

# Postgraduate Certificate

## High-Frequency Electrotherapy in Physical Activity and Sport

Endorsed by the NBA





## Postgraduate Certificate High-Frequency Electrotherapy in Physical Activity and Sport

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 11 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/sports-science/postgraduate-certificate/high-frequency-electrotherapy-physical-activity-sport](http://www.techtute.com/us/sports-science/postgraduate-certificate/high-frequency-electrotherapy-physical-activity-sport)



# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

Electrotherapy reduces pain in injured areas of the body. Therefore, it is a technique that has become widespread in the field of sports science. But in order to achieve an effective use, it is necessary for professionals in this area to obtain a very advanced knowledge about the application of this technique, as well as about the benefits it can bring to users. For this reason, TECH offers you the study of this high-level training program so that you can acquire superior skills that will allow you to advance in your daily practice.





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*Learn how to apply high-frequency electrotherapy to injured athletes and offer them more personalized attention to improve their recovery"*

This Postgraduate Certificate in High-Frequency Electrotherapy in Physical Activity and Sport has been designed by a team of experts in the field, with years of experience in the sector, who have joined forces to offer you the highest level of knowledge in this field. Thanks to this, our students will obtain a superior training that will allow them to apply this technique in their daily practice, offering injured athletes the possibility of applying innovative systems that favor their recovery.

In recent years, the number of research studies related to electrotherapy and the different techniques in this field has grown. These include percutaneous analgesic techniques in which needles are used as electrodes as , well as transcranial stimulation, either of an electrical nature or by using magnetic fields. Based on latter application, the field of action of electrotherapy has been widened and can thereby be applied to various types of patients, ranging from subjects with chronic pain to neurological patients. This training focuses on physical activity and sport, taking into account the application of these techniques in injured athletes.

One of the main advantages of this program is that, since it is 100% online, it is the student who decides where and when to study. Without having to face any kind of limitation, either in terms of time or travel to a physical location. All this, with the intention of facilitating to the maximum the possibility of study for professionals who must combine their training with the rest of their daily obligations.

This **Postgraduate Certificate in High-Frequency Electrotherapy in Physical Activity and Sport** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ♦ The development of case studies presented by experts in electrotherapy
- ♦ The graphic, schematic, and practical contents of which they are composed provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ News on the role of the sports science professional in the application of electrotherapy
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student.
- ♦ Its special emphasis on research methodologies on electrotherapy applied to sports sciences
- ♦ 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



*Immerse yourself in the study of this high-level course and improve your skills as a sports professional"*





*This Course is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in electrotherapy, you will obtain a certificate from the leading online university in Spanish: TECH”*

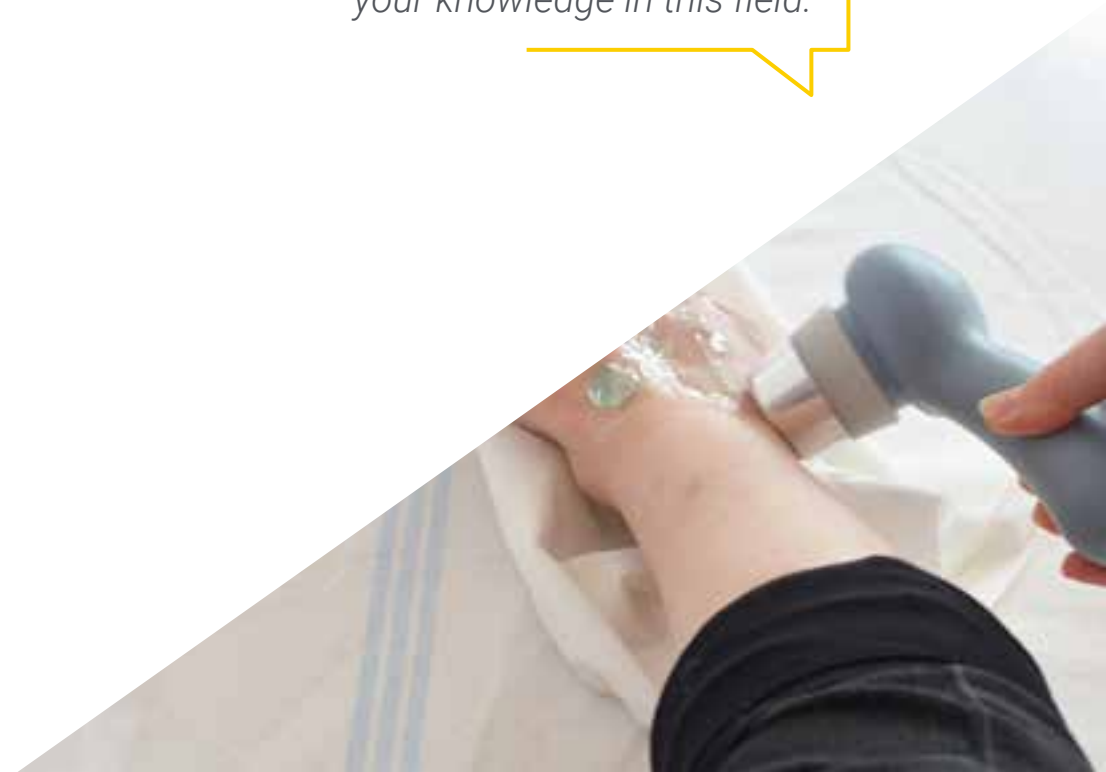
The teaching staff includes professionals from the field of sports science, who bring their experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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

