professional work while increasing your knowledge in this field.*



# 02 Objectives

The Diagnosis in Physiotherapy program is oriented to facilitate the performance of the highest level professional dedicated to physiotherapy with the advances and most innovative treatments in the sector.







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*To become one of the best physiotherapists,  
you cannot miss the opportunity to study  
this program with us”*



## General Objectives

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- ◆ Be increasingly independent in diagnosing and applying the best and most correct treatment techniques
- ◆ Plan treatment sessions and their short-, medium- and long-term objectives
- ◆ Assess and modify treatment techniques and patient goals



*A high-level course designed with the sole objective of enabling you to succeed”*



## Specific Objectives

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- ◆ Gain knowledge about the evolution of the different diagnostic techniques that Physiotherapy has undergone since its origin as a profession independent from nursing, giving importance to all aspects of Diagnosis in Physiotherapy, from the patient interview, the anamnesis, and all the objective and subjective contributions they can provide, to the latest techniques of assessment and diagnosis
- ◆ Make correct, early and differential diagnoses in shoulder, elbow and hand (highly complex joints, with complex biomechanics and with a huge number of surrounding soft tissues), which will turn an injury into a recovery
- ◆ Know how to differentiate between the different types of injuries that surround each of these joints, as well as how to diagnose them with the correct tests and assessments
- ◆ Conduct an in-depth study of the temporomandibular joint: its anatomy, its biomechanics, its evaluation and how to apply this knowledge to treatment in order to observe the relationship with other pathologies
- ◆ Analyze all types of dynamic and static tests that currently exist in order to provide precise diagnosis and treatment
- ◆ Know how to differentiate between all types of assessment and evaluation and recognize which are the most effective in order to reach an early diagnosis of possible spinal pathologies

- ◆ Study the spine in its different stages of evolution and recognise the most frequent developmental disorders
- ◆ Gain in-depth knowledge of the Neuroanatomy and Neurophysiology of the central and peripheral nervous system
- ◆ Learn the different types of neuropathologies, in order to be able to make a correct functional assessment of this type of patient
- ◆ Get to know the specific methods of intervention in Neurological Physiotherapy and which new technologies can be applied
- ◆ Know the main causes of pathologies in the facial nerve
- ◆ Learn how to diagnose the different types and determine the best treatments for each
- ◆ Get to know the different types of pain
- ◆ Know how to differentiate between acute pain and chronic pain
- ◆ Gain knowledge about the relationship between pain and imaging tests
- ◆ Learn how pain affects patients, how to examine them correctly and thoroughly, and how to establish a practical approach for these patients
- ◆ Prevent and rehabilitate a large number of pathologies and injuries thanks to therapeutic exercise
- ◆ Get to know about the the phases of motor learning
- ◆ Gain knowledge about the importance of the core in this type of work and be aware of the influence of proprioception in learning
- ◆ Provide the necessary knowledge to be able approach to Physiotherapy in Geriatrics correctly
- ◆ Get to know the most frequent pathologies that the professional may face, in order to know how to identify them through Diagnosis in Physiotherapy
- ◆ Develop the most appropriate therapy in each case
- ◆ Gain knowledge about the biomechanical disorders that develop in the geriatric patient and how these structural disorders affect each function
- ◆ Demonstrate the importance of therapeutic exercise for these patients to work on strength and elasticity, and try to keep them healthy
- ◆ Get to know the most frequent pathologies of the lower limb
- ◆ Perform rapid diagnostics through the most effective means, in order to correctly manage recovery
- ◆ Pay special attention to new diagnostic methods, both manual and imaging, and how to use them to aid recovery

# 03 Skills

After passing the assessments on the program, the professional will have acquired the skills required for high-quality, up-to-date practice based on the most innovative teaching methodology.







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*With this program, you will be able to master the new procedures in Diagnosis in Physiotherapy”*



