

# Professional Master's Degree Therapeutic Pilates

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## Professional Master's Degree Therapeutic Pilates

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/sports-science/professional-master-degree/master-therapeutic-pilates](http://www.techtitute.com/us/sports-science/professional-master-degree/master-therapeutic-pilates)

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# 01

# Introduction

Good posture and balance are essential when practicing sports since they facilitate physical activity and prevent alterations in various areas of the locomotor system. To achieve optimal musculoskeletal conditions in competitors, the integration of different disciplines is increasingly required, among which the Pilates method has achieved greater prestige and better results. This has forced professionals in the athletic world to stay up to date on their most effective tools and exercises. For this reason, TECH has integrated all its advances into this 100% online program, where students will be able to be up to date immediately on this complex discipline. All this through a disruptive methodology and the most specialized teaching staff.



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*A 100% online university program that will bring you up to date on the therapeutic applications of Pilates to prevent and rehabilitate injuries related to professional physical activity"*

Strengthening, stabilizing muscles, and developing greater flexibility are crucial for athletes in different sports. Achieving both is a challenge for coaches and physical trainers who seek to offer competitors the ideal strategies to increase their strength, balance, coordination, and endurance and optimize their performance. In this sense, the Pilates method has become an attractive solution for professionals in this field. However, achieving a high level of training in the correct handling of exercises and work tools can be challenging for some people.

For this reason, TECH has put together this program that delves into the therapeutic potential of this discipline. Its exhaustive syllabus will examine how Pilates techniques can help prevent injuries in athletes and, at the same time, contribute to the rehabilitation of parts of the locomotor system that are already affected. Specifically, they will address the most frequent alterations in the Spine, Upper and Lower Limbs that can be treated by means of powerful instruments such as the Spine Corrector, the Bosu, among others.

In addition, among the 10 modules of the degree, students will be able to analyze specific topics on the advantages and contraindications of Pilates in relation to specific sports such as Swimming, Athletics, and racquet competitions. They will also learn how players of Soccer, Basketball, Rugby, Golf, among others, can achieve a better state of health and well-being through this method.

This Professional Master's Degree has a 100% online methodology, where Relearning is key for graduates to master the most complex concepts in a fast, flexible, and rigorous way. They will also be supported by the study of real cases and simulated situations to develop competencies that will allow them to practice with precision immediately after completing the program. Likewise, all the contents and multimedia resources that are integrated into the degree have been selected by an exceptional teaching staff composed of experts with extensive experience in the application of the Pilates method to sports practice.

This **Professional Master's Degree in Therapeutic Pilates** contains the most complete and updated scientific program on the market. Its most outstanding features are:

- ◆ The development of practical cases presented by experts in Physiotherapy and 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 self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*You will master innovative tools of Therapeutic Pilates such as the Spine Correctos or the Buso, integrating them with excellence in your daily professional practice"*

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*You will delve into the most frequent alterations in the Spine, Upper, and Lower Limbs suffered by athletes and how to solve them through the most innovative exercises of the Pilates method"*

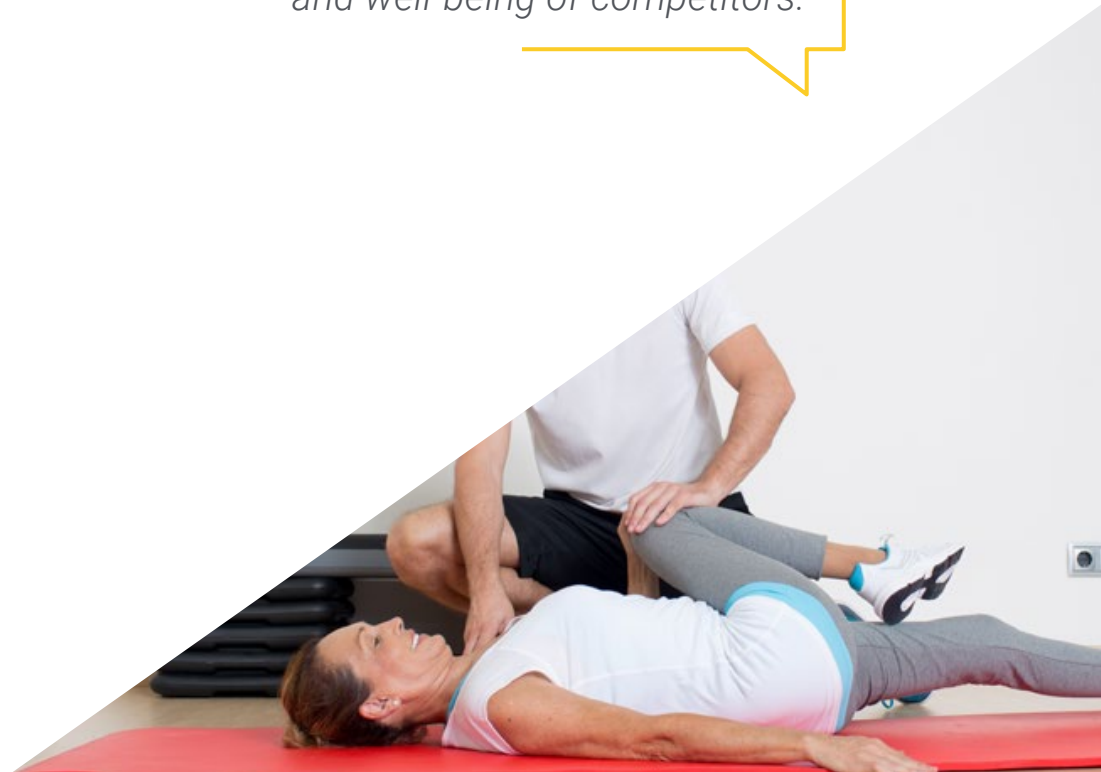
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*With the best multimedia resources, such as infographics and interactive summaries, this program will guarantee you diverse skills to perform in the field of Therapeutic Pilates.*

