

Master's Degree Therapeutic Pilates

Endorsed by the NBA





Master's Degree Therapeutic Pilates

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/us/sports-science/master-degree/master-therapeutic-pilates

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01

Introduction to the Program

Therapeutic Pilates has become a key tool in rehabilitation and physical well-being, known for its benefits in muscle strengthening and flexibility improvement. According to a report from the National Institute of Public Health in Mexico, 65% of individuals who incorporate Pilates into their routine report noticeable improvements in chronic pain reduction and increased functional capacity. In this context, the academic opportunity offered by TECH Global University stands out as an ideal option for those seeking to deepen their knowledge in this discipline. Through a 100% online methodology, students have access to educational materials that provide flexible training adapted to individual needs.



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You will gain knowledge through a 100% online format, becoming an expert in Therapeutic Pilates and its application in physical rehabilitation”

This therapeutic approach has gained popularity in recent years due to its effectiveness in treating and preventing various musculoskeletal conditions. Today, Pilates is recognized for its ability to improve flexibility, balance, and strength, contributing to the rehabilitation of individuals with injuries or chronic conditions. In fact, through controlled movements, the goal is to restore physical function, alleviate pain, and improve posture, making it essential in preventive medicine and in recovery programs for various pathologies.

In this context, the innovative curriculum of this university degree will delve into various aspects of Therapeutic Pilates, covering essential topics such as the Pilates method, its application to spinal disorders, and its treatment of general pathologies. This holistic approach will provide an in-depth understanding of how Pilates techniques can be adapted to relieve specific spinal disorders, improve mobility, and reduce pain.

Additionally, professionals will gain a profound understanding of how to apply Pilates therapeutically to improve the quality of life for patients. As a result, they will develop the ability to personalize exercises according to the specific needs of each individual, optimizing outcomes in the rehabilitation of musculoskeletal injuries and disorders.

Moreover, the TECH Global University methodology is distinguished by its flexibility and accessibility, allowing professionals to access content 100% online, available 24/7 from any device with an internet connection. Using the Relearning method, the program offers students the opportunity to study at their own pace, reinforcing knowledge through an interactive platform. Additionally, a prestigious international guest will provide 10 Masterclasses that will further enrich this academic experience.

This **Master's Degree in Therapeutic Pilates** contains the most complete and up-to-date university program on the market. Its most notable features are:

- The development of practical case studies presented by experts in 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 the self-assessment process can be carried out to improve learning
- A special emphasis on innovative methodologies in Pilates
- 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



You will have access to 10 exclusive Masterclasses, delivered by a renowned international expert specialized in the use of Therapeutic Pilates"

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You will deepen your understanding of how Pilates techniques can be adapted to relieve specific disorders, improving physical well-being”

The program includes a faculty composed of professionals from the field of Therapeutic Pilates, who bring their hands-on experience, along with recognized specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive learning experience designed to prepare for real-life situations.

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

You will hone your skills in using Pilates to treat spinal disorders, successfully relieving pain.

You will enhance your expertise in applying the Pilates method to treat various conditions in rehabilitation and physiotherapy.



02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.



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Study at the largest online university in the world and ensure your professional success. The future begins at TECH”

The world's best online university, according to FORBES

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

Forbes
The best online university in the world

The most complete
syllabus

The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

TOP
international faculty

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.

World's No.1
The World's largest online university

The most effective methodology

A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

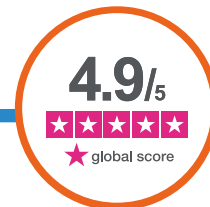
Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



The top-rated university by its students

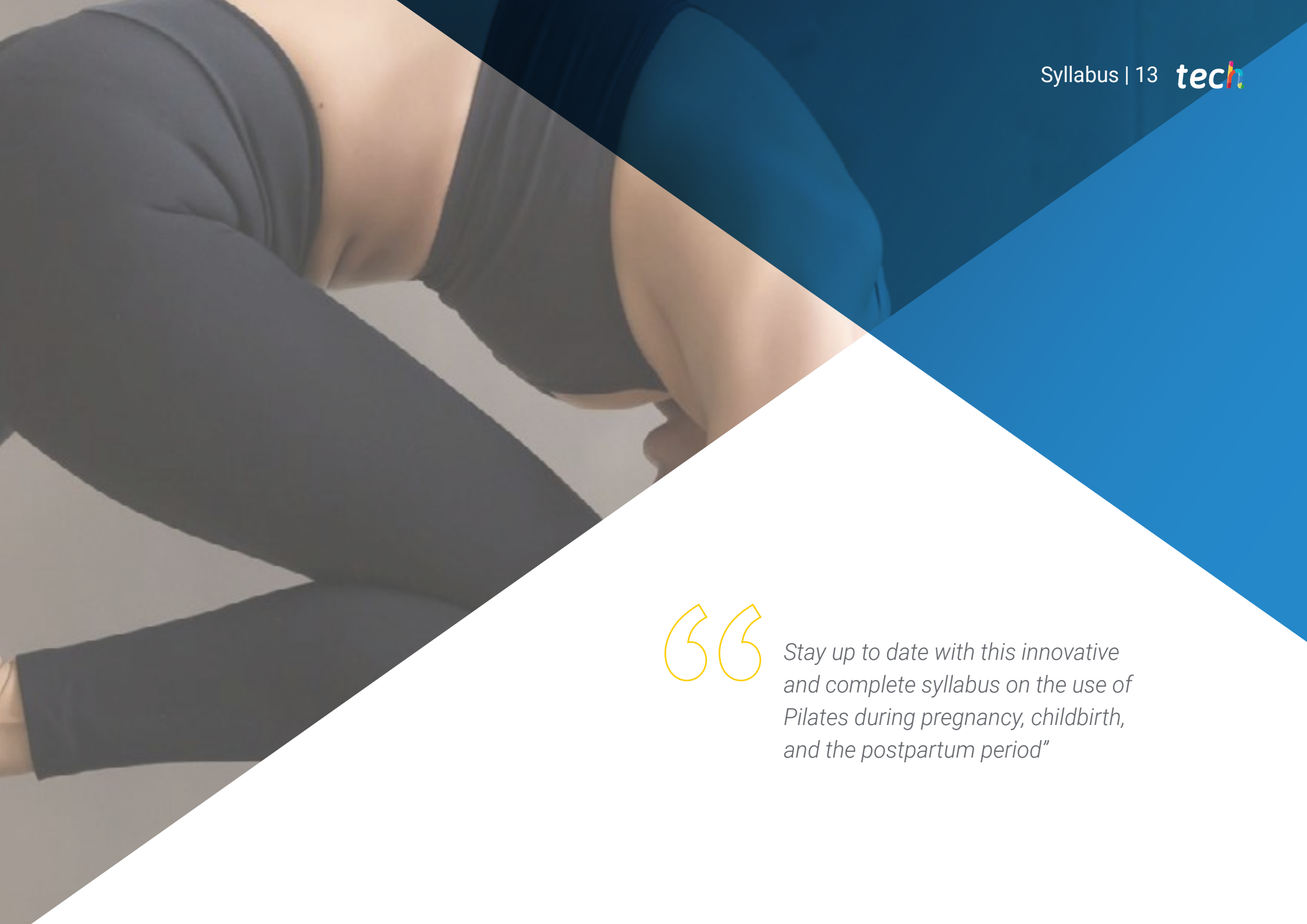
Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



03 Syllabus

The exclusive academic pathway that complements this university program will delve into various essential aspects, such as the evolution of the Pilates method. In fact, it will cover its improvements and modifications over time to adapt to new therapeutic needs. Additionally, the program will address its application in the sports field, highlighting how its techniques can prevent and treat common injuries in athletes. It will also explore its implementation during pregnancy, childbirth, and the postpartum period, examining the necessary adaptations to ensure the safety of women in these stages. Together, these topics will provide a comprehensive view of the use of Pilates in therapeutic and sports contexts.