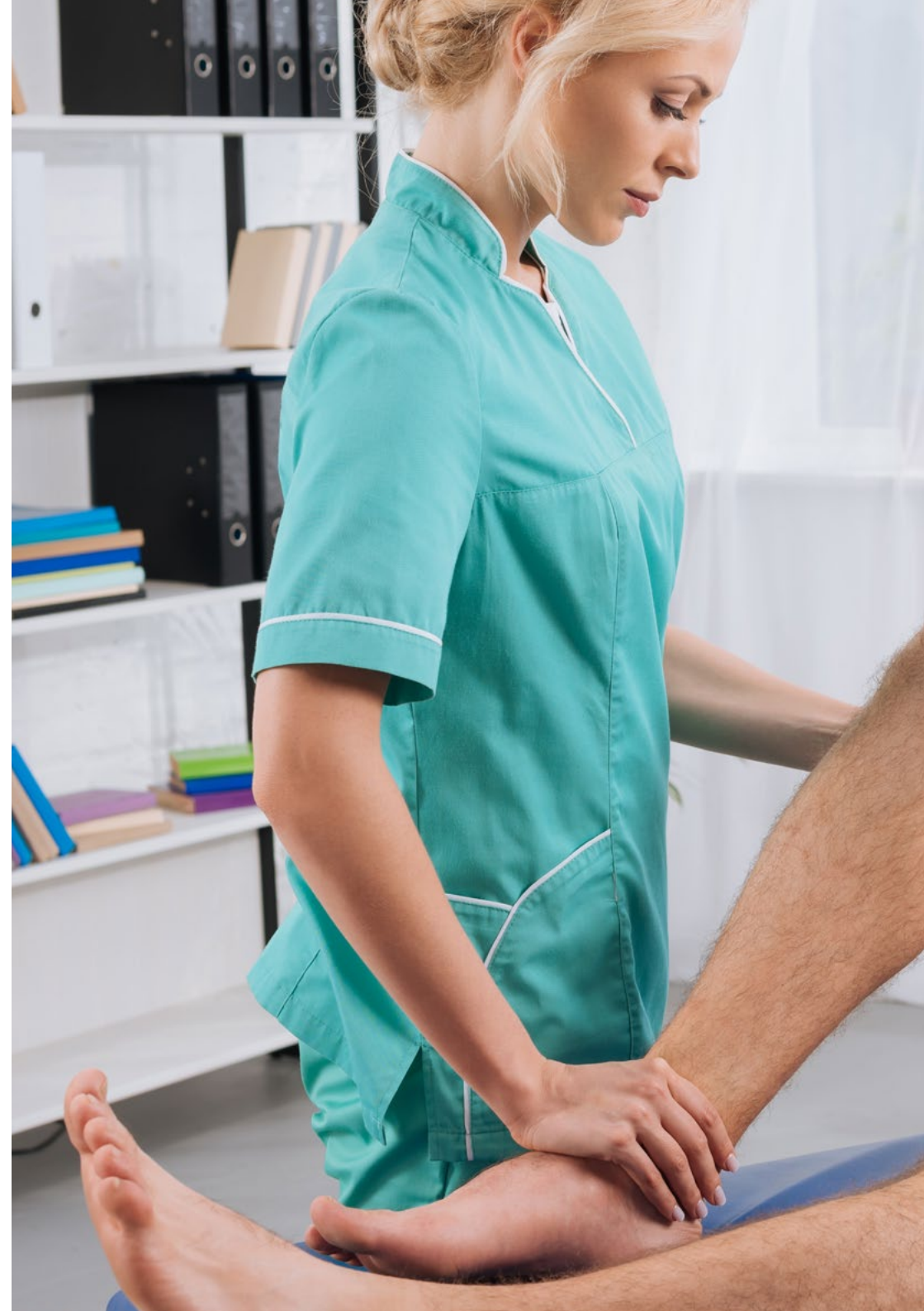
## General Skill

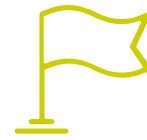
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- ◆ Perform appropriate Physiotherapy Diagnoses, in order to be able to apply more precise treatments adapted to each pathology, improving the health and well-being of patients



*Acquire the necessary skills to specialize in this field and boost your professional career"*





## Specific Skills

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- ◆ In-depth knowledge of the diagnosis of the most frequent pathologies of different specialisms within Physiotherapy
- ◆ Identify pathologies related to the field of Physical Therapy as accurately as possible and as early as possible
- ◆ Identify the main pathologies of the shoulder, elbow, wrist and hand
- ◆ Specialization in temporomandibular pathologies
- ◆ Perform accurate spinal diagnostics
- ◆ Identifying and treating chronic pain
- ◆ Direct the patient towards an effective functional recovery
- ◆ Perform the best diagnosis with the latest techniques and best practices
- ◆ Use therapeutic exercise as part of your treatment
- ◆ View the patient as a whole and not just as an injured area





# 04

# Course Management

The program includes in its teaching staff renowned experts in Diagnosis in Physiotherapy who bring their work experience to this course. In addition, other experts of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary way.



