

Postgraduate Certificate

Pilates in Lower Limb Disorders

for Nursing





Postgraduate Certificate Pilates in Lower Limb Disorders for Nursing

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

Website: www.techtute.com/us/nursing/postgraduate-certificate/pilates-lower-limb-disorders-nursing

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01

Introduction

Clinical Pilates has been dealing so far with the most critical situations in muscular and joint rehabilitation, as it focuses on concentric and eccentric contraction of the different muscle groups preserving the motor program and facilitating joint alignment. This decreases stress on passive structures throughout the range of motion. This discipline has come to have an important relevance in the treatment of injuries and traumas. Therefore, TECH has developed this program, in order to provide the professionals with valuable content regarding the detection of distinctive characteristics of each injury. This is supported by audiovisual material that will give dynamism to the program and with the convenience of a 100% online format.



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This Postgraduate Certificate will contribute to your professional growth and positioning in a sector that is currently booming”

The knee is a complex joint that is subject to considerable wear and tear, especially in people with incorrect biomechanics in the hip or ankle, which also begins to affect them negatively. Unfortunately, it is a region that is often indirectly damaged so that, in some cases, symptoms of pain in the joint itself must be dealt with while dealing with the resulting alterations in gait pattern.

In this way, research and scientific studies have progressed, in accordance with the coupling of a discipline that is changing the quality of life of many people in the world. For this reason, the professional in this field of study must be up to date with the best and most current developments in this field. That is why this Postgraduate Certificate will provide the graduates with skills and innovative tools related to specific exercise protocols for the recovery process of injuries.

Students will strengthen their knowledge in various aspects related to the alterations through exercises based on the Pilates Method. On the other hand, this program integrates a specialized and renowned teaching team, in addition to having the support of a high quality technological innovation material that includes 180 hours, which can be distributed in any way by accessing the virtual platform at any time.

Also, TECH links efficiency, excellence and comfort in the best way, so this program offers the most complete and first level update, positioning its students with the best academic standards at the end of the program. Therefore, the students will only need an electronic device with an Internet connection in order to be able to execute a program with the greatest time flexibility.

This **Postgraduate Certificate in Pilates in Lower Limb Disorders for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Physiotherapy and Pilates specialists
- ♦ 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
- ♦ 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



This program will provide you with a solid foundation and innovative academic tools in lower limb biomechanics"

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The comprehensive analysis of the anterolateral chain of the lower limb is one of the skills that you will undoubtedly master by the end of this Postgraduate Certificate"

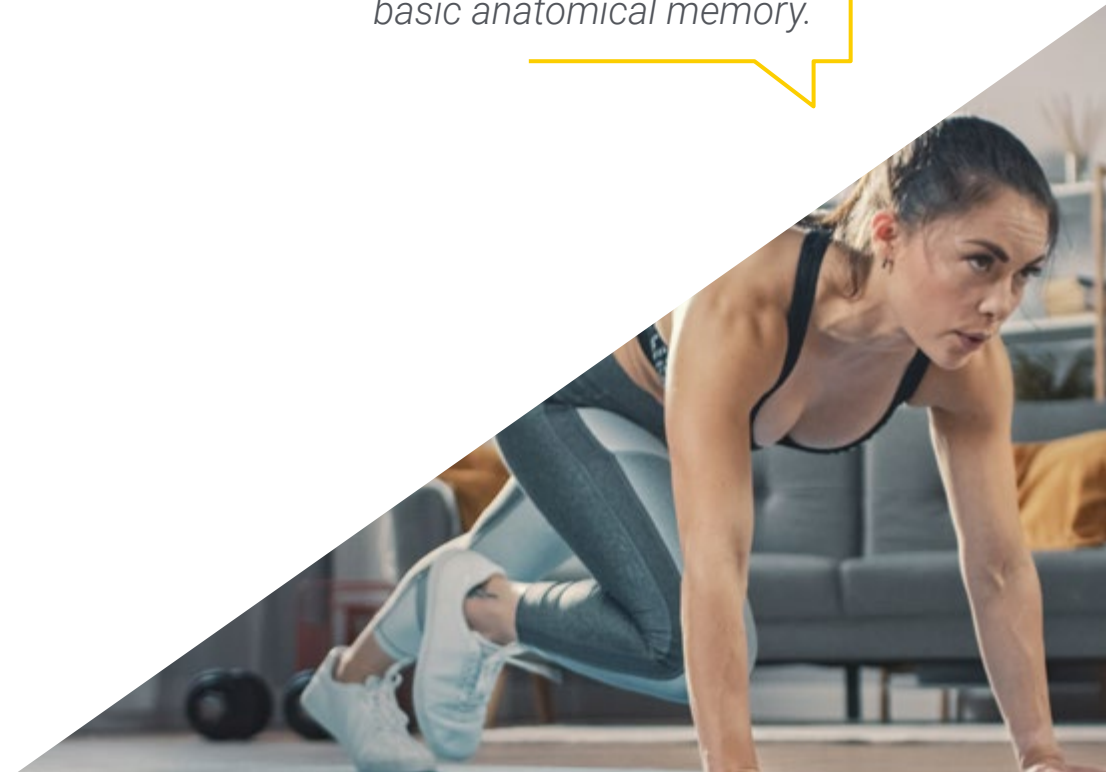
The program's teaching staff includes professionals from the industry who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