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Stay up to date with this innovative and complete syllabus on the use of Pilates during pregnancy, childbirth, and the postpartum period”

Module 1. Pilates Method

- 1.1. Joseph Pilates
 - 1.1.1. Joseph Pilates
 - 1.1.2. Books and Postulates
 - 1.1.3. Legacy
 - 1.1.4. Origin of the Personalized Exercise
- 1.2. Background of the Pilates Method
 - 1.2.1. References
 - 1.2.2. Evolution
 - 1.2.3. Current Situation
 - 1.2.4. Conclusions
- 1.3. Evolution of the Method
 - 1.3.1. Improvements and Modifications
 - 1.3.2. Contributions to the Pilates Method
 - 1.3.3. Therapeutic Pilates
 - 1.3.4. Pilates and Physical Activity
- 1.4. Principles of the Pilates Method
 - 1.4.1. Definition of the Principles
 - 1.4.2. Evolution of the Principles
 - 1.4.3. Levels of Progression
 - 1.4.4. Conclusions
- 1.5. Classical Pilates vs. Contemporary/Modern Pilates
 - 1.5.1. Key Points in Classical Pilates
 - 1.5.2. Analysis of Modern vs. Classical Pilates
 - 1.5.3. Contributions of Modern Pilates
 - 1.5.4. Conclusions
- 1.6. Mat Pilates vs. Pilates with Equipment
 - 1.6.1. Fundamentals of Mat Pilates
 - 1.6.2. Evolution of Mat Pilates
 - 1.6.3. Fundamentals of Pilates with Equipment
 - 1.6.4. Evolution in Pilates with Equipment

- 1.7. Scientific Evidence
 - 1.7.1. Scientific Journals Related to Pilates
 - 1.7.2. Doctoral Theses on Pilates
 - 1.7.3. Pilates Publications
 - 1.7.4. Pilates Applications
- 1.8. Guidelines of the Pilates Method
 - 1.8.1. National Trends
 - 1.8.2. International Trends
 - 1.8.3. Analysis of Trends
 - 1.8.4. Conclusions
- 1.9. Pilates Schools
 - 1.9.1. Pilates Training Schools
 - 1.9.2. Journals
 - 1.9.3. Evolution of Pilates Schools
 - 1.9.4. Conclusions
- 1.10. Pilates Associations and Federations
 - 1.10.1. Definitions
 - 1.10.2. Contributions
 - 1.10.3. Objectives
 - 1.10.4. PMA (Pilates Method Alliance)

Module 2. Foundations of the Pilates Method

- 2.1. Different Concepts of the Method
 - 2.1.1. Concepts According to Joseph Pilates
 - 2.1.2. Evolution of the Concepts
 - 2.1.3. Subsequent Generations
 - 2.1.4. Conclusions
- 2.2. Breathing
 - 2.2.1. Different Types of Breathing
 - 2.2.2. Analysis of Breathing Types
 - 2.2.3. Effects of Breathing
 - 2.2.4. Conclusions

- 2.3. The Pelvis as the Center of Stability and Movement
 - 2.3.1. Joseph Pilates' Core
 - 2.3.2. Scientific Core
 - 2.3.3. Anatomical Foundation
 - 2.3.4. Core in Recovery Processes
- 2.4. Shoulder Girdle Organization
 - 2.4.1. Anatomical Review
 - 2.4.2. Biomechanics of the Shoulder Girdle
 - 2.4.3. Applications in Pilates
 - 2.4.4. Conclusions
- 2.5. Organization of Lower Limb Movement
 - 2.5.1. Anatomical Review
 - 2.5.2. Biomechanics of the Lower Limb
 - 2.5.3. Applications in Pilates
 - 2.5.4. Conclusions
- 2.6. Spinal Joint Organization
 - 2.6.1. Anatomical Review
 - 2.6.2. Biomechanics of the Spine
 - 2.6.3. Applications in Pilates
 - 2.6.4. Conclusions
- 2.7. Alignments of Body Segments
 - 2.7.1. Posture
 - 2.7.2. Posture in Pilates
 - 2.7.3. Segmental Alignments
 - 2.7.4. Muscular and Fascial Chains
- 2.8. Functional Integration
 - 2.8.1. Concept of Functional Integration
 - 2.8.2. Implications in Different Activities
 - 2.8.3. The Task
 - 2.8.4. The Context

- 2.9. Foundations of Therapeutic Pilates
 - 2.9.1. History of Therapeutic Pilates
 - 2.9.2. Concepts in Therapeutic Pilates
 - 2.9.3. Criteria in Therapeutic Pilates
 - 2.9.4. Examples of Injuries or Pathologies
- 2.10. Classical Pilates and Therapeutic Pilates
 - 2.10.1. Differences Between the Two Methods
 - 2.10.2. Justification
 - 2.10.3. Progressions
 - 2.10.4. Conclusions

Module 3. The Pilates Gym/Studio

- 3.1. The Reformer
 - 3.1.1. Introduction to the Reformer
 - 3.1.2. Benefits of the Reformer
 - 3.1.3. Main Exercises on the Reformer
 - 3.1.4. Common Mistakes on the Reformer
- 3.2. The Cadillac or Trapeze Table
 - 3.2.1. Introduction to the Cadillac
 - 3.2.2. Benefits of the Cadillac
 - 3.2.3. Main Exercises in the Cadillac
 - 3.2.4. Common Mistakes on the Cadillac
- 3.3. The Chair
 - 3.3.1. Introduction to the Chair
 - 3.3.2. Benefits of the Chair
 - 3.3.3. Main Exercises in the Chair
 - 3.3.4. Common Mistakes on the Chair
- 3.4. The Barrel
 - 3.4.1. Introduction to the Barrel
 - 3.4.2. Benefits of the Barrel
 - 3.4.3. Main Exercises on the Barrel
 - 3.4.4. Common Mistakes on the Barrel