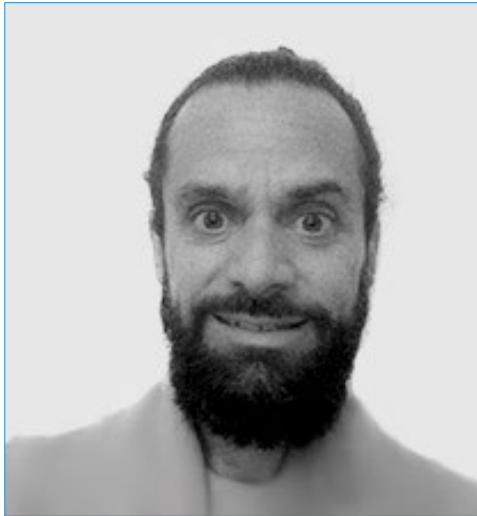




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*Leading professionals in the field have come together to teach you the latest advances in Diagnosis in Physiotherapy”*

## Management



### García Coronado, Luis Pablo

- ◆ Physiotherapist. In the last 15 years she has combined her work with training in business management
- ◆ Supervisor of the Physiotherapy Department at La Paz University Hospital
- ◆ Physiotherapist at La Paz University Hospital. Performing physiotherapy care functions in different areas, such as electrotherapy, physiotherapy room and inpatients

## Professors

### Mr. Cavero Cano, Jorge

- ◆ Diploma in Physiotherapy from the Complutense University of Madrid
- ◆ Postgraduate Diploma in Neuro-Orthopedic Manual Therapy La Salle University
- ◆ McKenzie Method Part D. Advanced Level Cervical and Thoracic Spine, and Extremities-SSE McKenzie Institute of Spain and Portugal
- ◆ Advanced Ultrasound Helios Electromedicine Madrid
- ◆ Physiotherapist at Premium Madrid-IMS Fuenlabrada Madrid

### Mr. Rodríguez del Rincón, Francisco José

- ◆ Diploma in Physiotherapy European University of Madrid CEES
- ◆ Geriatric Nursing Assistant Degree
- ◆ Laboratory technician, specialized in Anatomic Pathology
- ◆ Private consultation at C/Conde de Peñalver Madrid. Performing Physiotherapy treatments (osteopathy, TCS, meningeal approach, orthopedic manual therapy, DLM etc)
- ◆ Home treatment of patients with physical and mental disabilities



**Mr. López Pozo, Sergio**

- ◆ Physiotherapist La Paz University Hospital
- ◆ Associate Physiotherapist of the Facial Paralysis Unit of Clínica Dermatológica Internacional
- ◆ Physiotherapy supervised practice coordinator

**Ms. Márquez González, Ana Fresia**

- ◆ Degree in Physiotherapy. University of Seville
- ◆ Master's ThePowerMBA
- ◆ Physiotherapist at: Cajasol Volleyball Team, CAPA Triathlon Club, En3nate Sports Center, Mutua SANIX, Seville Fibromyalgia Association, Pizarro Physiotherapy Clinic
- ◆ Specialist in sports physiotherapy and therapeutic exercise, chronic pain diseases (fibromyalgia) and lymphatic drainage
- ◆ Expert in Physiotherapy Courses: Expert in Fibromyalgia and Expert in Therapeutic Exercise
- ◆ Pilates Course Spanish Federation of Pilates

**Ms. Sanz Tena, Elisa**

- ◆ Physiotherapist at La Paz University Hospital, Madrid
- ◆ Outpatient and inpatient physiotherapy (Traumatology, Neurology, Maternity e.t.c.)
- ◆ Specialized Physiotherapy in the Lymphatic Drainage Unit
- ◆ Collaboration as Associate Professor of External Practices, responsible for Physiotherapy Degree students within the subject Prácticum, at La Salle University



05

# Structure and Content

The program of contents has been designed by leading experts in Diagnosis in Physiotherapy, with extensive experience and recognition in the profession, backed by a volume of cases reviewed, studied, and diagnosed, and with extensive knowledge of new teaching technologies.





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*We have the most complete and up-to-date educational program on the market. We strive for academic excellence, and we want you to achieve it too"*

## Module 1. Diagnosis in Physiotherapy

- 1.1 Diagnostic Imaging Techniques
  - 1.1.1. Ultrasound
  - 1.1.2. MRI and CT
  - 1.1.3. Rx
- 1.2. The Patient as a Whole
- 1.3. Mechanical Diagnostic Techniques
  - 1.3.1. Muscular Tests
  - 1.3.2. Joint Tests
- 1.4. Manual Diagnostic Techniques
  - 1.4.1. Muscular Tests
  - 1.4.2. Joint Tests
- 1.5. Interview with the Patient
  - 1.5.1. Medical History
- 1.6. Environmental and Personal Contextual Factors
  - 1.6.1. Health and the Patient
  - 1.6.2. Concept of the Patient
- 1.7. History of Physiotherapy
  - 1.7.1. Origin, Evolution and Current Situation
- 1.8. New Paradigms in Physiotherapy
  - 1.8.1. New Approaches and New Treatment Techniques
- 1.9. Physiotherapy and Exercise
  - 1.9.1. Exercise as a Treatment Technique
  - 1.9.2. Different Types of Exercise
- 1.10. Steps to Follow in a Diagnosis in Physiotherapy
  - 1.10.1. From the Interview to the Start of Treatment