*This program offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.*

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



# 02 Objectives

The Postgraduate Certificate in High Frequency Electrotherapy in Physical Activity and Sport is oriented to help the sports science professional in their daily practice in situations where the application of electrotherapy is necessary.





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*This program is designed for you to update your knowledge in electrotherapy, with the use of the latest educational technology, to contribute with quality and safety to decision making in this new field"*



## General Objectives

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





### Specific Objectives

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- ♦ Update your knowledge of Electrotherapy in the field of rehabilitation of patients with musculoskeletal pathology
- ♦ Update the concepts about the physiology of electrotherapy in the neuromusculoskeletal patient
- ♦ Update your knowledge of current and developing therapeutic possibilities in the field of rehabilitation



*The sports field requires prepared professionals and we give you the keys to position yourself among the professional elite"*

03

# Course Management

Our team of teachers, experts in electrotherapy, has a wide prestige in the profession and are professionals with years of teaching experience who have come together to help you give a boost to your profession. To this end, they have developed this program with the latest developments in the field that will allow you to specialize and increase your skills in this sector.







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*Learn from the best professionals and become  
a successful professional yourself”*

## Management



### **Dr. León Hernández, Jose Vicente**

- Doctorate in Physiotherapy from the Rey Juan Carlos University
- Degree in Chemical Sciences from the Complutense University of Madrid, specializing in Biochemistry
- Postgraduate Certificate in Physiotherapy from the Alfonso X el Sabio University
- Master's Degree in the Study and Treatment of Pain from the Rey Juan Carlos University



## Coordinators

### Mr. Suso Martí, Luis

- ♦ Physiotherapy Degree
- ♦ Master's Degree in "Advanced Physiotherapy in Pain Management"
- ♦ Doctoral candidate

### Dr. Cuenca Martínez, Ferrán

- ♦ Physiotherapy Degree
- ♦ Master's Degree in "Advanced Physiotherapy in Pain Management"
- ♦ Doctoral candidate

### Dr. Gurdíel Álvarez, Francisco

- ♦ Physiotherapy Degree:
- ♦ Expert in Orthopedic Manual Therapy and Myofascial Pain Syndrome
- ♦ Professional Master's Degree in Advanced Physiotherapy in Musculoskeletal Pain Management

### Ms. Merayo Fernández, Lucía

- ♦ Degree in Physiotherapy
- ♦ Professional Master's Degree in Advanced Physiotherapy in Musculoskeletal Pain Management.

### Mr. Losana Ferrer, Alejandro

- ♦ Physiotherapist
- ♦ Professional Master's Degree in Advanced Physiotherapy in Musculoskeletal Pain Management
- ♦ Expert in Neuro-Orthopedic Manual Therapy
- ♦ University Advanced Training in Therapeutic Exercise and Invasive Physiotherapy for Musculoskeletal Pain.



*Our teaching team will provide you with all their knowledge so that you are up to date with the latest information on the subject"*

04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best centers and universities in the country, aware of the relevance of current training to be able to intervene in situations that require the use of electrotherapy, and committed to quality teaching through new educational technologies.



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*We have the most complete and up-to-date academic program in the market. We want to put at your disposal the best training”*