- 3.5. "Combo" Models
 - 3.5.1. Introduction to the Combo Model
 - 3.5.2. Benefits of the Combo Model
 - 3.5.3. Main Exercises in the Combo Model
 - 3.5.4. Common Mistakes in the Combo Model
- 3.6. The Flexible Ring
 - 3.6.1. Introduction to the Flexible Ring
 - 3.6.2. Benefits of the Flexible Ring
 - 3.6.3. Main Exercises with the Flexible Ring
 - 3.6.4. Common Mistakes with the Flexible Ring
- 3.7. The Spine Corrector
 - 3.7.1. Introduction to the Spine Corrector
 - 3.7.2. Benefits of the Spine Corrector
 - 3.7.3. Main Exercises on the Spine Corrector
 - 3.7.4. Common Mistakes on the Spine Corrector
- 3.8. Tools Adapted to the Method
 - 3.8.1. *Foam Roller*
 - 3.8.2. *Fit Ball*
 - 3.8.4. Elastic Bands
 - 3.8.5. Bosu
- 3.9. The Space
 - 3.9.1. Equipment Preferences
 - 3.9.2. Pilates Space
 - 3.9.3. Pilates Equipment
 - 3.9.4. Best Practices Regarding the Space
- 3.10. The Environment
 - 3.10.1. Concept of the Environment
 - 3.10.2. Characteristics of Different Environments
 - 3.10.3. Choosing an Environment
 - 3.10.4. Conclusions

Module 4. Methodology in the Practice of the Pilates Method

- 4.1. The Initial Session
 - 4.1.1. Initial Assessment
 - 4.1.2. Informed Consent
 - 4.1.3. Words and Commands Related to Pilates
 - 4.1.4. Starting with the Pilates Method
- 4.2. The Initial Evaluation
 - 4.2.1. Postural Evaluation
 - 4.2.2. Flexibility Evaluation
 - 4.2.3. Coordinative Evaluation
 - 4.2.4. Session Planning. Pilates Sheet
- 4.3. The Pilates Class
 - 4.3.1. Initial Exercises
 - 4.3.2. Grouping of Students
 - 4.3.3. Positioning, Voice, Corrections
 - 4.3.4. Rest Period
- 4.4. The Students/Patients
 - 4.4.1. Types of Pilates Students
 - 4.4.2. Personalized Commitment
 - 4.4.3. The Student's Goals
 - 4.4.4. Choosing the Method
- 4.5. Progressions and Regressions of the Exercises
 - 4.5.1. Introduction to Progressions and Regressions
 - 4.5.2. Progressions
 - 4.5.3. Regressions
 - 4.5.4. Treatment Evolution
- 4.6. General Protocol
 - 4.6.1. A Basic General Protocol
 - 4.6.2. Respecting Pilates Fundamentals
 - 4.6.3. Protocol Analysis
 - 4.6.4. Functions of the Protocol

- 4.7. Exercise Indications
 - 4.7.1. Characteristics of the Starting Position
 - 4.7.2. Exercise Contraindications
 - 4.7.3. Verbal and Tactile Assistance
 - 4.7.4. Class Programming
- 4.8. The Instructor/Monitor
 - 4.8.1. Student Analysis
 - 4.8.2. Types of Instructors
 - 4.8.3. Creating an Appropriate Environment
 - 4.8.4. Student Follow-up
- 4.9. The Base Program
 - 4.9.1. Pilates for Beginners
 - 4.9.2. Pilates for Intermediate Students
 - 4.9.3. Pilates for Experts
 - 4.9.4. Professional Pilates
- 4.10. Software for Pilates Study
 - 4.10.1. Main Pilates Study Softwares
 - 4.10.2. Applications for Doing Pilates
 - 4.10.3. Latest Technology in Pilates Study
 - 4.10.4. Most Significant Advances in Pilates Study

Module 5. Pilates in Spinal Column Disorders

- 5.1. Basic Anatomical Review
 - 5.1.1. Osteology of the Spine
 - 5.1.2. Myology of the Spine
 - 5.1.3. Biomechanics of the Spine
 - 5.1.4. Conclusions
- 5.2. Common Pathologies Treatable with Pilates
 - 5.2.1. Growth-related Pathologies
 - 5.2.2. Pathologies in Older Patients
 - 5.2.3. Pathologies in Sedentary Individuals
 - 5.2.4. Pathologies in Athletes

- 5.3. Exercises Indicated in MAT, with Equipment, and with Implements. General Protocol
 - 5.3.1. Stretching Exercises
 - 5.3.2. Core Stabilization Exercises
 - 5.3.3. Joint Mobilization Exercises
 - 5.3.4. Strengthening Exercises
 - 5.3.5. Functional Exercises
- 5.4. Disc Pathology
 - 5.4.1. Pathomechanics
 - 5.4.2. Disc Syndromes
 - 5.4.3. Differences Between Types of Pathologies
 - 5.4.4. Best Practices
- 5.5. Joint Pathology
 - 5.5.1. Pathomechanics
 - 5.5.2. Joint Syndromes
 - 5.5.3. Types of Pathology
 - 5.5.4. Conclusions
- 5.6. Muscle Pathology
 - 5.6.1. Pathomechanics
 - 5.6.2. Muscle Syndromes
 - 5.6.3. Types of Pathology
 - 5.6.4. Conclusions
- 5.7. Cervical Spine Pathology
 - 5.7.1. Symptoms
 - 5.7.2. Cervical Syndromes
 - 5.7.3. Specific Protocols
 - 5.7.4. Conclusions
- 5.8. Thoracic Spine Pathology
 - 5.8.1. Symptoms
 - 5.8.2. Thoracic Syndromes
 - 5.8.3. Specific Protocols
 - 5.8.4. Conclusions

- 5.9. Lumbar Spine Pathology
 - 5.9.1. Symptoms
 - 5.9.2. Lumbar Syndromes
 - 5.9.3. Specific Protocols
 - 5.9.4. Conclusions
- 5.10. Sacroiliac Pathology
 - 5.10.1. Symptoms
 - 5.10.2. Lumbar Syndromes
 - 5.10.3. Specific Protocols
 - 5.10.4. Conclusions

Module 6. Pilates in Upper Limb Disorders

- 6.1. Basic Anatomical Review
 - 6.1.1. Osteology of the Upper Limb
 - 6.1.2. Myology of the Upper Limb
 - 6.1.3. Biomechanics of the Upper Limb
 - 6.1.4. Best Practices
- 6.2. Stabilization Exercises
 - 6.2.1. Introduction to Stabilization Exercises
 - 6.2.2. Stabilization Exercises in MAT
 - 6.2.3. Stabilization Exercises on Machines
 - 6.2.4. Best Stabilization Exercises
- 6.3. Joint Mobilization Exercises
 - 6.3.1. Introduction to Joint Mobility Exercises
 - 6.3.2. Joint Mobility Exercises in MAT
 - 6.3.3. Joint Mobility Exercises on Machines
 - 6.3.4. Best Joint Mobility Exercises
- 6.4. Strengthening Exercises
 - 6.4.1. Introduction to Strengthening Exercises
 - 6.4.2. Strengthening Exercises in MAT
 - 6.4.3. Strengthening Exercises on Machines
 - 6.4.4. Best Strengthening Exercises