*Through this intensive course, you will develop a holistic view of the therapeutic potential of Pilates to boost the performance and well-being of competitors.*



# 02 Objectives

Sports professionals have at their disposal in this Professional Master's Degree the most up-to-date content to integrate the Pilates method, from a therapeutic approach, in different athletic activities. In this way, the main objective of this program is to promote the use of the most innovative techniques, exercises, and work tools. For this purpose, they have a very complete syllabus made up of the most qualified experts, and where the Relearning method is applied to facilitate the mastering of complex concepts in a more expeditious, flexible, and effective way.





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*Boost your professional career with this exhaustive update on the Pilates method provided by TECH Technological University”*



## General Objectives

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- ◆ To enhance the knowledge and professional skills in the practice and teaching of Pilates and teaching of the exercises of the Pilates method on the floor, on different machines, and with implements
- ◆ Differentiate the applications of Pilates exercises and the adaptations to be made for each patient
- ◆ Establish an exercise protocol adapted to the symptomatology and pathology of each patient
- ◆ Delineate the progressions and regressions of exercises according to the different phases in the process of recovery from an injury
- ◆ Avoidance of contraindicated exercises based on prior assessment of patients and clients
- ◆ To handle in-depth the apparatus used in the Pilates Method
- ◆ To provide the necessary information to be able to search for scientific and updated information on Pilates treatments applicable to different pathologies
- ◆ Analyze the needs and improvements of Pilates equipment in a therapeutic space for Pilates exercise
- ◆ Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method
- ◆ Perform correctly and analytically exercises based on the Pilates Method
- ◆ Analyze the physiological and postural changes that affect pregnant women
- ◆ Design exercises adapted to the woman in the course of pregnancy until delivery
- ◆ Describe the application of the Pilates Method in high-level athletes





## Specific Objectives

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### Module 1. The Pilates Method

- ◆ Delve into the background of Pilates
- ◆ Delve into the history of Pilates
- ◆ Describe the Pilates methodology

### Module 2. Fundamentals of the Pilates Method

- ◆ Delve into fundamentals of Pilates
- ◆ Identify the most relevant exercises
- ◆ Explain the Pilates positions to be avoided

### Module 3. The Pilates gym

- ◆ Describe the space where Pilates is performed
- ◆ Be aware of the machines to do Pilates
- ◆ Expose protocols and exercise progressions

### Module 4. Methodology in the practice of the Pilates Method

- ◆ Systematize sessions based on the Pilates Method
- ◆ Define types of sessions based on the Pilates Method
- ◆ Delve into the controversies and the well applied Pilates Method

### Module 5. Pilates in Spine disorders

- ◆ Inquire into the main problems of the Spine and their approach
- ◆ Update knowledge on the main problems of the Spine and their approach
- ◆ Apply specific exercise protocols for the injury recovery process

### Module 6. Pilates in Upper limb disorders

- ◆ Identify the pathologies of the Shoulder and their management
- ◆ Develop knowledge about the pathology of the Elbow and its approach
- ◆ Delve into the pathology of the Wrist and its approach

### Module 7. Pilates in Lower Limb disorders

- ◆ Detect distinctive characteristics of each injury
- ◆ Address the alterations through exercises based on the Pilates Method
- ◆ Adapt specific exercise protocols for the injury recovery process

### Module 8. General pathology and its treatment with Pilates

- ◆ Master the characteristics of each pathology
- ◆ Identify the main alterations of each pathology
- ◆ Address the alterations through exercises based on the Pilates Method

### Module 9. Pilates during Pregnancy, Childbirth, and Postpartum

- ◆ Differentiate the different phases of pregnancy
- ◆ Determine specific exercises for each phase
- ◆ Orient the woman during pregnancy, childbirth, and postpartum

### Module 10. Pilates in sports

- ◆ Identify the most frequent injuries in each sport
- ◆ Indicate the risk factors predisposing to injury
- ◆ Select exercises based on the Pilates Method adapted to each sport

# 03 Skills

In this TECH Technological University program, professionals will be able to develop specific competencies regarding the integration of the Pilates method in the practice of sports activities such as Soccer, Athletics, Swimming, and many more. From the skills acquired through this intensive course, students will be able to promote improvements in athletic performance, combined with correct posture, enabling the prevention of various injuries. In addition, given the therapeutic approach of this system of exercises, they can efficiently contribute to the rehabilitation of various alterations of the locomotor system of the competitors.