## Module 1. High Frequency Electrotherapy

- 1.1. Physical Fundamentals of High Frequency
- 1.2. Physiological Effects of High Frequency
  - 1.2.1. Athermal Effects
  - 1.2.2. Thermal Effects
- 1.3. Therapeutic Effects of High Frequency
  - 1.3.1. Athermal Effects
  - 1.3.2. Thermal Effects
- 1.4. Shortwave Fundamentals
  - 1.4.1. Short Wave: Capacitive Application Mode
  - 1.4.2. Short Wave: Inductive Application Mode
  - 1.4.3. Short Wave: Pulsed Emission Mode
- 1.5. Practical Applications of Shortwave
  - 1.5.1. Practical Applications of Continuous Shortwave
  - 1.5.2. Practical Applications of Pulsed Shortwave
  - 1.5.3. Practical Applications of Shortwave: Pathology Phase and Protocols
- 1.6. Contraindications of Shortwave
  - 1.6.1. Absolute Contra-indications
  - 1.6.2. Relative Contra-indications
  - 1.6.3. Precautions and Safety Measures
- 1.7. Practical Applications of the Microwave
  - 1.7.1. Microwave Basics
  - 1.7.2. Practical Microwave Considerations
  - 1.7.3. Practical Applications of Continuous Microwave
  - 1.7.4. Practical Applications of Pulsed Microwave
  - 1.7.5. Microwave Treatment Protocols
- 1.8. Contraindications of the Microwave
  - 1.8.1. Absolute Contra-indications
  - 1.8.2. Relative Contra-indications
- 1.9. Fundamentals of Techartherapy
  - 1.9.1. Physiological Effects of Techartherapy
  - 1.9.2. Dosage of Tecartherapy Treatment

- 1.10. Practical Applications of Techartherapy
  - 1.10.1. Arthrosis
  - 1.10.2. Myalgia
  - 1.10.3. Muscle Fibrillar Rupture
  - 1.10.4. Post-puncture Pain of Myofascial Trigger Points
  - 1.10.5. Tendinopathy
  - 1.10.6. Tendon Rupture (Post-Surgical Period)
  - 1.10.7. Wound Healing
  - 1.10.8. Keloid Scars
  - 1.10.9. Edema Drainage
  - 1.10.10. Post-Exercise Recovery
- 1.11. Contraindications of Techartherapy
  - 1.11.1. Absolute Contra-indications
  - 1.11.2. Relative Contraindications Physical Exercise in Children and Adolescents

## Module 2. General Principles of Electrotherapy

- 2.1. Physical Basis of Electric Current
  - 2.1.1. Brief Historical Recollection
  - 2.1.2. Definition and Physical Basis of Electrotherapy
    - 2.1.2.1. Potential Concepts
- 2.2. Main Parameters of the Electric Current
  - 2.2.1. Pharmacology / Electrotherapy Parallelism
  - 2.2.2. Main Parameters of the Waves: Waveform, Frequency, Intensity, and Pulse Width
  - 2.2.3. Other Concepts: Voltage, Current and Resistance
- 2.3. Frequency-Dependent Classification of Currents
  - 2.3.1. Classification according to Frequency: High, Medium and Low
  - 2.3.2. Properties of Each Type of Frequency
  - 2.3.3. Choice of the Most Suitable Current in Each Case
- 2.4. Waveform-Dependent Current Classification
  - 2.4.1. General Classification: Direct and Alternating or Variable currents
  - 2.4.2. Classification of the Variable Currents: Interrupted and Uninterrupted
  - 2.4.3. Spectrum Concept



- 2.5. Current Transmission: Electrodes
  - 2.5.1. General Information on Electrodes
  - 2.5.2. Importance of Tissue Impedance
  - 2.5.3. General Precautions
- 2.6. Types of Electrodes
  - 2.6.1. Brief Recollection of the Historical Evolution of Electrodes
  - 2.6.2. Considerations on Maintenance and Use of Electrodes
  - 2.6.3. Main Types of Electrodes
  - 2.6.4. Electrophoretic Application
- 2.7. Bipolar Application
  - 2.7.1. Bipolar Application Overview
  - 2.7.2. Electrode Size and Area to be Treated
  - 2.7.3. Application of More Than Two Electrodes
- 2.8. Four-pole Application
  - 2.8.1. Possibility of Combinations
  - 2.8.2. Application in Electrostimulation
  - 2.8.3. Tetrapolar Application in Interferential Currents
  - 2.8.4. General Conclusions
- 2.9. Importance of Polarity Alternation
  - 2.9.1. Brief Introduction to Galvanism
  - 2.9.2. Risks Derived from Load Accumulation
  - 2.9.3. Polar Behavior of Electromagnetic Radiation



*A unique, key, and decisive  
educational experience to boost  
your professional development”*



# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





“

*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"*

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world*”



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career*”

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.





