

Postgraduate Certificate Foot Reflexology





Postgraduate Certificate Foot Reflexology

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

Website: www.techtute.com/us/medicine/postgraduate-certificate/foot-reflexology

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Study Methodology

p. 20

06

Certificate

p. 30

01

Introduction

According to the WHO (World Health Organization), there is a growing trend towards the use of natural therapies. In fact, this emerging trend has been accompanied by an increase in the application of scientific research methods to studies on the effects of these techniques in specific clinical situations.





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The field of natural therapies is an emerging field of health sciences, which is being incorporated gradually and complementarily to traditional health structures. But in order to be able to respond to this emerging need, it is essential to have an adequate specialization”

The multiplicity of names used to refer to Natural Therapies has led to the existence of different definitions and classifications. The National Center for Complementary and Alternative Medicine (NCCAM) has proposed a pragmatic classification of natural therapies into five areas, according to which foot reflexology would fall into the area of manipulative and body-based practices, which emphasize the manipulation or movement of one or more parts of the body under the fundamental belief that all body systems work together in an integrated manner and, therefore, disorders in one system can affect the functioning in other parts of the body. In the case of Foot Reflexology, reflex points located on the feet are stimulated through the application of pressure with the aim of obtaining beneficial reactive effects on other organs and body functions.

This Postgraduate Certificate in Foot Reflexology is a complete training program, updated based on the latest scientific evidence and the experience of recognized professionals in the field of Natural Therapies, which establishes the basis and justification of foot reflexology and manual techniques in foot reflexology treatment.

Through PDF and multimedia information, videos, clinical cases and workshops, specialists will be able to familiarize themselves at home with the latest advances and controversial issues of daily life. Our methodological proposal is based on the method From Practice to Theory, creating step by step, within each clinical case, the cognitive bridges that allow a significant learning, which lasts over time and to be able to perform Natural Therapies in the professional field.

This **Postgraduate Certificate in Foot Reflexology** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Foot Reflexology Techniques presented by experts
- ♦ Procedures developed in real environments and in an eminently practical and useful way to enhance the desired therapeutic action
- ♦ Includes questionnaires and self-assessment exercises on the contents presented to improve understanding of the concepts and enhance learning
- ♦ Video lessons about the different techniques and their approach
- ♦ Theoretical lessons questions to the expert, discussion forums on controversial issues, and individual reflection work
- ♦ The program allows access to content from any fixed or portable device with an Internet connection.



Update your knowledge through the Postgraduate Certificate in Foot Reflexology in a practical and adapted to your needs”

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This program is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Foot Reflexology, you will get a university certificate from TECH Global University”

The program's teaching staff includes professionals from the field who contribute their work experience to this educational 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 course. For this purpose, students will be assisted by an innovative interactive video system created by renowned experts in the field of educational coaching with extensive experience.

The program includes real case studies and exercises to bring the development of the program closer to the usual clinical practice.

Take the opportunity to update your knowledge in foot reflexology to improve your patient care and complement the therapeutic indications.



02

Objectives

The main objective of the program is to develop both theoretical and practical learning, so professionals can master Foot Reflexology the indication a practical and rigorous way.





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This refresher program will generate a sense of confidence when practicing medicine, which will help you grow both personally and professionally”



General Objectives

- ♦ Understand the basic anatomy and physiology related to the reflex points on the feet and their connection to the body
- ♦ Master reflexology massage techniques to identify and relieve tension by working on reflex zones of the foot
- ♦ Develop a holistic view of health, applying reflexology as a complementary therapy for general wellness
- ♦ Promote the ethical and professional practice of reflexology, ensuring a safe and responsible approach to its application



Take advantage of the opportunity and take the step to get up to date on the latest developments in Foot Reflexology”





Specific Objectives

- ♦ Analyze the historical evolution of natural therapies from their origins to the current concept of naturopathy and homeopathy
- ♦ Explore the development of oriental medicines and their impact on contemporary naturopathic practices
- ♦ Evaluate the scientific evidence on the efficacy and safety of natural therapies from studies in the scientific literature
- ♦ Know the legal framework of natural therapies, as well as the competences of professionals in this field
- ♦ Identify the necessary competences for health personnel in the use of natural therapies and their applications in the clinical setting
- ♦ Classify and understand the different types of natural therapies, according to the criteria of organizations such as NCCAM and WHO, as well as their value and current criticisms
- ♦ Study the history of foot reflexology and its development in different cultures over time
- ♦ Know the anatomy of the foot, including its support zones, muscles and structure, as a basis for reflexology practice
- ♦ Introduce the theoretical principles of foot reflexology, understanding its fundamentals and areas of application
- ♦ Examine foot reflexology maps and their relationship to areas of the body for proper diagnosis
- ♦ Practice exploration and diagnostic techniques in foot reflexology, respecting indications, contraindications and warnings
- ♦ Apply manual techniques of treatment in foot reflexology, adapting the treatment to different pathologies

03

Course Management

This program includes in its teaching staff health professionals of recognized prestige, and who pour into this refresher program the experience of their work. In addition, other professionals participate in its design and development, giving it its multidisciplinary character.