- 6.5. Functional Exercises
 - 6.5.1. Introduction to Functional Exercises
 - 6.5.2. Functional Exercises in MAT
 - 6.5.3. Functional Exercises on Machines
 - 6.5.4. Best Functional Exercises
- 6.6. Shoulder Pathology. Specific Protocols
 - 6.6.1. Painful Shoulder
 - 6.6.2. Frozen Shoulder
 - 6.6.3. Hypomobile Shoulder
 - 6.6.4. Shoulder Exercises
- 6.7. Elbow Pathology. Specific Protocols
 - 6.7.1. Articular Pathology
 - 6.7.2. Muscle-Tendon Pathology
 - 6.7.3. Post-Traumatic or Post-Surgical Elbow
 - 6.7.4. Elbow Exercises
- 6.8. Wrist Pathology
 - 6.8.1. Main Syndromes
 - 6.8.2. Types of Wrist Pathologies
 - 6.8.3. Wrist Exercises
 - 6.8.4. Conclusions
- 6.9. Hand Pathology
 - 6.9.1. Main Syndromes
 - 6.9.2. Types of Hand Pathologies
 - 6.9.3. Hand Exercises
 - 6.9.4. Conclusions
- 6.10. Nerve Entrapments in the Upper Limb
 - 6.10.1. Brachial Plexus
 - 6.10.2. Peripheral Nerves
 - 6.10.3. Types of Pathologies
 - 6.10.4. Exercises for Nerve Entrapments in the Upper Limb

Module 7. Pilates in Lower Limb Disorders

- 7.1. Basic Anatomical Review
 - 7.1.1. Osteology of the Lower Limb
 - 7.1.2. Myology of the Lower Limb
 - 7.1.3. Biomechanics of the Lower Limb
 - 7.1.4. Best Practices
- 7.2. Common Pathologies Treatable with Pilates
 - 7.2.1. Growth-related Pathologies
 - 7.2.2. Pathologies in Athletes
 - 7.2.3. Other Types of Pathologies
 - 7.2.4. Conclusions
- 7.3. Exercises Indicated in MAT, Machines, and with Implements. General Protocol
 - 7.3.1. Dissociation Exercises
 - 7.3.2. Mobilization Exercises
 - 7.3.3. Strengthening Exercises
 - 7.3.4. Functional Exercises
- 7.4. Hip Pathology
 - 7.4.1. Joint Pathology
 - 7.4.2. Muscle-Tendon Pathology
 - 7.4.3. Surgical Pathology. Prosthesis
 - 7.4.4. Hip Exercises
- 7.5. Knee Pathology
 - 7.5.1. Joint Pathology
 - 7.5.2. Muscle-Tendon Pathology
 - 7.5.3. Surgical Pathology. Prosthesis
 - 7.5.4. Knee Exercises
- 7.6. Ankle Pathology
 - 7.6.1. Joint Pathology
 - 7.6.2. Muscle-Tendon Pathology
 - 7.6.3. Surgical Pathology
 - 7.6.4. Ankle Exercises

- 7.7. Foot Pathology
 - 7.7.1. Joint and Fascial Pathology
 - 7.7.2. Muscle-Tendon Pathology
 - 7.7.3. Surgical Pathology
 - 7.7.4. Foot Exercises
- 7.8. Nerve Entrapments in the Lower Limb
 - 7.8.1. Brachial Plexus
 - 7.8.2. Peripheral Nerves
 - 7.8.3. Types of Pathology
 - 7.8.4. Exercises for Nerve Entrapments in the Lower Limb
- 7.9. Analysis of the Antero-lateral Chain of the Lower Limb
 - 7.9.1. What is the Antero-lateral Chain and Why is it Important for the Patient?
 - 7.9.2. Important Aspects for Assessment
 - 7.9.3. Relationship of the Chain with Previously Described Pathologies
 - 7.9.4. Exercises Targeting the Antero-lateral Chain
- 7.10. Analysis of the Postero-medial Chain of the Lower Limb
 - 7.10.1. What is the Postero-medial Chain and Why is it Important for the Patient?
 - 7.10.2. Key Aspects for Assessment
 - 7.10.3. Relationship of the Complex with Previously Described Pathologies
 - 7.10.4. Exercises Targeting the Postero-medial Chain

Module 8. General Pathology and Its Treatment with Pilates

- 8.1. Nervous System
 - 8.1.1. Central Nervous System
 - 8.1.2. Peripheral Nervous System
 - 8.1.3. Brief Description of Neural Pathways
 - 8.1.4. Benefits of Pilates in Neurological Pathology
- 8.2. Neurological Assessment Focused on Pilates
 - 8.2.1. Anamnesis
 - 8.2.2. Assessment of Strength and Tone
 - 8.2.3. Assessment of Sensitivity
 - 8.2.4. Tests and Scales

- 8.3. Neurological Pathologies with Highest Prevalence and Scientific Evidence in Pilates
 - 8.3.1. Brief Description of the Pathologies
 - 8.3.2. Basic Principles of Pilates in Neurological Pathology
 - 8.3.3. Adaptation of Pilates Positions
 - 8.3.4. Adaptation of Pilates Exercises
- 8.4. Multiple Sclerosis
 - 8.4.1. Description of the Pathology
 - 8.4.2. Assessment of the Patient's Capacities
 - 8.4.3. Adaptation of Pilates Floor Exercises
 - 8.4.4. Adaptation of Pilates Exercises with Equipment
- 8.5. Stroke
 - 8.5.1. Description of the Pathology
 - 8.5.2. Assessment of the Patient's Capacities
 - 8.5.3. Adaptation of Pilates Floor Exercises
 - 8.5.4. Adaptation of Pilates Exercises with Equipment
- 8.6. Parkinson's Disease
 - 8.6.1. Description of the Pathology
 - 8.6.2. Assessment of the Patient's Capacities
 - 8.6.3. Adaptation of Pilates Floor Exercises
 - 8.6.4. Adaptation of Pilates Exercises with Equipment
- 8.7. Cerebral Palsy
 - 8.7.1. Description of the Pathology
 - 8.7.2. Assessment of the Patient's Capacities
 - 8.7.3. Adaptation of Pilates Floor Exercises
 - 8.7.4. Adaptation of Pilates Exercises with Equipment
- 8.8. Older Adults
 - 8.8.1. Age-Related Pathologies
 - 8.8.2. Assessment of the Patient's Capacities
 - 8.8.3. Recommended Exercises
 - 8.8.4. Contraindicated Exercises

- 8.9. Osteoporosis
 - 8.9.1. Description of the Pathology
 - 8.9.2. Assessment of the Patient's Capacities
 - 8.9.3. Recommended Exercises
 - 8.9.4. Contraindicated Exercises
- 8.10. Pelvic Floor Issues: Urinary Incontinence
 - 8.10.1. Description of the Pathology
 - 8.10.2. Incidence and Prevalence
 - 8.10.3. Recommended Exercises
 - 8.10.4. Contraindicated Exercises

Module 9. Pilates During Pregnancy, Labor, and Postpartum

- 9.1. First Trimester
 - 9.1.1. Changes in the First Trimester
 - 9.1.2. Benefits and Objectives
 - 9.1.3. Recommended Exercises
 - 9.1.4. Contraindications
- 9.2. Second Trimester
 - 9.2.1. Changes in the Second Trimester
 - 9.2.2. Benefits and Objectives
 - 9.2.3. Recommended Exercises
 - 9.2.4. Contraindications
- 9.3. Third Trimester
 - 9.3.1. Changes in the Third Trimester
 - 9.3.2. Benefits and Objectives
 - 9.3.3. Recommended Exercises
 - 9.3.4. Contraindications
- 9.4. Labor
 - 9.4.1. Dilating and Expulsive Phases
 - 9.4.2. Benefits and Objectives
 - 9.4.3. Recommendations
 - 9.4.4. Contraindications