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*After completing this Master's program, you will have the essential theoretical and practical tools to exercise a praxis of excellence focused on Therapeutic Pilates"*



## General Skills

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- ◆ To update knowledge and professional skills in the practice and teaching of Pilates exercises on mats, different machines and with implements
- ◆ Establish an exercise protocol adapted to the symptomatology and pathology of each personal situation
- ◆ Discern clearly between a Pilates exercise done well and a Pilates exercise done poorly
- ◆ Attending to and preventing burn out in Pilates instructors
- ◆ Expand capabilities for the care of professionals who have over-trained in Pilates
- ◆ Promote health care by applying Pilates exercises correctly

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*You will acquire, through this program, several abilities to integrate the Pilates method to the training and physical conditioning of Soccer and Basketball players, among other sports disciplines”*





## Specific Skills

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- ◆ Adapt machine loads to the objective pursued with a given exercise in a specific patient
- ◆ Apply both strength and stretching pilates techniques to address various injuries
- ◆ Identify the main injuries caused by an incorrect practice of Pilates in non-professionals
- ◆ Exercise guidelines for people with osteoporosis or incontinence conditions
- ◆ Continue with research-oriented to delve into Pilates
- ◆ Establish protocols to perform exercises indicated in MATT
- ◆ Address problems produced in Upper and Lower Limbs through Pilates
- ◆ Recommend specific Pilates exercises to prevent muscular pathologies

# 04

## Course Management

TECH maintains a continuous commitment to academic excellence. For this reason, its faculty is made up of the most experienced professionals. This Professional Master's Degree is no exception, providing students with a solid teaching staff where experts in Physiotherapy and Pilates stand out. These specialists have combined their theoretical and practical knowledge in a very complete syllabus. In this way, graduates will be fully up-to-date on the most innovative and effective tools and exercises of Therapeutic Pilates against alterations in the locomotor system resulting from athletic activity.







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*A faculty composed of prestigious experts has designed the syllabus of this very complete university program"*

## Management



### Mr. González Arganda, Sergio

- ◆ Physiotherapist Atlético de Madrid and CEO Físio Domicilio Madrid
- ◆ Physiotherapist of Atlético de Madrid Football Club
- ◆ CEO Físio Domicilio Madrid
- ◆ Master in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- ◆ Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ◆ Expert in Pilates Rehabilitation by the Royal Spanish Gymnastics Federation
- ◆ Physiotherapy Graduate at Comillas Pontifical in University

## Professors

### Ms. Cortés Lorenzo, Laura

- ◆ Physiotherapist in Fiosiomon clinic and the Madrid Hockey Federation
- ◆ Physiotherapist at Fiosiomon Clinic
- ◆ Physiotherapist in the Technification Center of the Hockey Federation of Madrid
- ◆ Physiotherapist in companies through Fisiowork S.L.
- ◆ Traumatology physiotherapist in Artros Clinic
- ◆ Physiotherapist in Club SPV51 and Club Valdeluz Hockey Club
- ◆ Diploma in Physiotherapy at the Complutense University of Madrid

### Ms. Parra Nebreda, Virginia

- ◆ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ◆ Pelvic Floor Physiotherapist at Letfísio Clinic
- ◆ Physiotherapist at Orpea Nursing Home
- ◆ Master's Degree in Physiotherapy in Pelviperrineology at the University of Castilla-La Mancha.
- ◆ Functional Ultrasound Training in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT
- ◆ Hypopressive training at LOW PRESSURE FITNES
- ◆ Degree in Physiotherapy from the Complutense University of Madrid

**Mr. Pérez Costa, Eduardo**

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

**Ms. Díaz Águila, Estrella**

- ◆ Physiotherapist at H3
- ◆ Physiotherapist at Physiotherapy Castilla Clinic
- ◆ Physiotherapist at Fiosiomagna Clinic
- ◆ Physiotherapist at CEMAJ Medical Center
- ◆ Master's Degree in Osteopathy at Alcalá University
- ◆ Musculoskeletal ultrasound course for physiotherapists at MV Clinic
- ◆ PHL Back School Course: Therapeutic Pilates, hypopressive and functional exercise at the College of Physiotherapists of Andalusia
- ◆ Postgraduate Certificate in Physiotherapy at the University of Alcalá