## Module 2. Diagnosis in Upper Limbs

- 2.1. Shoulder Pathology
  - 2.1.1. Tendinopathies
  - 2.1.2. Instability
  - 2.1.3. Retractable Capsulitis
  - 2.1.4. Fractures
- 2.2. Elbow Pathology
  - 2.2.1. Tendinopathies: Epicondylitis and Epitrocleitis
  - 2.2.2. Fractures
  - 2.2.3. Neurovascular Pathology
- 2.3. Wrist and Hand Pathology
  - 2.3.1. Tendinopathies
  - 2.3.2. Fractures
  - 2.3.3. Neurovascular Pathology
- 2.4. Anatomy of the Upper Limbs
  - 2.4.1. Shoulder
  - 2.4.2. Elbow
  - 2.4.3. Wrist and Hand
- 2.5. Sports Injuries in the Shoulder
  - 2.5.1. Traumatic
  - 2.5.2. Due to Overuse
- 2.6. Sports Injuries in the Elbow
  - 2.6.1. Traumatic
  - 2.6.2. Due to Overuse
- 2.7. Sports Injuries of the Wrist and Hand
  - 2.7.1. Traumatic
  - 2.7.2. Due to Overuse
- 2.8. Neurological Lesions of Upper Limbs
  - 2.8.1. Shoulder
  - 2.8.2. Elbow
  - 2.8.3. Wrist and Hand
- 2.9. Frequent Pathologies of Upper Limbs
- 2.10. Conclusions

**Module 3. Temporomandibular Pathology**

- 3.1. Temporomandibular Anatomy
  - 3.1.1. Branch: Ophthalmic Nerve (Sensory)
  - 3.1.2. Branch: Maxillary Nerve (Sensory)
  - 3.1.3. Branch: Mandibular Nerve (Sensory - Motor)
- 3.2. Temporomandibular Biomechanics
  - 3.2.1. Articular Surfaces, Joint Capsule, Synovial System, Direct and Indirect Ligaments, Musculature, Innervation, Vascularization, Sagittal Plane Movements, Coronal Plane Movements
- 3.3. Temporomandibular Pathology
  - 3.3.1. Articular
  - 3.3.2. Muscular
  - 3.3.3. Neural
- 3.4. Temporomandibular Diagnosis
- 3.5. Static Tests
  - 3.5.1. Slippages: Lateral, Medial, Motor Barrier
- 3.6. Dynamic Tests
  - 3.6.1. Macromobility: Mandibular Opening, Diduction, Protrusion, Retrusion
- 3.7. Temporomandibular Treatment
  - 3.7.1. Degrees of Mobilization, Types of Mobilization, Slips (Directions), Speed of Mobilization
- 3.8. Therapeutic Exercise
  - 3.8.1. Aerobic Exercise, Therapeutic Techniques that Aid in the Treatment of Patients with Craniomandibular Disorder
- 3.9. Motor Control
  - 3.9.1. Motor Role: Stabilizing Muscles, Dynamic Muscles, Mirror, Stabilizer, Tongue Guide
- 3.10. Invasive Techniques in Physiotherapy
  - 3.10.1. Dry Puncture: Superficial, Deep. Myofascial Trigger Point Treatment

**Module 4. Spinal Column Diagnosis**

- 4.1. Scoliosis
  - 4.1.1. Etiopathogenesis
  - 4.1.2. Treatment
  - 4.1.3. Prevention
- 4.2. Lower Back Pain
  - 4.2.1. Herniated Disk Pain
  - 4.2.2. Facet Joint Pain
  - 4.2.3. Instability
- 4.3. Spinal Column Pathology
  - 4.3.1. Cervical
  - 4.3.2. Dorsal
  - 4.3.3. Lumbar
- 4.4. Spinal Disorders
- 4.5. Pelvis Pathology
  - 4.5.1. Chronic Pelvic Pain
  - 4.5.2. Pubalgia
  - 4.5.3. Fractures
- 4.6. Cervicalgia
  - 4.6.1. With Restricted Movement
  - 4.6.2. Associated with Headache
  - 4.6.3. Associated with Movement Disorders: Whiplash
  - 4.6.4. Radiculopathy
- 4.7. Sports Injuries
  - 4.7.1. Traumatic
  - 4.7.2. Due to Overuse
- 4.8. Anatomy of the Spine
  - 4.8.1. Cervical
  - 4.8.2. Dorsal
  - 4.8.3. Lumbar
  - 4.8.4. Pelvis