- 9.5. Immediate Postpartum
 - 9.5.1. Recovery and Puerperium
 - 9.5.2. Benefits and Objectives
 - 9.5.3. Recommended Exercises
 - 9.5.4. Contraindications
- 9.6. Urinary Incontinence and Pelvic Floor
 - 9.6.1. Anatomy Involved
 - 9.6.2. Pathophysiology
 - 9.6.3. Recommended Exercises
 - 9.6.4. Contraindications
- 9.7. Pregnancy Issues and Pilates Approach
 - 9.7.1. Static Postural Changes
 - 9.7.2. Most Common Issues
 - 9.7.3. Recommended Exercises
 - 9.7.4. Contraindications
- 9.8. Preparation for Pregnancy
 - 9.8.1. Benefits of Physical Preparation During Preconception
 - 9.8.2. Recommended Physical Activity
 - 9.8.3. Recommended Exercises in the First Pregnancy
 - 9.8.4. Preparation for Subsequent Pregnancies
- 9.9. Late Postpartum
 - 9.9.1. Long-Term Anatomical Changes
 - 9.9.2. Preparation for Return to Physical Activity
 - 9.9.3. Recommended Exercises
 - 9.9.4. Contraindications
- 9.10. Postpartum Alterations
 - 9.10.1. Abdominal Diastasis
 - 9.10.2. Pelvic Static Changes – Prolapse
 - 9.10.3. Alterations in Deep Abdominal Musculature
 - 9.10.4. Indications and Contraindications in Cesarean Section

Module 10. Pilates in Sports

- 10.1. Football
 - 10.1.1. Most Common Injuries
 - 10.1.2. Pilates as Treatment and Prevention
 - 10.1.3. Benefits and Objectives
 - 10.1.4. Example in Elite Athletes
- 10.2. Racquet Sports
 - 10.2.1. Most Common Injuries
 - 10.2.2. Pilates as Treatment and Prevention
 - 10.2.3. Benefits and Objectives
 - 10.2.4. Example in Elite Athletes
- 10.3. Basketball
 - 10.3.1. Most Common Injuries
 - 10.3.2. Pilates as Treatment and Prevention
 - 10.3.3. Benefits and Objectives
 - 10.3.4. Example in Elite Athletes
- 10.4. Handball
 - 10.4.1. Most Common Injuries
 - 10.4.2. Pilates as Treatment and Prevention
 - 10.4.3. Benefits and Objectives
 - 10.4.4. Example in Elite Athletes
- 10.5. Golf
 - 10.5.1. Most Common Injuries
 - 10.5.2. Pilates as Treatment and Prevention
 - 10.5.3. Benefits and Objectives
 - 10.5.4. Example in Elite Athletes
- 10.6. Swimming
 - 10.6.1. Most Common Injuries
 - 10.6.2. Pilates as Treatment and Prevention
 - 10.6.3. Benefits and Objectives
 - 10.6.4. Example in Elite Athletes

- 10.7. Athletics
 - 10.7.1. Most Common Injuries
 - 10.7.2. Pilates as Treatment and Prevention
 - 10.7.3. Benefits and Objectives
 - 10.7.4. Example in Elite Athletes
- 10.8. Dance and Performing Arts
 - 10.8.1. Most Common Injuries
 - 10.8.2. Pilates as Treatment and Prevention
 - 10.8.3. Benefits and Objectives
 - 10.8.4. Example in Elite Athletes
- 10.9. Rollerskate Hockey
 - 10.9.1. Most Common Injuries
 - 10.9.2. Pilates as Treatment and Prevention
 - 10.9.3. Benefits and Objectives
 - 10.9.4. Example in Elite Athletes
- 10.10. Rugby
 - 10.10.1. Most Common Injuries
 - 10.10.2. Pilates as Treatment and Prevention
 - 10.10.3. Benefits and Objectives
 - 10.10.4. Example in Elite Athletes





“

This university program equips you with the key tools to effectively apply Pilates in the treatment of common pathologies”

04

Teaching Objectives

The purpose of this program is to equip professionals with the necessary skills to effectively integrate the Pilates method into their practice. As such, through mastering the most innovative techniques and tools, professionals will be able to adapt and apply Pilates in the treatment of various musculoskeletal pathologies, optimizing rehabilitation and the well-being of those affected. By acquiring a deep understanding of the evolution of the method, professionals will be better prepared to offer advanced and personalized therapeutic solutions, contributing to the overall improvement of health and physical recovery.





“

You will evaluate the impact of Pilates techniques in the treatment of disc pathology, improving rehabilitation”



General Objectives

- ♦ Enhance knowledge and professional competencies in the practice and teaching of Pilates exercises on the mat, machines, and with implements
- ♦ Differentiate the applications and adaptations of Pilates exercises according to the needs of each patient
- ♦ Establish exercise protocols adapted to the symptoms and pathologies of patients
- ♦ Define progressions and regressions of exercises based on the recovery phases of an injury
- ♦ Identify and avoid contraindicated exercises according to the prior assessment of the patient
- ♦ Manage Pilates apparatus with advanced proficiency
- ♦ Develop the ability to search for scientific and updated information on Pilates treatments for different pathologies
- ♦ Design specific exercises adapted for pregnant women, considering the stages of pregnancy, labor, and postpartum





Specific Objectives

Module 1. Pilates Method

- ♦ Analyze the fundamental principles of the Pilates method and its evolution over time
- ♦ Differentiate the applications of classical and contemporary Pilates, highlighting their contributions and key features
- ♦ Differentiate the applications of classical and contemporary Pilates, highlighting their contributions and key features
- ♦ Explore national and international trends and orientations of the Pilates method, identifying its main influences and current developments

Module 2. Foundations of the Pilates Method

- ♦ Analyze the fundamental concepts of the Pilates method according to Joseph Pilates and its evolution over time.
- ♦ Examine the effects of breathing on physical performance, as well as the different types and their application in Pilates
- ♦ Evaluate the importance of the Core in stability and movement, both from the perspective of Pilates and the scientific approach
- ♦ Compare the applications of classical and therapeutic Pilates, highlighting their differences, justification, and progressions in injury treatment

Module 3. The Pilates Gym/Studio

- ♦ Identify the benefits and common mistakes in using equipment such as the reformer and Cadillac
- ♦ Analyze key exercises with the barrel and the flexible ring in Pilates
- ♦ Evaluate the use of implements such as the foam roller and fit ball in therapeutic Pilates
- ♦ Examine best practices regarding Pilates space and equipment

Module 4. Methodology in the Practice of the Pilates Method

- ♦ Evaluate the importance of the initial assessment and informed consent in Pilates
- ♦ Develop effective methods to assess flexibility and coordination of students
- ♦ Apply strategies for planning and conducting personalized Pilates classes
- ♦ Analyze progressions and regressions of exercises according to individual needs

Module 5. Pilates in Spinal Column Disorders

- ♦ Analyze frequent pathologies treatable with Pilates in different age groups and conditions
- ♦ Evaluate the impact of elongation and core stabilization exercises on improving spinal disorders
- ♦ Propose specific protocols for treating cervical and dorsal pathologies with Pilates
- ♦ Develop intervention strategies for disc and joint pathologies through functional and mobilizing exercises