**Ms. García Ibáñez, Marina**

- ◆ Physiotherapist at Foundation Multiple Sclerosis of Madrid and private consultation at home
- ◆ Physiotherapist for home treatment in pediatrics and adults with neurological pathology
- ◆ Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ◆ Physiotherapist and Psychologist in Kinés Clinic
- ◆ Physiotherapist in San Nicolás Clinic
- ◆ Master's Degree in Neurological Physiotherapy: Techniques of Assessment and Treatment at the European University of Madrid
- ◆ Expert in Neurological Physiotherapy at the European University of Madrid
- ◆ Degree in Psychology from the National University of Distance Education

05

# Structure and Content

This Professional Master's Degree is a unique opportunity for the updating and development of specific abilities among professionals in the field of sports. Proof of this are its academic modules, where students can delve into the evolution of the Pilates method, its working tools and the most effective strategies to apply it from a therapeutic approach. The mastery of these concepts and work techniques will be possible thanks to Relearning, a 100% online learning methodology exclusive to TECH that facilitates the acquisition of skills and will drive the graduates' praxis towards excellence.



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*This Professional Master's Degree does not have hermetic schedules, therefore guaranteeing you free access to its contents 24 hours a day"*

## Module 1. The 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 customized 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. Method Evolution
  - 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 Pilates Method
  - 1.4.1. Definition of Principles
  - 1.4.2. Evolution of Principles
  - 1.4.3. Progression levels
  - 1.4.4. Conclusions
- 1.5. Classical versus Contemporary/Modern Pilates
  - 1.5.1. Key points in Classical Pilates
  - 1.5.2. Modern/Classical Pilates Analysis
  - 1.5.3. Contributions of Modern Pilates
  - 1.5.4. Conclusions
- 1.6. Pilates on the Floor and Pilates on Machines
  - 1.6.1. Fundamentals of Floor Pilates
  - 1.6.2. Evolution of Pilates on floor
  - 1.6.3. Fundamentals of Pilates on Machines
  - 1.6.4. Evolution of Pilates on Machines

- 1.7. Scientific Evidence
  - 1.7.1. Scientific journals related to Pilates
  - 1.7.2. Doctoral thesis on Pilates
  - 1.7.3. Pilates Publications
  - 1.7.4. Pilates applications
- 1.8. Orientations of the Pilates Method
  - 1.8.1. National trends
  - 1.8.2. International trends
  - 1.8.3. Trend Analysis
  - 1.8.4. Conclusions
- 1.9. Schools
  - 1.9.1. Pilates Training Schools
  - 1.9.2. Magazines
  - 1.9.3. Evolution of pilates schools
  - 1.9.4. Conclusions
- 1.10. Pilates Associations and Federations
  - 1.10.1. Definitions
  - 1.10.2. Benefits
  - 1.10.3. Objectives
  - 1.10.4. PMA

## Module 2. Fundamentals of the Pilates Method

- 2.1. The different concepts of the method
  - 2.1.1. The concepts according to Joseph Pilates
  - 2.1.2. Evolution of Concepts
  - 2.1.3. Subsequent generations
  - 2.1.4. Conclusions
- 2.2. Breathing
  - 2.2.1. The different types of breathing
  - 2.2.2. Analysis of types of breathing
  - 2.2.3. The Effects of breathing
  - 2.2.4. Conclusions

- 2.3. Pelvis as the core of stability and movement
  - 2.3.1. The Joseph Pilates Core
  - 2.3.2. The Scientific Core
  - 2.3.3. Anatomical basis
  - 2.3.4. Core in recovery processes
- 2.4. The organization of the shoulder girdle
  - 2.4.1. Anatomical Review
  - 2.4.2. Shoulder Girdle Biomechanics
  - 2.4.3. Pilates applications
  - 2.4.4. Conclusions
- 2.5. The organization of lower limb movement
  - 2.5.1. Anatomical Review
  - 2.5.2. Biomechanics of the Lower Limb
  - 2.5.3. Pilates applications
  - 2.5.4. Conclusions
- 2.6. The articulation of the spine
  - 2.6.1. Anatomical Review
  - 2.6.2. Biomechanics of the Spine
  - 2.6.3. Pilates applications
  - 2.6.4. Conclusions
- 2.7. Body segment alignments
  - 2.7.1. Posture
  - 2.7.2. Posture in Pilates
  - 2.7.3. Segmental alignments
  - 2.7.4. Muscle and fascial chains
- 2.8. Functional integration
  - 2.8.1. Concept of functional Integration
  - 2.8.2. Implications on different activities
  - 2.8.3. The task
  - 2.8.4. The Context