- 4.9. Biomechanics of the Spine
  - 4.9.1. Cervical
  - 4.9.2. Dorsal
  - 4.9.3. Lumbar
  - 4.9.4. Pelvis
- 4.10. Spinal Test
  - 4.10.1. Physical Examination of the Cervical Column
  - 4.10.2. Physical Examination of the Dorsal Column
  - 4.10.3. Physical Examination of the Lumbar Column

## Module 5. Neurology

- 5.1. CNS and PNS Neuroanatomy and Neurophysiology
- 5.2. CNS and PNS Neuropathology
  - 5.2.1. Diseases Associated with Vascular Problems (ACVA/ICTUS)
  - 5.2.2. Diseases Associated with Infectious Processes
  - 5.2.3. Other diseases
- 5.3. Functional Assessment of the Neurological Patient
- 5.4. Image Assessment and Interpretation
- 5.5. Technical and Orthopedic Aids
  - 5.5.1. Mobility Aids
  - 5.5.2. Static and Dynamic Splints
- 5.6. Specific Methods of Intervention in Neurological Physiotherapy
  - 5.6.1. Kabat Method
  - 5.6.2. Bobath Method
  - 5.6.3. Vojta Method
  - 5.6.4. Perfetti Method
  - 5.6.5. Le Métayer Method
- 5.7. New Techniques Applied to Neurological Physiotherapy
  - 5.7.1. Craniosacral Therapy and Meningeal Approach
- 5.8. Pharmacology for Neurological Patients
- 5.9. Neuropsychology
  - 5.9.1. Psychoemotional Approach
  - 5.9.2. Social Approach
- 5.10. Conclusions





## Module 6. Pathology of Facial Paralysis

- 6.1. Anatomy of Facial Nerves
  - 6.1.1. Intracranial Course, Relevant Structures that Cross the Nerve
  - 6.1.2. Extracranial Pathway, 5 Motor Branches: Temporal, Zygomatic, Buccal, Mandibular and Cervical
- 6.2. Facial Nerve Pathology
  - 6.2.1. Clinical Presentation of Central Paralysis: Middle Cerebral Artery
  - 6.2.2. Clinical Presentation of Peripheral Paralysis: VII Cranial Nerve
- 6.3. Etiology of Facial Paralysis
  - 6.3.1. Viral, Tumor, Trauma, Idiopathic, Otological, Iatrogenic
- 6.4. Reconstructive Surgery for Facial Paralysis
  - 6.4.1. Nerve Anastomoses and Microvascularized Grafts
  - 6.4.2. Masseteric–Facial Nerve Anastomosis
  - 6.4.3. Hypoglossal–Facial Nerve Anastomosis
  - 6.4.4. Gracilis/Tensor Fascia Lata Microvascularized Graft
- 6.5. Diagnosis of Facial Paralysis: Sunnybrook Scale/House-Brackmann Scale
  - 6.5.1. Interpretation and Formulation of Both Scales, as well as Usefulness in Clinical Practice
- 6.6. Post-Surgery Facial Paralysis Treatment
  - 6.6.1. Indications, Contraindications, Progression of Re-Education
- 6.7. Facial Paralysis Treatment: Facial Neuromuscular Re-Education
  - 6.7.1. Principles of Re-Education, Guidelines for the Patient, Common Errors
- 6.8. Botulinum Toxin and Facial Paralysis
  - 6.8.1. Importance of the Toxin in Paralysis; When, How, Where and by Whom Should it Be Used?
- 6.9. Aberrant Reinnervation and Synkinesias
  - 6.9.1. What are Synkinesias and Aberrant Reinnervation? Keys to Combat Them
- 6.10. Fundamental Contraindications in the Treatment of Facial Paralysis

## Module 7. Chronic Pain

- 7.1. Chronic Pain
  - 7.1.1. Context
- 7.2. Phantom Pain
  - 7.2.1. Virtual Body
- 7.3. Difference Between Chronic Pain and Acute Pain
  - 7.3.1. Acute Pain
  - 7.3.2. Differential Diagnosis between Acute Pain and Chronic Pain
- 7.4. The Relationship between Pain and Imaging Tests
  - 7.4.1. Relation of Pain Intensity to Reality
  - 7.4.2. Imaging Tests Frequently Prescribed for the Diagnosis of Chronic Pain Conditions
- 7.5. Risk Factors for Chronic Pain
  - 7.5.1. Gender
  - 7.5.2. Age
  - 7.5.3. Genetic Inheritance
  - 7.5.4. Lifestyle
- 7.6. Pain and the Immune System
  - 7.6.1. Involvement of the Immune System in Acute and Chronic Pain Processes
- 7.7. Examination of the Patient in Pain
  - 7.7.1. Medical History
  - 7.7.2. Pain Threshold in Chronic Cases
  - 7.7.3. Signs
  - 7.7.4. Symptoms and Subjectivity
- 7.8. Fibromyalgia Patients: Relationship with Chronic Pain
  - 7.8.1. Central Sensitization Syndrome
- 7.9. Physical Exercise for the Prevention and Alleviation of Chronic Pain
  - 7.9.1. Effects of Exercise on Pain
  - 7.9.2. Action Guidelines for the Chronic Pain Patient
- 7.10. Practical Approach to the Patient with Chronic Pain
  - 7.10.1. Clinical Symptoms
  - 7.10.2. Derivation
  - 7.10.3. Lifestyle Guidelines
  - 7.10.4. Day-to-day Reality for the Patient