Module 6. Pilates in Upper Limb Disorders

- ♦ Develop specific protocols for treating shoulder pathologies, such as painful shoulder and frozen shoulder, through Pilates
- ♦ Apply stabilization and strengthening exercises in the upper limb, both on the mat and with machines, to improve mobility
- ♦ Evaluate the best joint mobility exercises in Pilates to treat elbow and wrist pathologies
- ♦ Propose functional and strengthening exercises for nerve entrapments in the upper limb, focusing on the brachial plexus and peripheral nerves



Module 7. Pilates in Lower Limb Disorders

- ♦ Use dissociation and strengthening exercises on the mat and machines for the lower limb
- ♦ Establish exercise protocols for joint and muscle-tendon pathologies in the hip, knee, ankle, and foot
- ♦ Rehabilitation of surgical pathologies, such as hip and knee prostheses
- ♦ Evaluate the antero-lateral and postero-medial chain in lower limb pathologies

Module 8. General Pathology and Its Treatment with Pilates

- ♦ Assess the neurological capabilities of patients to adapt Pilates exercises to their specific needs
- ♦ Apply the basic principles of Pilates in neurological pathologies, such as multiple sclerosis and stroke
- ♦ Design a protocol of appropriate exercises for patients with Parkinson's disease, adapting the techniques to their motor capabilities
- ♦ Evaluate age-associated pathologies in older adults and develop exercises that promote their well-being and mobility

Module 9. Pilates During Pregnancy, Labor, and Postpartum

- ♦ Evaluate the physical and physiological changes in each trimester of pregnancy to adapt Pilates exercises to the mother's needs
- ♦ Apply Pilates exercises focused on childbirth preparation, promoting pelvic floor mobility and strengthening
- ♦ Develop a postpartum exercise protocol for physical recovery, considering the anatomical alterations specific to the puerperium
- ♦ Address postpartum alterations, such as diastasis recti and prolapses, with adapted and safe Pilates techniques

Module 10. Pilates in Sports

- ♦ Apply Pilates as a preventive method for common injuries in contact sports, such as football, strengthening key areas and improving flexibility
- ♦ Design Pilates programs to optimize performance in racquet sports, focusing on mobility and core stability improvement
- ♦ Implement Pilates as a tool for preventing and treating muscle injuries in basketball, especially those affecting the knees and torso
- ♦ Promote recovery and injury prevention in handball through Pilates exercises that strengthen posture and stabilizing muscles



You will treat pathologies related to the elbow and wrist, acquiring key skills to apply the best joint mobility exercises in Pilates”

05

Career Opportunities

This university degree will provide students with access to various professional opportunities, including positions such as specialized Pilates trainer for athletes, rehabilitation specialist in healthcare centers, or coordinator of injury prevention programs. With the knowledge acquired, graduates will be able to design personalized routines that optimize physical performance and prevent injuries in elite athletes. In addition, they will have the opportunity to collaborate with professional teams, improving flexibility, strength, and mobility in athletes, contributing directly to their success and well-being. In this way, graduates will be positioned to stand out in an ever-evolving sector.





“

You will assume specialized roles in injury prevention, applying advanced techniques in programs aimed at elite athletes”

Graduate Profile

Graduates of this program will be professionals trained to apply Therapeutic Pilates in the prevention and treatment of various musculoskeletal pathologies. With in-depth knowledge of anatomy and physiology, they will master techniques adapted to the individual needs of each patient, improving their mobility, strength, and quality of life. Moreover, they will be prepared to collaborate with other specialists, accurately evaluating physical conditions and designing personalized rehabilitation plans. In their professional future, they will lead spaces where well-being and recovery through Pilates are the priority.

With this effective university program, you will broaden your comprehensive view of rehabilitation, addressing key aspects involved in the recovery process.

- ♦ **Effective Communication:** Facilitating interaction with patients, colleagues, and other healthcare professionals to ensure a precise understanding of goals and progress.
- ♦ **Empathy:** Creating a trusting environment, allowing patients to feel comfortable and committed to their rehabilitation process.
- ♦ **Critical Thinking:** Adapting exercises to each patient's condition and effectively addressing complex cases.
- ♦ **Time Management:** Ensuring that treatments are effective within a time frame and balancing attention to multiple patients or tasks simultaneously.



After completing the program, you will be able to perform your knowledge and skills in the following positions:

- 1. Therapeutic Pilates Physiotherapist:** Responsible for designing and applying therapeutic Pilates programs tailored to rehabilitation and injury prevention needs in patients with various musculoskeletal disorders.
- 2. Pilates Rehabilitation Specialist:** Dedicated to applying Pilates techniques for rehabilitating individuals who have suffered injuries, improving their mobility, and reducing pain.
- 3. Personal Trainer in Therapeutic Pilates:** Advising and guiding patients in personalized Pilates practice, promoting improvements in physical condition and overall health through therapeutic exercises.
- 4. Coordinator of Physical Rehabilitation Programs:** Responsible for managing and coordinating specific rehabilitation programs through Pilates, supervising their execution, and ensuring their effectiveness in patients.
- 5. Sports Injury Prevention Specialist with Pilates:** Focused on injury prevention through Pilates, working with athletes and sportspeople to optimize performance and prevent injuries.
- 6. Physical Therapist Specialized in Neuromuscular Disorders:** Managing the treatment of neuromuscular disorders using Pilates, helping to improve mobility and functionality in patients.
- 7. Rehabilitation Specialist in Orthopedic Injuries:** Responsible for using Pilates as part of rehabilitation for patients with orthopedic injuries, helping to restore mobility and reduce postoperative or injury-related pain.
- 8. Consultant in Physical Well-being and Therapeutic Pilates:** Advising clinics, healthcare centers, or gyms on the implementation of therapeutic Pilates programs to improve their patients' physical well-being.
- 9. Post-Surgical Rehabilitation Supervisor:** Responsible for supervising the recovery process of patients following surgery, using Pilates to improve strength, flexibility, and functional mobility.
- 10. Pelvic Floor Therapist:** Dedicated to treating pelvic floor dysfunctions using therapeutic Pilates, improving the strength and functionality of the pelvic muscles to prevent or treat issues such as urinary incontinence.



You will specialize as a physiotherapist with a university degree that integrates advanced techniques in the application of therapeutic Pilates”

06

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.