- 2.9. Fundamentals 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. Pilates clásico y Pilates terapéutico
  - 2.10.1. Differences between both methods
  - 2.10.2. Justification
  - 2.10.3. Progressions
  - 2.10.4. Conclusions

### Module 3. The Pilates gym

- 3.1. The Reformer
  - 3.1.1. Introduction to the Reformer
  - 3.1.2. Reformer Benefits
  - 3.1.3. Main exercises on the Reformer
  - 3.1.4. Main errors on the Reformer
- 3.2. The Cadillac or Trapeze table
  - 3.2.1. Introduction to Cadillac
  - 3.2.2. Cadillac Benefits
  - 3.2.3. Main exercises on the Cadillac
  - 3.2.4. Main errors on the Cadillac
- 3.3. The chair
  - 3.3.1. Introduction to the chair
  - 3.3.2. Chair benefits
  - 3.3.3. Main exercises on the chair
  - 3.3.4. Main Errors on the chair
- 3.4. The Barrel
  - 3.4.1. Introduction to the Barrel
  - 3.4.2. Barrel Benefits
  - 3.4.3. Main exercises on the Barrel
  - 3.4.4. Main errors on the Barrel

- 3.5. "Combo" models
  - 3.5.1. Introduction to the Combo model
  - 3.5.2. Combo model benefits
  - 3.5.3. Main exercises on the Combo model
  - 3.5.4. main errors in the Combo model
- 3.6. The flexible ring
  - 3.6.1. Introduction to flexible ring
  - 3.6.2. Flexible ring benefits
  - 3.6.3. Main exercises on the flexible ring
  - 3.6.4. Main Errors on the flexible ring
- 3.7. The *Spine* Corrector
  - 3.7.1. Introduction to *Spine* corrector
  - 3.7.2. *Spine* corrector benefits
  - 3.7.3. Main exercises on the *Spine* corrector
  - 3.7.4. Main Errors on the *Spine* corrector
- 3.8. Implements 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. The Pilates space
  - 3.9.3. Pilates instruments
  - 3.9.4. Best practices in terms of space
- 3.10. The Environment
  - 3.10.1. Environment concept
  - 3.10.2. Characteristics of different environments
  - 3.10.3. Environment choice
  - 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. Onset on the Pilates Method
- 4.2. Initial Assessment
  - 4.2.1. Postural assessment
  - 4.2.2. Flexibility assessment
  - 4.2.3. Evaluación coordinativa
  - 4.2.4. Session planning. Pilates card
- 4.3. Pilates class
  - 4.3.1. Initial exercises
  - 4.3.2. Student groupings
  - 4.3.3. Positioning, voice, corrections
  - 4.3.4. Resting
- 4.4. Student-patients
  - 4.4.1. Pilates student typology
  - 4.4.2. Personalized commitment
  - 4.4.3. Student objectives
  - 4.4.4. The choice of method
- 4.5. Exercise progressions and regressions
  - 4.5.1. Introduction to progressions and regressions
  - 4.5.2. Progressions
  - 4.5.3. Regressions
  - 4.5.4. The evolution of treatment
- 4.6. General protocol
  - 4.6.1. A basic generalized protocol
  - 4.6.2. Respect Pilates fundamentals
  - 4.6.3. Protocol analysis
  - 4.6.4. Protocol functions



- 4.7. Indications of the exercises
  - 4.7.1. Characteristics of initial position
  - 4.7.2. Contraindications of the exercises
  - 4.7.3. Verbal, tactile aids
  - 4.7.4. Class scheduling
- 4.8. The teacher/monitor
  - 4.8.1. Student analysis
  - 4.8.2. Types of teachers
  - 4.8.3. Generation of an adequate environment
  - 4.8.4. Student follow-up
- 4.9. The basic program
  - 4.9.1. Pilates for beginners
  - 4.9.2. Pilates for intermediates
  - 4.9.3. Pilates for experts
  - 4.9.4. Professional Pilates
- 4.10. Software for pilates studio
  - 4.10.1. Main pilates studio software
  - 4.10.2. Application for pilates practicing
  - 4.10.3. Latest technology in the pilates studio
  - 4.10.4. Most significant advances in Pilates studio

## Module 5. Pilates in Spine disorders

- 5.1. Basic anatomical recall
  - 5.1.1. Osteology of the Spine
  - 5.1.2. Spinal myology
  - 5.1.3. Biomechanics of the Spine
  - 5.1.4. Conclusions
- 5.2. Frequent pathologies susceptible to treatment with Pilates
  - 5.2.1. Growth pathologies
  - 5.2.2. Pathologies in elderly patients
  - 5.2.3. Pathologies in the sedentary person
  - 5.2.4. Pathologies in the athlete