## Module 8. Therapeutic Exercise

- 8.1. Therapeutic Exercise
  - 8.1.1. Concept of Therapeutic Exercise
  - 8.1.2. Physical Exercise vs. Therapeutic Exercise
- 8.2. Phases of Motor Learning
  - 8.2.1. Cognitive Phase: Development of Global Coordination
  - 8.2.2. Associative Phase: Development of Fine Coordination
  - 8.2.3. Autonomous Phase: Stabilize Fine Coordination
- 8.3. Prevention and Rehabilitation of Injuries through Exercise
  - 8.3.1. Injury Prevention
  - 8.3.2. Readaptation for Sport
- 8.4. Influence of Learning on Proprioception
  - 8.4.1. Body Scheme
- 8.5. Specific Objectives with Each Type
  - 8.5.1. Functionality
  - 8.5.2. Readaptation to Training for Casual Athletes
  - 8.5.3. Readaptation to Training and Competition for Professional or Semi-Professional Athletes
- 8.6. Combination of Strength and Mobility to Gain Flexibility
  - 8.6.1. Benefits of the " Strength + Mobility " Combination Compared to Flexibility Work Alone
- 8.7. Progressions
  - 8.7.1. Progression of the Therapeutic Exercise Program
  - 8.7.2. Times
  - 8.7.3. Intensity
- 8.8. The Importance of the Core
  - 8.8.1. Definition of the Core
  - 8.8.2. Core work as a Mandatory Part of Any Type of Physical Rehabilitation or Training
  - 8.8.3. Women and the Core

- 8.9. Use of Yoga and Pilates Techniques in Therapeutic Exercise
  - 8.9.1. Yoga
  - 8.9.2. Pilates
- 8.10. Planning and Progression of Exercises with Equipment
  - 8.10.1. TRX
  - 8.10.2. Fitball
  - 8.10.3. Other Equipment Aimed at Functionality and Readaptation

## Module 9. Geriatrics

- 9.1. Geriatric Pathology
  - 9.1.1. Diseases of the Osteoarticular System
  - 9.1.2. Diseases of the Cardiovascular System
  - 9.1.3. Endocrine System Diseases
- 9.2. Geriatric Diagnosis
  - 9.2.1. Clinical Diagnosis
  - 9.2.2. Psychosocial Diagnosis
- 9.3. Biomechanics
  - 9.3.1. Pathological Gait Associated with Degenerative Diseases
  - 9.3.2. Walking with Technical Aids
- 9.4. Exercise
  - 9.4.1. Group Exercise (Gerontogymnastics)
  - 9.4.2. Exercises for the Cardiorespiratory System
- 9.5. Treatment
  - 9.5.1. Analgesic Electrotherapy
  - 9.5.2. Manual Therapy
  - 9.5.3. Re-Education and Postural Hygiene
- 9.6. Geriatric Approach
  - 9.6.1. Psychoemotional Aspects
  - 9.6.2. Sociocultural Aspects

- 9.7. Examination in Geriatrics
  - 9.7.1. Physical and Palpatory
  - 9.7.2. Visual
- 9.8. Pain in Geriatrics
  - 9.8.1. Chronic Pain
  - 9.8.2. Acute Pain
- 9.9. Strength and Endurance Work
  - 9.9.1. Eccentric, Concentric and Isometric Exercises
  - 9.9.2. Resistance and Weight Exercises
  - 9.9.3. Mechanotherapy
- 9.10. Conclusions