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

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

In TECH you will be able to expand and update your skills regarding dissociation, mobilization and strengthening exercises in a guaranteed way.

With TECH and this Postgraduate Certificate you will update the necessary tools to be at the forefront in basic anatomical memory.



02 Objectives

This academic program will allow the students to acquire the indispensable knowledge to be at the forefront of the profession after emphasizing the most important aspects of Pilates in Lower Limb Disorders for Nursing. In this way, TECH provides different academic tools, guaranteeing a successful completion of the qualification process. At the end of this Postgraduate Certificate, the students will have expanded their knowledge related to the posteromedial chain and the importance that it has in the patient.



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TECH's main objective is you, guaranteeing you the success in the development with the completion of the program and the use of all the content it includes"



General Objectives

- ◆ Differentiate the applications of Pilates exercises and the adaptations to be made for each patient
- ◆ Establish an exercise protocol adapted to the symptoms and pathology of each patient
- ◆ Delimit the progressions and regressions of the exercises according to the different phases in the recovery process of an injury
- ◆ Avoiding exercises that are contraindicated according to the previous assessment of patients and clients
- ◆ Handle in depth the apparatus used in the Pilates Method
- ◆ 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 destined to Pilates exercise





Specific Objectives

- ◆ 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

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Perfecting your skills in lower limb disorders will boost your career path in just 6 weeks of 100% online academic experience”

03

Course Management

TECH is an example of elite teaching for the students who carry out its programs thanks to the didactic tools that successfully carry out the process of each of its programs. In this sense, the graduates will have access to material developed by a faculty specialized in recovery, physical maintenance and rehabilitation, dry needling, neuro-dynamic mobilization and RUSI ultrasound.

Their extensive experience and solid bases in the field will allow them to provide solutions to questions that may arise during the program.





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TECH has a highly qualified teaching team specialized in Pilates and Rehabilitation”

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, 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, Salt Lake City, United States*
- ♦ *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. Sergio González Arganda

- ♦ Physiotherapist of Atlético de Madrid Football Club (2005-2023)
- ♦ CEO Fisio Domicilio Madrid
- ♦ Teacher in the Master's Degree in Physical Preparation and Sports Readaptation in Football
- ♦ Teacher in the Postgraduate Diploma in Clinical Pilates
- ♦ Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- ♦ Master's Degree in Osteopathy of the Locomotor System from the Madrid School of Osteopathy
- ♦ Expert in Pilates and Rehabilitation from the Royal Spanish Gymnastics Federation
- ♦ Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ♦ Graduate in Physiotherapy from the Universidad Pontificia de Comillas