- 5.3. Exercises indicated in MATT, on Machines, 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. Disk Pathology
  - 5.4.1. Patho-mechanics
  - 5.4.2. Disc syndromes
  - 5.4.3. Differences between types of pathologies
  - 5.4.4. Good Practices
- 5.5. Articular Pathology
  - 5.5.1. Patho-mechanics
  - 5.5.2. Joint syndromes
  - 5.5.3. types of pathologies
  - 5.5.4. Conclusions
- 5.6. Muscular Pathology
  - 5.6.1. Patho-mechanics
  - 5.6.2. Muscle syndromes
  - 5.6.3. Types of pathologies
  - 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. Dorsal Spine Pathology
  - 5.8.1. Symptoms
  - 5.8.2. Dorsal 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 recall
  - 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. Good Practices
- 6.2. Stabilization exercises
  - 6.2.1. Introduction to stabilization exercise
  - 6.2.2. MATT stabilization exercises
  - 6.2.3. Machine stabilization exercises
  - 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 MATT
  - 6.3.3. Joint mobility exercises on machine
  - 6.3.4. Best joint mobility exercises
- 6.4. Strengthening exercises
  - 6.4.1. Introduction to strengthen exercises
  - 6.4.2. MATT strengthen exercises
  - 6.4.3. Machine strengthen exercises
  - 6.4.4. Best strengthen exercises

- 6.5. Functional exercises
  - 6.5.1. Introduction to functional exercises
  - 6.5.2. MATT functional exercises
  - 6.5.3. Machine stabilization exercises
  - 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. Shoulder hypomobility
  - 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. Wrist pathology types
  - 6.8.3. Wrist Exercises
  - 6.8.4. Conclusions
- 6.9. Pathology of the Hand
  - 6.9.1. Main syndromes
  - 6.9.2. Hand pathology types
  - 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 recall
  - 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. Good Practices
- 7.2. Frequent pathologies susceptible to treatment with Pilates
  - 7.2.1. Growth pathologies
  - 7.2.2. Pathologies in the athlete
  - 7.2.3. Other Types of Pathologies
  - 7.2.4. Conclusions
- 7.3. Exercises indicated on Mat, Machines, and 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. Articular 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. Articular 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. Articular 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 pathologies
  - 7.8.4. Exercises for nerve entrapments in the Lower Limb
- 7.9. Analysis of the anterolateral chain of the lower limb.
  - 7.9.1. What is the anterolateral chain, and how important is it for the patient?
  - 7.9.2. Important aspects for assessment
  - 7.9.3. The relationship of the chain with pathology already described
  - 7.9.4. Exercises for training of the anterolateral chain
- 7.10. Analysis of the posterior-medial chain of the lower limb.
  - 7.10.1. What is the posterior-medial chain, and how important is it for the patient?
  - 7.10.2. Important aspects for assessment
  - 7.10.3. The relationship of the complex with pathology already described
  - 7.10.4. Exercises for posterior-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. Medical History
  - 8.2.2. Strength and tone assessment
  - 8.2.3. Sensitivity assessment
  - 8.2.4. Tests and scales

- 8.3. Most prevalent neurological pathologies 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. Pathology description
  - 8.4.2. Assessment of the patient's capabilities
  - 8.4.3. Adaptation of Pilates exercises on floor
  - 8.4.4. Adaptation of Pilates exercises with elements
- 8.5. Stroke
  - 8.5.1. Pathology description
  - 8.5.2. Assessment of the patient's capabilities
  - 8.5.3. Adaptation of Pilates exercises on floor
  - 8.5.4. Adaptation of Pilates exercises with elements
- 8.6. Parkinson's Disease
  - 8.6.1. Pathology description
  - 8.6.2. Assessment of the patient's capabilities
  - 8.6.3. Adaptation of Pilates exercises on floor
  - 8.6.4. Adaptation of Pilates exercises with elements
- 8.7. Cerebral Palsy
  - 8.7.1. Pathology description
  - 8.7.2. Assessment of the patient's capabilities
  - 8.7.3. Adaptation of Pilates exercises on floor
  - 8.7.4. Adaptation of Pilates exercises with elements
- 8.8. Older adults
  - 8.8.1. Age-related pathologies
  - 8.8.2. Assessment of the patient's capabilities
  - 8.8.3. Indicated exercises
  - 8.8.4. Contraindicated exercises

- 8.9. Osteoporosis
  - 8.9.1. Pathology description
  - 8.9.2. Assessment of the patient's capabilities
  - 8.9.3. Indicated exercises
  - 8.9.4. Contraindicated exercises
- 8.10. Pelvic Floor Disorders: urinary incontinence
  - 8.10.1. Pathology description
  - 8.10.2. Incidence and Prevalence
  - 8.10.3. Indicated exercises
  - 8.10.4. Contraindicated exercises