## Module 10. Diagnosis of the Lower Limbs

- 10.1. Hip Pathology
  - 10.1.1. Anatomy
  - 10.1.2. Soft Tissue Injuries
  - 10.1.3. Joint Injuries
  - 10.1.4. Acute or Overuse Injuries
  - 10.1.5. Trauma Lesions
- 10.2. Knee Pathology
  - 10.2.1. Anatomy
  - 10.2.2. Soft Tissue Injuries
  - 10.2.3. Joint Injuries
  - 10.2.4. Acute or Overuse Injuries
  - 10.2.5. Trauma Lesions
- 10.3. Ankle Pathology
  - 10.3.1. Anatomy
  - 10.3.2. Soft Tissue Injuries
  - 10.3.3. Joint Injuries
  - 10.3.4. Acute or Overuse Injuries
  - 10.3.5. Trauma Lesions
- 10.4. Foot Pathology
  - 10.4.1. Anatomy
  - 10.4.2. Soft Tissue Injuries
  - 10.4.3. Joint Injuries
  - 10.4.4. Acute or Overuse Injuries
  - 10.4.5. Trauma Lesions
- 10.5. Sports Injuries of the Hip
  - 10.5.1. Sport and the Hip
  - 10.5.2. Approach to the Hip in Sport
  - 10.5.3. Recovery and Rehabilitation
- 10.6. Sports Injuries of the Knee
  - 10.6.1. Sport and the Knee
  - 10.6.2. Approach to the Knee in Sport
  - 10.6.3. Recovery and Rehabilitation
- 10.7. Sports Injuries of the Ankle
  - 10.7.1. Sport and the Ankle
  - 10.7.2. Approach to the Ankle in Sport
  - 10.7.3. Recovery and Rehabilitation
- 10.8. Sports Injuries of the Foot
  - 10.8.1. Sport and the Foot
  - 10.8.2. Approach to the Foot in Sport
  - 10.8.3. Recovery and Rehabilitation
- 10.9. Anatomy of the Lower Limbs
  - 10.9.1. Hip
  - 10.9.2. Knee
  - 10.9.3. Foot
- 10.10. Conclusions

06

# 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.







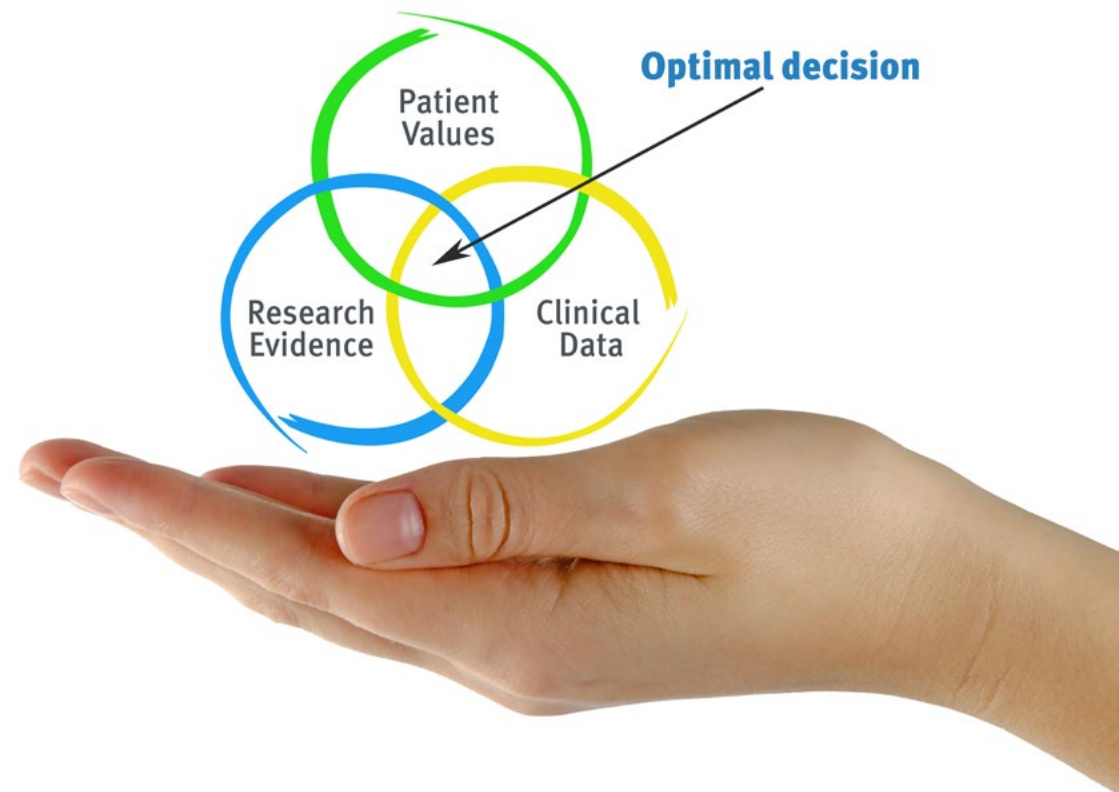
“

*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. 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.

“

*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 have enabled more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our educational 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 education, 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.