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Learn from reference professionals, the latest advances in foot reflexology”

Management



Dr. Corty Friedrich, Miguel

- ♦ Public Health Physician
- ♦ Medical Director of Clínica Praxis
- ♦ Emergency and Repatriation Physician for Germany, Switzerland and Great Britain
- ♦ Degree in Medicine and Surgery from the University of Alicante
- ♦ Doctorate in Public Health, History of Science and Scientific Documentation from the University of Alicante
- ♦ Member of the Illustrious College of Physicians of Alicante



Dr. Rodríguez Picazo, Pedro

- ♦ Associate Director of the UME Clinic
 - ♦ Founding Director of Medintegra
 - ♦ Health Coordinator at Colisée
 - ♦ Doctorate in Health Sciences from the University of Alicante
 - ♦ Diploma in Nursing, Community Health from the University of Alicante
 - ♦ University Specialist in Osteopathy, Kinesiology and Acupuncture from the University of Murcia
 - ♦ Professional Master's Degree in Advanced Integrative Health and Medicine from TECH Technological University
 - ♦ ARPN, Sanitary Services by the European University Miguel de Cervantes
- Member of: Editorial Board in the Journal Integrative Medicine RS&MI, Board of Directors of the Spanish Society of Integrative Health and Medicine, Fellow of the European Society of Integrative Medicine and Fellow of the Society of Integrative Oncology.

Professors

Ms. Catalán García, Irene

- ♦ Physiotherapist expert in Global Postural Re-Education
- ♦ Physiotherapist at Specialized Physiotherapy Center ATM Marta Zorrilla
- ♦ Physiotherapist at MUHC Specialities and Health Clinic
- ♦ Physiotherapist at Cabinet de Kinésithérapie Rieupeyroux, Aveyron, France
- ♦ Master's Degree in Osteopathic Techniques from the Madrid School of Osteopathy
- ♦ Postgraduate Diploma in Global Postural Readjustment by the ST Mont Institute of France
- ♦ Postgraduate Diploma in Myofascial Induction by the Tupimek School
- ♦ Postgraduate Certificate in Physiotherapy from Miguel Hernandez University

Mr. Maestre Martí, Jorge

- ♦ Hatha and Kundalini Yoga Teacher
- ♦ Author of the books Author of the books Yoga for Children and Reading Comprehension: Didactic Guide of Melecu
- ♦ Degree in Pedagogy

Ms. Zorrilla García, Marta

- ♦ Graduated in Physiotherapy by EUEF Blanquerna, Ramón Llull University of Barcelona
- ♦ Degree in Pedagogy
- ♦ Postgraduate in muscle chains according to the GDS method
- ♦ Muscle chain therapist according to the GDS method by the APGDS training center of Spain and Belgium (member of the Spanish society of APGD)
- ♦ Trained in Mezieres method, RPG, electrotherapy, myofascial PG treatment
- ♦ Expert in Temporomandibular Disorders; Craniomandibular Dysfunction and Orofacial Pain by the Faculty of Medicine and Physiotherapy San Pablo Ceu of Madrid

Mr. Castell, Miguel

- ♦ Professor and Health Facilitator
- ♦ Professor at EVES
- ♦ Professor at the Official College of Nursing
- ♦ Facilitator at Medintegra Clinic
- ♦ Research Sufficiency in Anthropology by the University of Alicante
- ♦ Degree in Social and Cultural Anthropology from the Miguel Hernández University of Elche
- ♦ Postgraduate Certificate in Nursing

Mr. Yáñez Barja, Pedro

- ♦ Director of Fisiomedicina Clinic
- ♦ Professor of Master's Degree at San Pablo CEU University
- ♦ Associate Professor at Miguel Hernandez University of Alicante, Faculty of Pharmacology
- ♦ Diploma in Physiotherapy
- ♦ Diploma in Osteopathy D.O.
- ♦ Postgraduate in Osteopathy Introduction to Posturology
- ♦ Expert in Kinesiotaping and Psychoneuroimmunology, applied to Sports Posturology and Movement
- ♦ Expert in Sports Physiotherapy University of Alcalá de Henares of Madrid

04

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in medical practice, aware of the relevance of the current specialization to be able to act before the patient and committed to quality teaching through new educational technologies.