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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



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 highly 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.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



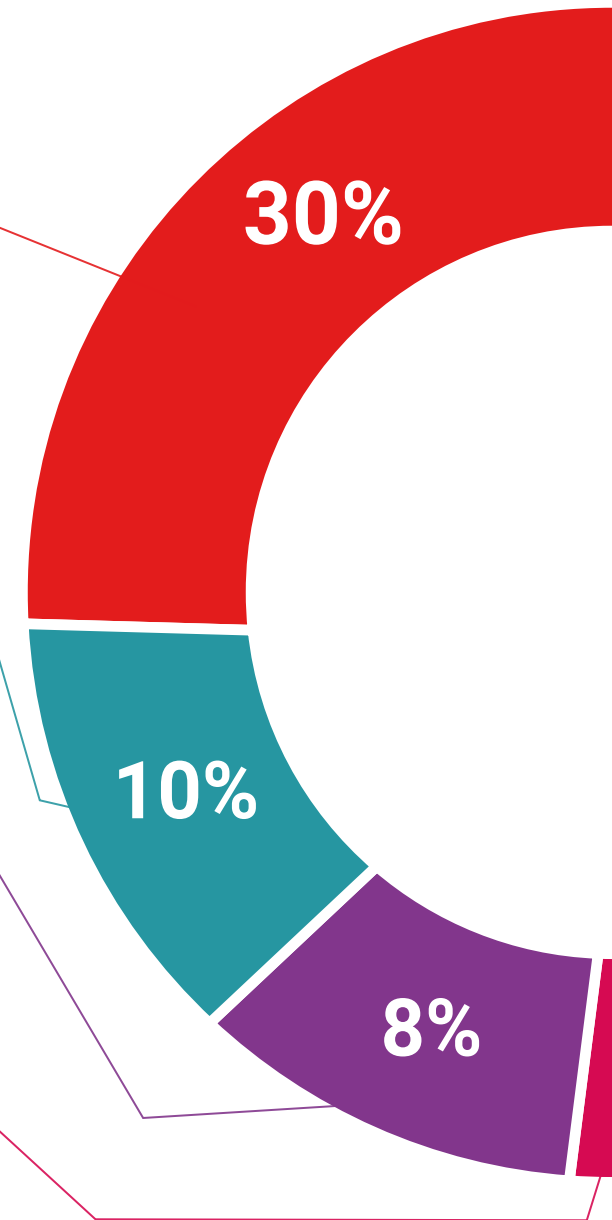
#### Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.

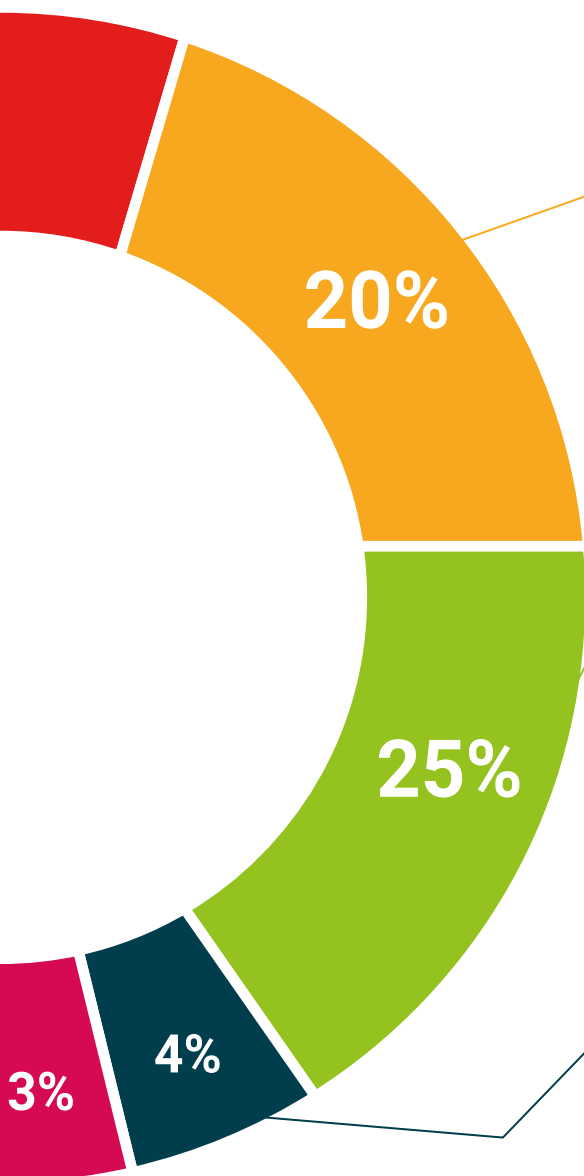


#### Additional Reading

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.







#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



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



#### 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.



# 06 Certificate

The Postgraduate Certificate in High-Frequency Electrotherapy in Physical Activity and Sport guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in High-Frequency Electrotherapy in Physical Activity and Sport** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in High-Frequency Electrotherapy in Physical Activity and Sport.**

Modality: **online**

Duration: **6 weeks**

Certificate: **TECH Global University**

Accreditation: **11 ECTS**

**Endorsed by the NBA**





**Postgraduate Certificate**  
High-Frequency Electrotherapy  
in Physical Activity  
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## High-Frequency Electrotherapy in Physical Activity and Sport

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