Professors

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 Fisio Life Plus clinic
- ♦ Professional Master's Degree in Manual Physiotherapy in the locomotor apparatus at the University of Alcalá
- ♦ Degree in Physiotherapy from the University of Alcalá



04

Structure and Content

This program has been designed according to recent research in the therapeutic field, implementing a curriculum that provides robust material on Pilates in Lower Limb Disorders. This Postgraduate Certificate is oriented to provide advanced content regarding the work exercises on the postero-medial and antero-lateral chain. All this by means of a series of audiovisual resources that provide dynamism and a great attractiveness to this university qualification.



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A syllabus developed by experts and first class didactic material are the key to motivate a successful professional career"



Module 1. Pilates in Lower Limb Disorders

- 1.1. Basic Anatomical Recall
 - 1.1.1. Osteology of the Lower Limb
 - 1.1.2. Myology of the Lower Limb
 - 1.1.3. Biomechanics of the Lower Limb
 - 1.1.4. Good Practices
- 1.2. Frequent Pathologies Suitable for Treatment with Pilates
 - 1.2.1. Growth Pathologies
 - 1.2.2. Pathologies in the Athlete
 - 1.2.3. Other Types of Pathologies
 - 1.2.4. Conclusions
- 1.3. Indicated Exercises in Mat, in Machines and with Implements. General Protocol
 - 1.3.1. Dissociation Exercises
 - 1.3.2. Mobilization Exercises
 - 1.3.3. Strengthening Exercises
 - 1.3.4. Functional Exercises
- 1.4. Hip Pathology
 - 1.4.1. Joint Pathology
 - 1.4.2. Muscle-Tendon Pathology
 - 1.4.3. Surgical Pathology. Prosthesis
 - 1.4.4. Hip Exercises
- 1.5. Knee Pathology
 - 1.5.1. Joint Pathology
 - 1.5.2. Muscle-Tendon Pathology
 - 1.5.3. Surgical Pathology. Prosthesis
 - 1.5.4. Knee Exercises
- 1.6. Ankle Pathology
 - 1.6.1. Joint Pathology
 - 1.6.2. Muscle-Tendon Pathology
 - 1.6.3. Surgical Pathology
 - 1.6.4. Ankle Exercises



- 1.7. Foot Pathology
 - 1.7.1. Joint and Fascial Pathology
 - 1.7.2. Muscle-Tendon Pathology
 - 1.7.3. Surgical Pathology
 - 1.7.4. Foot Exercises
- 1.8. Nerve Entrapments in the Lower Limb
 - 1.8.1. Brachial Plexus
 - 1.8.2. Peripheral Nerves
 - 1.8.3. Types of Pathology
 - 1.8.4. Exercises for Nerve Entrapments in the Lower Limb
- 1.9. Analysis of the Anterolateral Chain of the Lower Limb
 - 1.9.1. What is the Anterolateral Chain and how Important is it for the Patient?
 - 1.9.2. Important Aspects for Assessment
 - 1.9.3. Relationship of the Chain with Pathology Already Described
 - 1.9.4. Exercises for Working on the Anterolateral Chain
- 1.10. Analysis of the Postero-medial Chain of the Lower Limb
 - 1.10.1. What is the Postero-medial Chain and how Important is it for the Patient?
 - 1.10.2. Important Aspects for Assessment
 - 1.10.3. Relationship of the Complex with Pathology Already Described
 - 1.10.4. Exercises of Work on the Postero-Medial Chain



TECH has multimedia resources that will provide you with greater dynamics during the development of the program"



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.





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

At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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

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

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



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



Classes

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

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



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06 Certificate

The Postgraduate Certificate in Pilates in Lower Limb Disorders for Nursing 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 program will allow you to obtain your **Postgraduate Certificate in Pilates in Lower Limb Disorders for Nursing** 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** title 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: **Postgraduate Certificate in Pilates in Lower Limb Disorders for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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.



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