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This Postgraduate Certificate in Foot Reflexology contains the most complete and updated program on the market”

Module 1. Introduction to Natural Therapies

- 1.1. History of Natural Therapies
 - 1.1.1. Origins of Naturopathic Medicine
 - 1.1.2. Origins of the Current Concept of Naturopathy
 - 1.1.3. Homeopathy: Historical Origins
 - 1.1.4. Parallel Cultures. Oriental Medicines
- 1.2. Scientific Evidence: Efficacy and Safety of Natural Therapies
 - 1.2.1. Natural Therapies in the Scientific Literature
 - 1.2.2. Efficacy and Safety
- 1.3. Legal Framework Competencies of Healthcare Professionals in Natural Care
 - 1.3.1. Natural Therapies Today. A Small Step
- 1.4. Competences of Healthcare Professionals in the Application of Natural Therapies
 - 1.4.1. What Is Professional Competence? Concept
 - 1.4.2. Classification of Competences
 - 1.4.3. Professional Competences in Natural Therapies
 - 1.4.4. Scope of Action and Application of Natural Therapies
- 1.5. The Healthcare Professional and the Use of Natural Therapies
 - 1.5.1. Care as the Protagonist
 - 1.5.2. Legitimacy in the Application of Natural Care
 - 1.5.3. Natural Care in Daily Clinical Practice
 - 1.5.4. Ethics in Healthcare Practice
- 1.6. Classification of Natural Therapies
 - 1.6.1. Natural Therapies according to the NCCAM
 - 1.6.2. Natural Therapies according to the WHO
 - 1.6.3. Criticism of Current Classification Systems
 - 1.6.4. Phytotherapy
 - 1.6.5. Physical Stimuli
 - 1.6.6. Manual Neuropathy
 - 1.6.7. Sensory Neuropathy
 - 1.6.8. Functional Neuropathy
 - 1.6.9. Psychophysical Neuropathy
 - 1.6.10. Bioenergetic Neuropathy
 - 1.6.11. Conclusions: Are Natural Therapies All They Are?





Module 2. Foot Reflexology

- 2.1. History and Anatomy of the Foot
 - 2.1.1. History
 - 2.1.2. Other Historical Cultural Evidence
 - 2.1.3. Foot Anatomy
 - 2.1.4. Support Areas of the Sole of the Foot
 - 2.1.5. Muscle
- 2.2. Introduction. Foot Reflexology I
- 2.3. Introduction. Foot Reflexology II
- 2.4. Foot Reflexology. Theory and Activities
- 2.5. Basis and Justification of Foot Reflexology
 - 2.5.1. The 10 Longitudinal Zones of the Body
 - 2.5.2. Longitudinal and Transverse Zones and Their Correspondence to the Foot
- 2.6. Foot Reflexology Maps
- 2.7. Exploration and Diagnostic Techniques
 - 2.7.1. Techniques of Exploration and Diagnosis
 - 2.7.2. Mobilizations of the Ankle and Foot
 - 2.7.3. Diagnosis
 - 2.7.4. Contraindications and Warnings
 - 2.7.5. Summary of a Standard Consultation
- 2.8. Manual Treatment Techniques
 - 2.8.1. Treatment Duration
 - 2.8.2. Therapy in Special Groups
 - 2.8.3. Development of the Treatment
 - 2.8.4. Other Manipulation Techniques
 - 2.8.5. Reactions to Treatment
 - 2.8.6. Reactions after and between Treatments
- 2.9. Non-Manual Instrumentalization
- 2.10. Foot Reflexology applied to Main Pathologies of the Human Being
 - 2.10.1. The Parts of the Foot
 - 2.10.2. The Foot
 - 2.10.3. Patient Typology by Foot Shape
 - 2.10.4. Patient Character by Foot Type