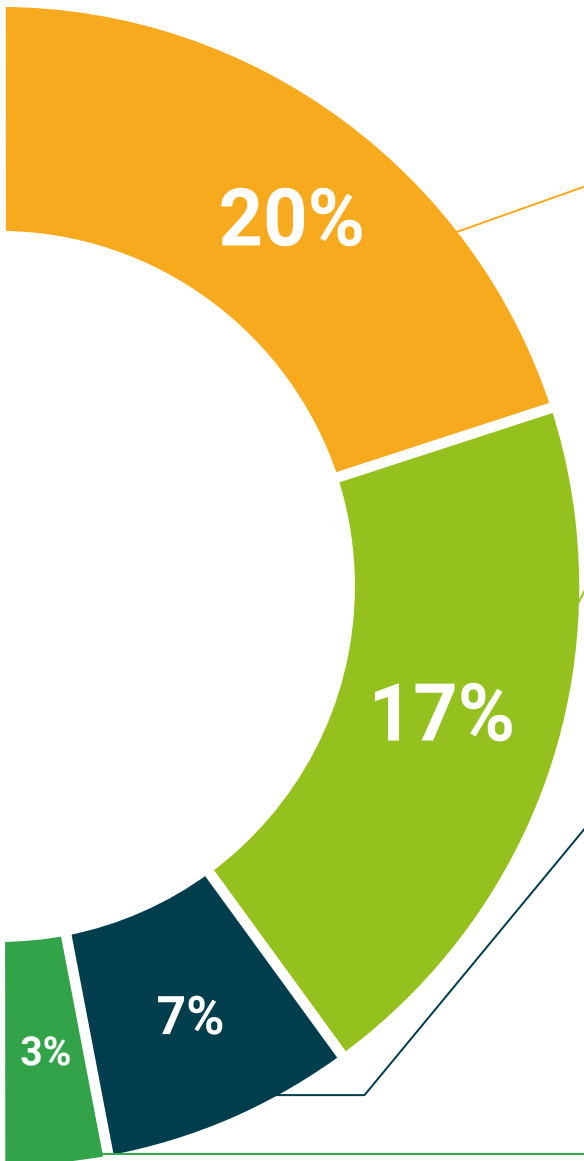
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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.





# 07 Certificate

The Professional Master's Degree in Diagnosis in Physiotherapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree issued by TECH Technological University.





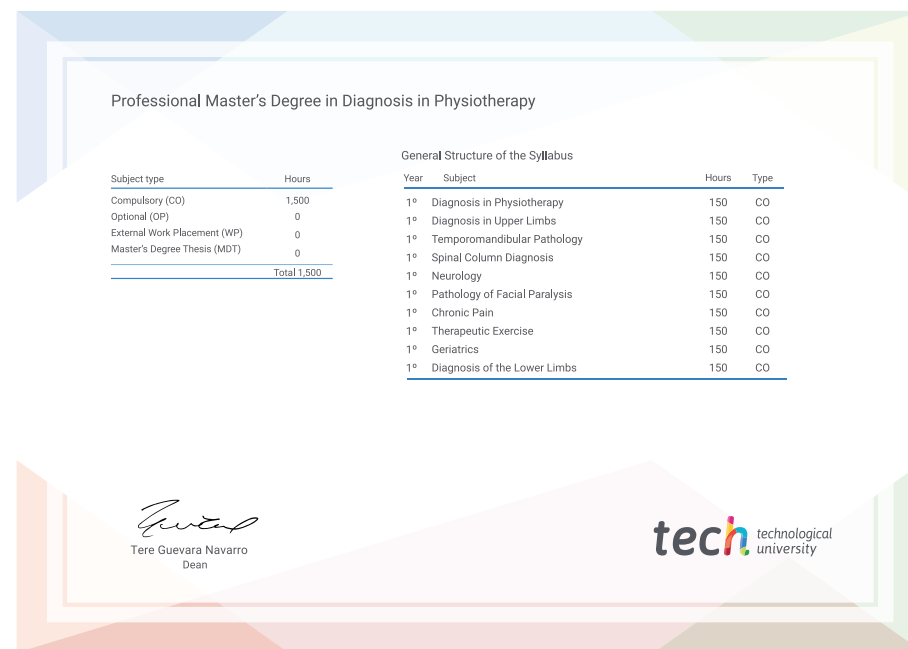
*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

This **Professional Master's Degree in Diagnosis in Physiotherapy** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Professional Master's Degree in Diagnosis in Physiotherapy**  
 Official N° of hours: **1,500 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.





## Professional Master's Degree Diagnosis in Physiotherapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace

# Professional Master's Degree

## Diagnosis in Physiotherapy