“

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

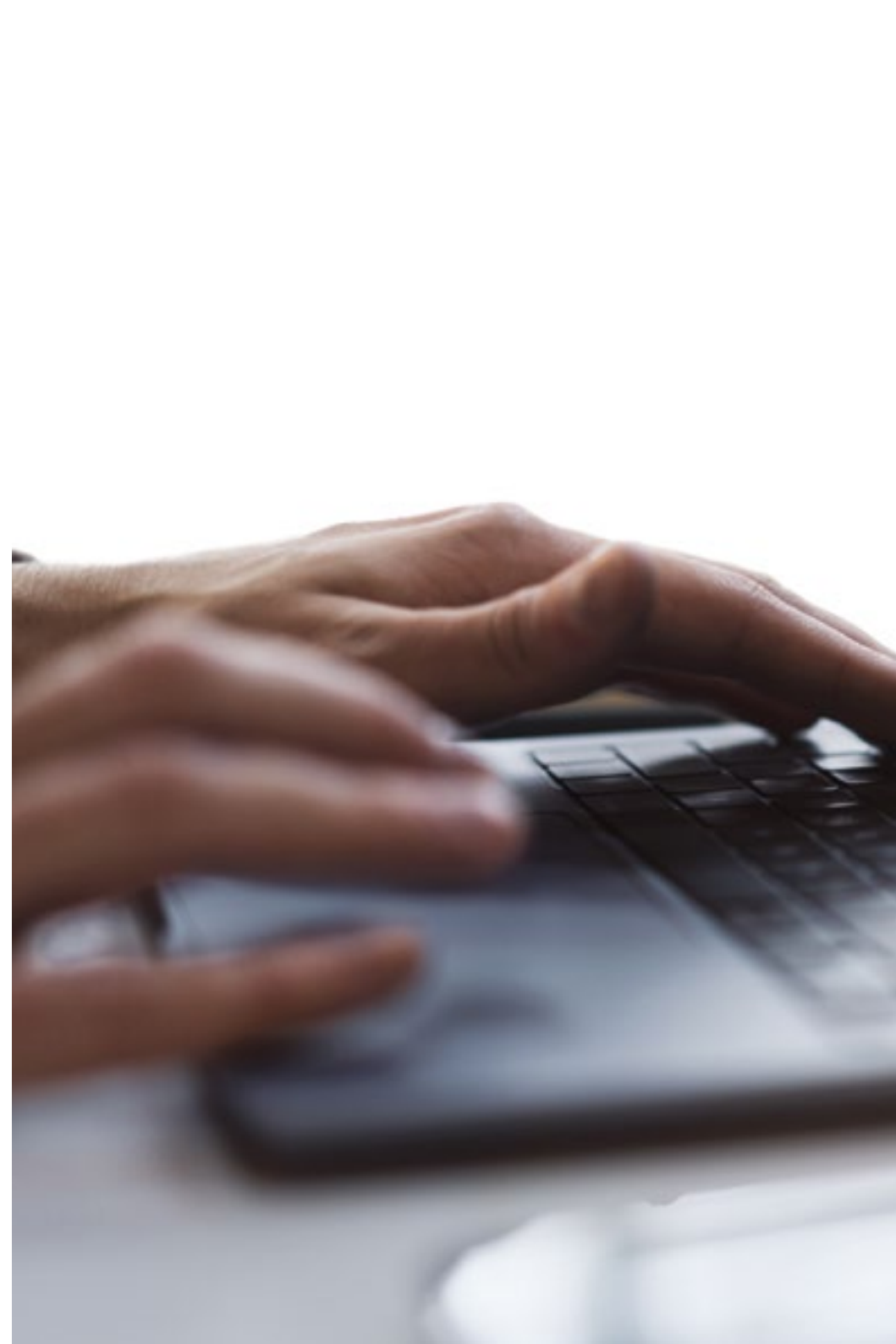
In TECH's study methodology, the student is the main protagonist.

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.

“

*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.

“*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

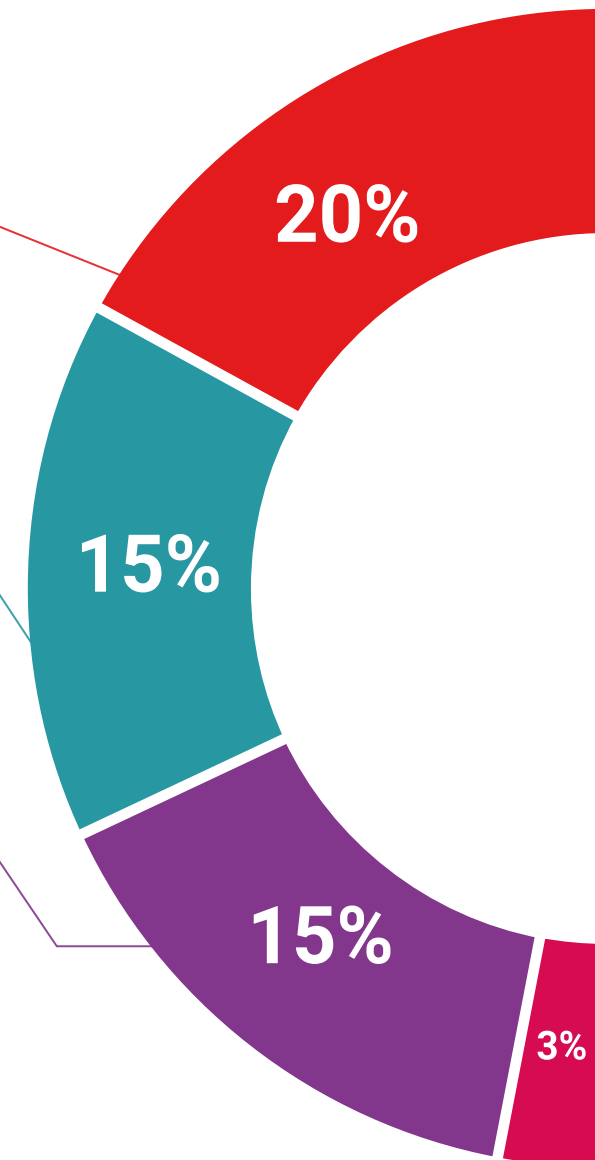
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

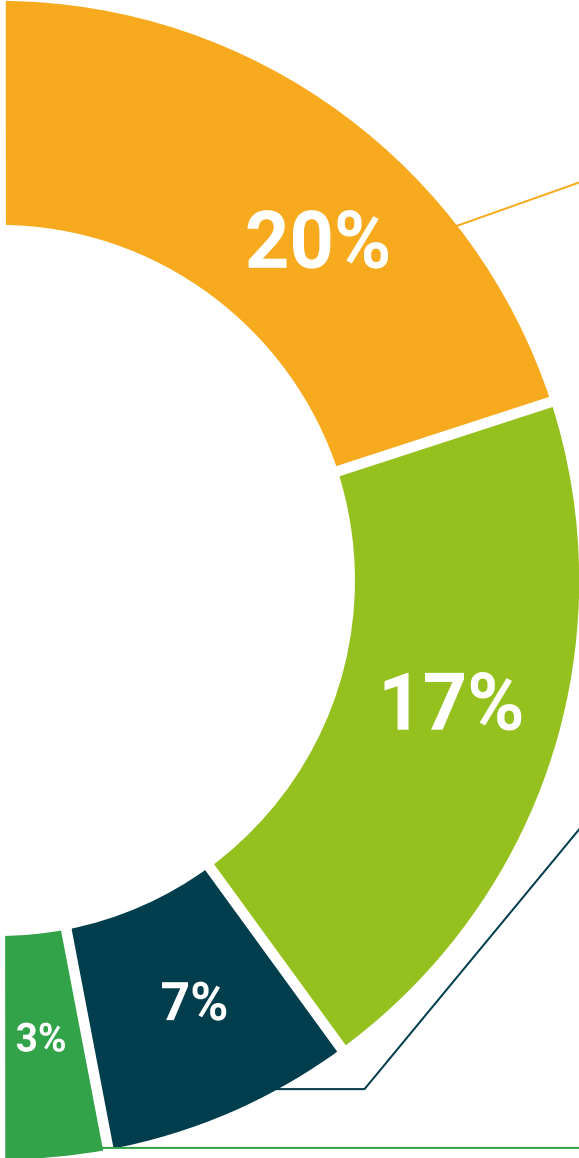
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

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





Case Studies

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Testing & Retesting

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



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 for 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

Teaching Staff

TECH Global University stands out for its commitment to academic excellence, boasting a faculty of highly experienced professionals. This program brings together experts in Physiotherapy and Pilates, who have blended their theoretical and practical knowledge into a comprehensive curriculum. Furthermore, graduates will gain a thorough update on the most innovative and effective techniques in Therapeutic Pilates, specifically focused on the treatment of musculoskeletal disorders resulting from athletic activity.