05

Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

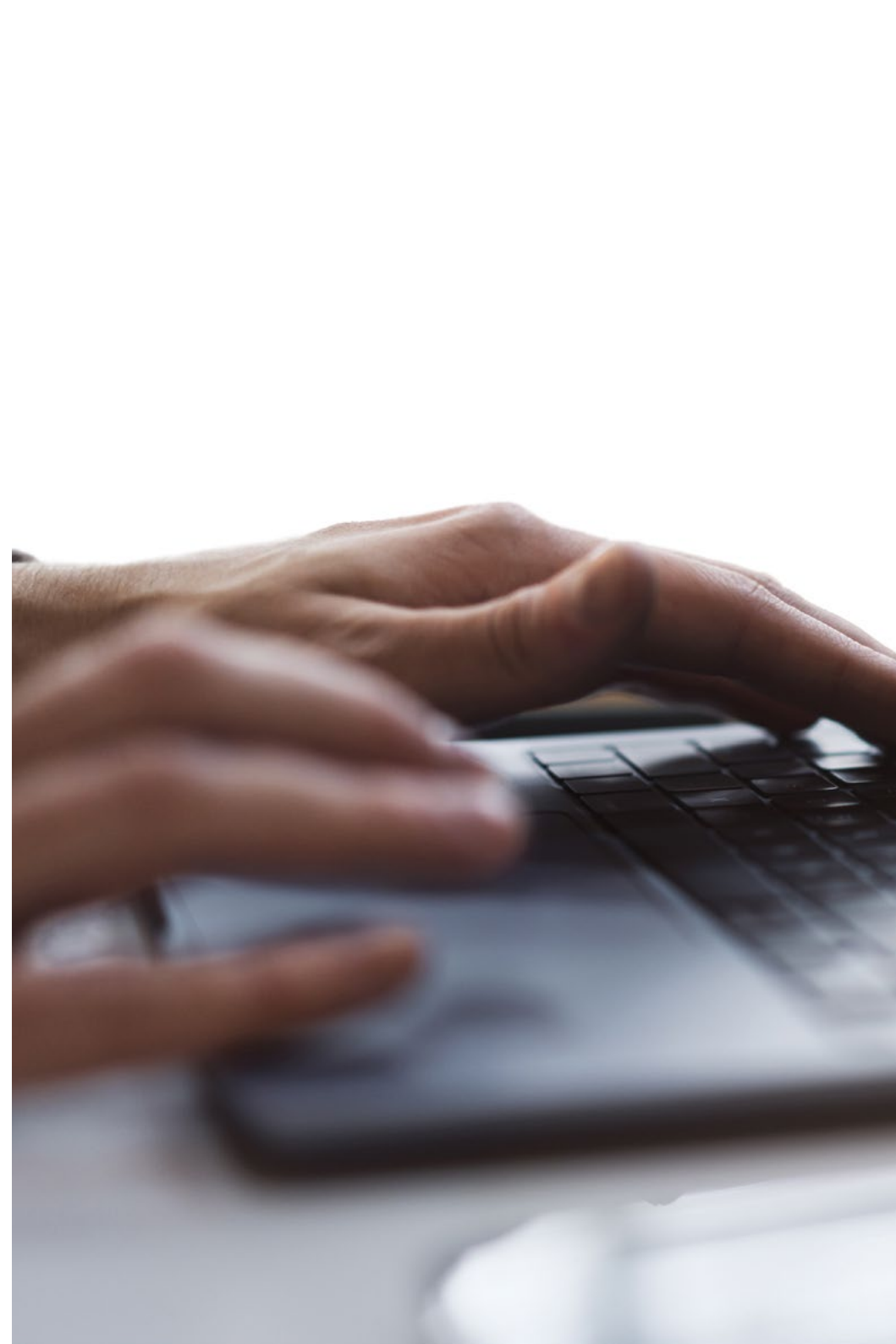
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

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TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

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

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the quality of teaching, quality of materials, course structure and objectives is excellent. Not surprisingly, the institution became the best rated university by its students on the Trustpilot review platform, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