## Module 9. Pilates during Pregnancy, Childbirth, and Postpartum

- 9.1. First Trimester
  - 9.1.1. Changes in the first quarter
  - 9.1.2. Benefits and objectives
  - 9.1.3. Indicated exercises
  - 9.1.4. Contraindications
- 9.2. Second quarter
  - 9.2.1. Changes in the Second quarter
  - 9.2.2. Benefits and objectives
  - 9.2.3. Indicated exercises
  - 9.2.4. Contraindications
- 9.3. Third Trimester
  - 9.3.1. Changes in the third quarter
  - 9.3.2. Benefits and objectives
  - 9.3.3. Indicated exercises
  - 9.3.4. Contraindications
- 9.4. Birth
  - 9.4.1. Dilation and delivery phase
  - 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. Indicated exercises
  - 9.5.4. Contraindications
- 9.6. Urinary Incontinence and Pelvic Floor
  - 9.6.1. Anatomy involved
  - 9.6.2. Pathophysiology
  - 9.6.3. Indicated exercises
  - 9.6.4. Contraindications
- 9.7. Problems in pregnancy and approach through the Pilates Method
  - 9.7.1. Body statics change
  - 9.7.2. Most Frequent Problems
  - 9.7.3. Indicated exercises
  - 9.7.4. Contraindications
- 9.8. Pregnancy preparation
  - 9.8.1. Benefits of physical training during pregnancy
  - 9.8.2. Recommended physical activity
  - 9.8.3. Indicated exercises for the first pregnancy
  - 9.8.4. Preparation during the search for the second and subsequent
- 9.9. Late Postpartum
  - 9.9.1. Long-term anatomical changes
  - 9.9.2. Preparation for the return to physical activity
  - 9.9.3. Indicated exercises
  - 9.9.4. Contraindications
- 9.10. Post-partum alterations
  - 9.10.1. Abdominal diastasis
  - 9.10.2. Static pelvic-prolapse shift
  - 9.10.3. Alterations of deep abdominal musculature
  - 9.10.4. Indications and contraindications in cesarean section

## Module 10. Pilates in sports

- 10.1. Soccer
  - 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. Roller 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





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*An academic itinerary of 1,500 hours that guarantees thorough handling of the most advanced techniques of the Therapeutic Pillars. Don't wait any longer and enroll today"*