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Only TECH Global University offers a university program designed by experts that will allow you to excel in the field of rehabilitation with Pilates”

International Guest Director

Dr. Edward Laskowski is a leading international figure in the field of **Sports Medicine and Physical Rehabilitation**. Board certified by the **American Board of Physical Medicine and Rehabilitation**, he has been an integral part of the prestigious staff at the **Mayo Clinic**, where he has served as **Director of the Sports Medicine Center**.

In addition, his expertise spans a wide range of disciplines, from **Sports Medicine**, to **Fitness and Strength and Stability Training**. As such, he has worked closely with a multidisciplinary team of specialists in **Physical Medicine, Rehabilitation, Orthopedics, Physiotherapy and Sports Psychology** to provide a comprehensive approach to the care of his patients.

Likewise, his influence extends beyond **clinical practice**, as he has been recognized **nationally and internationally** for his contributions to the world of **sport and health**. Accordingly, he was appointed by President **George W. Bush** to the **President's Council on Physical Fitness and Sports**, and awarded a **Distinguished Service Award** from the **Department of Health and Human Services**, underscoring his commitment to promoting healthy lifestyles.

In addition, he has been a key element in renowned **sporting events**, such as the **Winter Olympics (2002)** in **Salt Lake City** and the **Chicago Marathon**, providing quality **medical care**. Add to this his dedication to **outreach**, which has been reflected in his extensive work in creating **academic resources**, including the **Mayo Clinic CD-ROM on Sports, Health and Fitness**, as well as his role as **Contributing Editor** of the book "**Mayo Clinic Fitness for Everybody**". With a passion for debunking myths and providing accurate, up-to-date information, Dr. Edward Laskowski continues to be an influential voice in **Sports Medicine and Fitness** worldwide.



Dr. Laskowski, Edward

- Director of the Mayo Clinic Sports Medicine Center, United States
- Consultant Physician to the National Hockey League Players Association, United States
- Physician at the Mayo Clinic, United States
- Member of the Olympic Polyclinic at the Olympic Winter Games (2002), Salt Lake City
- Specialist in Sports Medicine, Fitness, Strength Training and Stability Training
- Board Certified by the American Board of Physical Medicine & Rehabilitation
- Contributing Editor of the book "Mayo Clinic Fitness for EveryBody"
- Distinguished Service Award from the Department of Health and Human Services
- Member of: *American College of Sports Medicine*

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

Management



Mr. González Arganda, Sergio

- ♦ Physiotherapist of the Atlético Madrid Football Club (2005- 2023)
- ♦ CEO Físio Domicilio Madrid
- ♦ Professor in the Master's Degree in Physical Preparation and Sports Rehabilitation in Football
- ♦ Professor in the University Expert in Clinical Pilates
- ♦ Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- ♦ Master's Degree in Osteopathy of the Locomotor System by the Madrid School of Osteopathy.
- ♦ Master's Degree in Biomechanics Applied to Injury Assessment from the Comillas Pontifical University
- ♦ Expert in Pilates and Rehabilitation by the Royal Spanish Gymnastics Federation.
- ♦ Degree in Physiotherapy from the Comillas Pontifical University

Teachers

Ms. García Ibáñez, Marina

- ♦ Physiotherapist at the Multiple Sclerosis Foundation of Madrid and private practice at home
- ♦ Physiotherapist in home treatments in pediatrics and adults with neurological pathology
- ♦ Physiotherapist in Multiple Sclerosis Foundation of Madrid
- ♦ Physiotherapist at Kinés Clinic
- ♦ Physiotherapist at San Nicolás Clinic
- ♦ Expert in Neurological Physiotherapy at the European University of Madrid
- ♦ Master's Degree in Neurological Physiotherapy: Assessment and Treatment Techniques at the European University of Madrid.
- ♦ Degree in Physiotherapy from the University of Alcalá

Ms. Parra Nebreda, Virginia

- ♦ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ♦ Pelvic Floor Physiotherapist at Letfísio Clinic
- ♦ Physiotherapist at Orpea Elderly Care Home
- ♦ Master's Degree of Physiotherapy in Pelviperineology at the University of Castilla-la Mancha
- ♦ Training in Functional Ultrasound in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT Formation
- ♦ Training in Hypopressive in LOW PRESSURE FITNESS
- ♦ Graduate in Physiotherapy by the Complutense University of Madrid.

Ms. Cortés Lorenzo, Laura

- ◆ Physiotherapist at Físio Domicilio Madrid clinic and in the Madrid Hockey Federation
- ◆ Physiotherapist at the Fiosiomon clinic
- ◆ Physiotherapist at the Technification Center of the Madrid Hockey Federation
- ◆ Physiotherapist at Físio Domicilio Madrid
- ◆ Traumatology physiotherapist at Artros Clinic
- ◆ Physiotherapist in Club SPV51 and Club Valdeluz Field Hockey
- ◆ Diploma in Physiotherapy. Complutense University of Madrid

Mr. Pérez Costa, Eduardo

- ◆ CEO of Move2Be Physiotherapy and Readaptation
- ◆ Freelance physiotherapist, home treatment in Madrid
- ◆ Physiotherapist Natal Clinic San Sebastian de los Reyes
- ◆ Sports rehabilitation of the Zona Press Basketball Club
- ◆ Physiotherapist in the subsidiary of the UD Sanse
- ◆ Physiotherapist on the field with the Marcet Foundation
- ◆ Physiotherapist at Pascual & Muñoz clinic
- ◆ Physiotherapist at Físio Life Plus clinic.
- ◆ Master's Degree in Manual Physiotherapy in the locomotor apparatus at the University of Alcalá
- ◆ Degree in Physiotherapy from the University of Alcalá

Ms. Valiente Serrano, Noelia

- ◆ Physiotherapist at Físio Domicilio Madrid
- ◆ Physiotherapist at Keiki Fisioterapia
- ◆ Physiotherapist in Jemed Importaciones

Mr. Longás de Jesús, Antonio

- ◆ Physiotherapist at the Lagasca clinic
- ◆ Physiotherapist at Físio Domicilio Madrid
- ◆ Physiotherapist at Club de Rugby Veterinary



A unique, essential and decisive learning experience to boost your professional development"

08 Certificate

The Master's Degree in Therapeutic Pilates guarantees students, in addition to the most rigorous and up-to-date education, access to a 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 **Master's Degree in Therapeutic Pilates** 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: **Master's Degree in Therapeutic Pilates**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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 quality
development language
virtual classroom



Master's Degree Therapeutic Pilates

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Master's Degree Therapeutic Pilates

Endorsed by the NBA



tech global
university