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

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

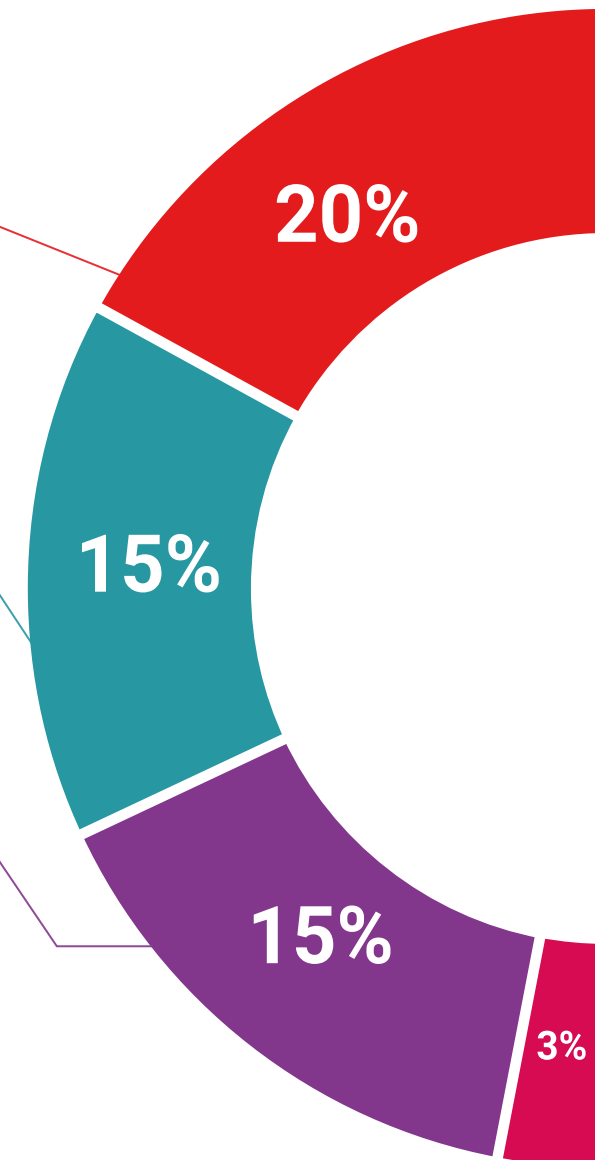
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

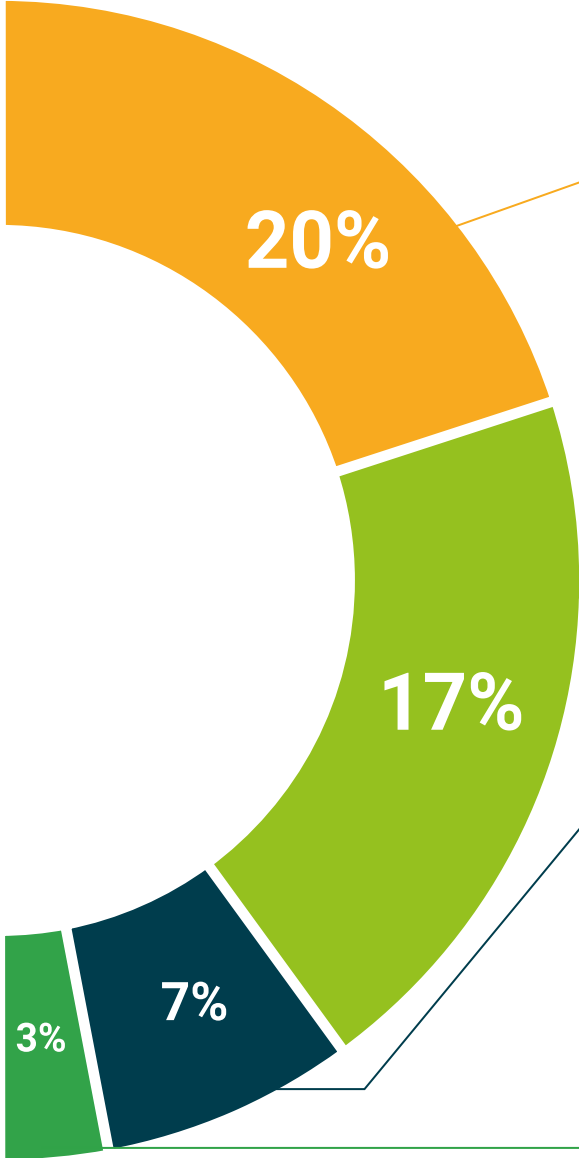
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

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





Case Studies

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



Testing & Retesting

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



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.
Learning from an expert strengthens knowledge and memory, and generates confidence for future difficult decisions.



Quick Action Guides

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



06 Certificate

The Postgraduate Certificate in Foot Reflexology guarantees, in addition to the most accurate and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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

This private qualification will allow you to obtain a **Postgraduate Certificate in Foot Reflexology** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra (*official bulletin*). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Foot Reflexology**

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.



Postgraduate Certificate Foot Reflexology

- » Modality: online
- » Duration: 6 weeks
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Postgraduate Certificate

Foot Reflexology