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"*

### 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.



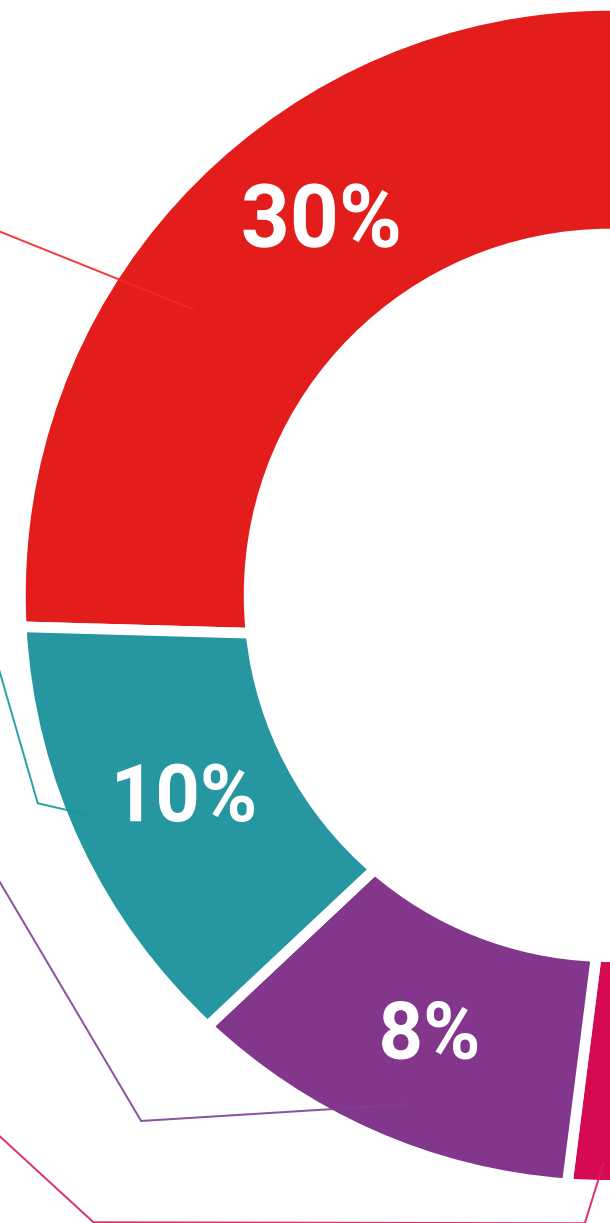
#### Practising Skills and Abilities

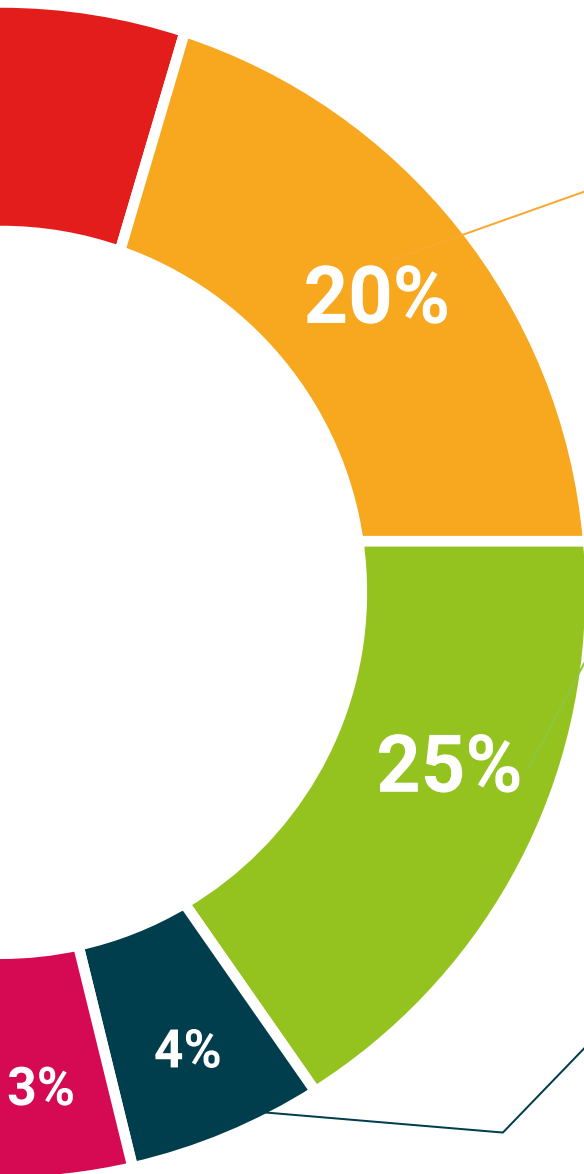
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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.



# 07 Certificate

The Professional Master's Degree in Therapeutic Pilates guarantees, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree 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 **Professional Master's Degree in Therapeutic Pilates** contains the most complete and updated scientific program on the market.

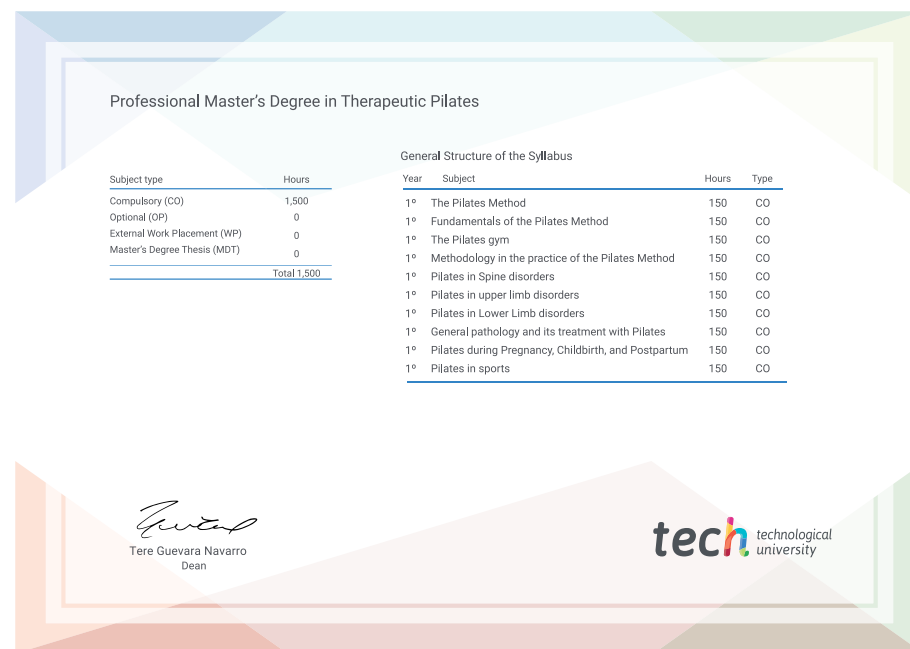
After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree issued by** issued by **TECH Technological University** via tracked delivery\*.

The diploma 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.

Program: **Professional Master's Degree in Therapeutic Pilates**

Official N° of Hours: **1,500 h.**

**Endorsed by the NBA**



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



## Professional Master's Degree Therapeutic Pilates

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree Therapeutic Pilates

Endorsed by the NBA

A woman with blonde hair is lying on her back on a Pilates reformer machine. She is wearing a black long-sleeved top and black leggings. Her arms are raised, and she is holding a black strap that is attached to the machine. She is wearing several gold bracelets on her left wrist. The background is a bright, modern gym or studio.

**tech** technological  
university