

# Postgraduate Certificate

## Scapulothoracic Joint





## Postgraduate Certificate Scapulothoracic Joint

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/in/medicine/postgraduate-certificate/scapulothoracic-joint](http://www.techtute.com/in/medicine/postgraduate-certificate/scapulothoracic-joint)

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# 01

# Introduction

Challenges persist in medical practice today in evaluating and treating the movements of the Omoplatum-Thoracic cage joint. For this reason, and given the complexity of the anatomy of this area, it is essential that specialists are aware of the improvement of techniques and specific evaluation tests to detect dysfunctions in this joint, the identification of problems of muscle weakness and imbalance. For this reason, TECH has designed this 100% online program, which offers the professional a state-of-the-art update on Pectoralis Minor Hyperactivation Syndrome, Quadrilateral Space Syndrome or Rehabilitative Treatment of Scapulothoracic Dysfunction. All this through an academic proposal prepared by the best experts in the field.





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*Thanks to TECH you will deepen your knowledge of the biomechanics of the scapula and scapulothoracic joint"*

Currently, it is estimated that 3 out of 10 people with shoulder injuries have scapulothoracic joint dysfunction. However, despite technological advances in the medical field, the evaluation and treatment of scapula/thoracic cage joint movements continue to present significant challenges. For this reason, and given the complexity of the anatomy of this area, specialists are required to keep updated on specific diagnostic techniques and tests to detect dysfunctions in this joint.

In this context, TECH has created this program that offers the medical professional an update on the latest techniques for the treatment and diagnosis of scapulothoracic joint dysfunctions. In this way, the graduate will deepen in the Biomechanics of the Scapula and the Scapulothoracic Joint, the abnormal mobility of the Scapulothoracic Joint and the Pectoralis Minor Hyperactivation Syndrome.

In addition, thanks to the multimedia didactic material, you will dynamically delve into techniques for the rehabilitative treatment of Scapulothoracic Dysfunction, the treatment of the Quadrilateral Space Syndrome and the Snapping Scapula technique. Furthermore, thanks to the Relearning method, the specialist will remember the most complex concepts in less time, since he/she will not have to invest long hours in the updating process. Undoubtedly, an excellent academic option that offers the necessary flexibility for professionals to combine their daily activities with their most demanding responsibilities.

This **Postgraduate Certificate in Scapulothoracic Articulation** contains the most complete and updated scientific program in the market. Its most outstanding features are:

- ♦ The development of case studies presented by expert orthopedic surgeons
- ♦ 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



*You will delve into abnormal mobility and accurate diagnosis in the scapulothoracic joint with this program"*

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*With this program you will be up to date on the most advanced techniques to treat Pectoralis Minor Overactive Syndrome"*

The program's teaching staff includes professionals from 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.

*In just 6 weeks you will identify the most cutting-edge methods for diagnosing and treating serratus anterior palsy.*

*Learn more about trapezius palsy and the most effective therapeutic solutions.*



# 02 Objectives

This program aims to provide the physician with the most up-to-date and innovative knowledge and skills in the Scapulothoracic Joint in only 6 weeks. In this way, the specialist will deepen, in a short time, on the anatomy, function and dysfunctions associated with this area, the evaluation and treatment of disorders and problems that may arise in the joint between the shoulder blade and the rib cage. To achieve this, TECH has developed a program with the best didactic material in the current academic panorama.







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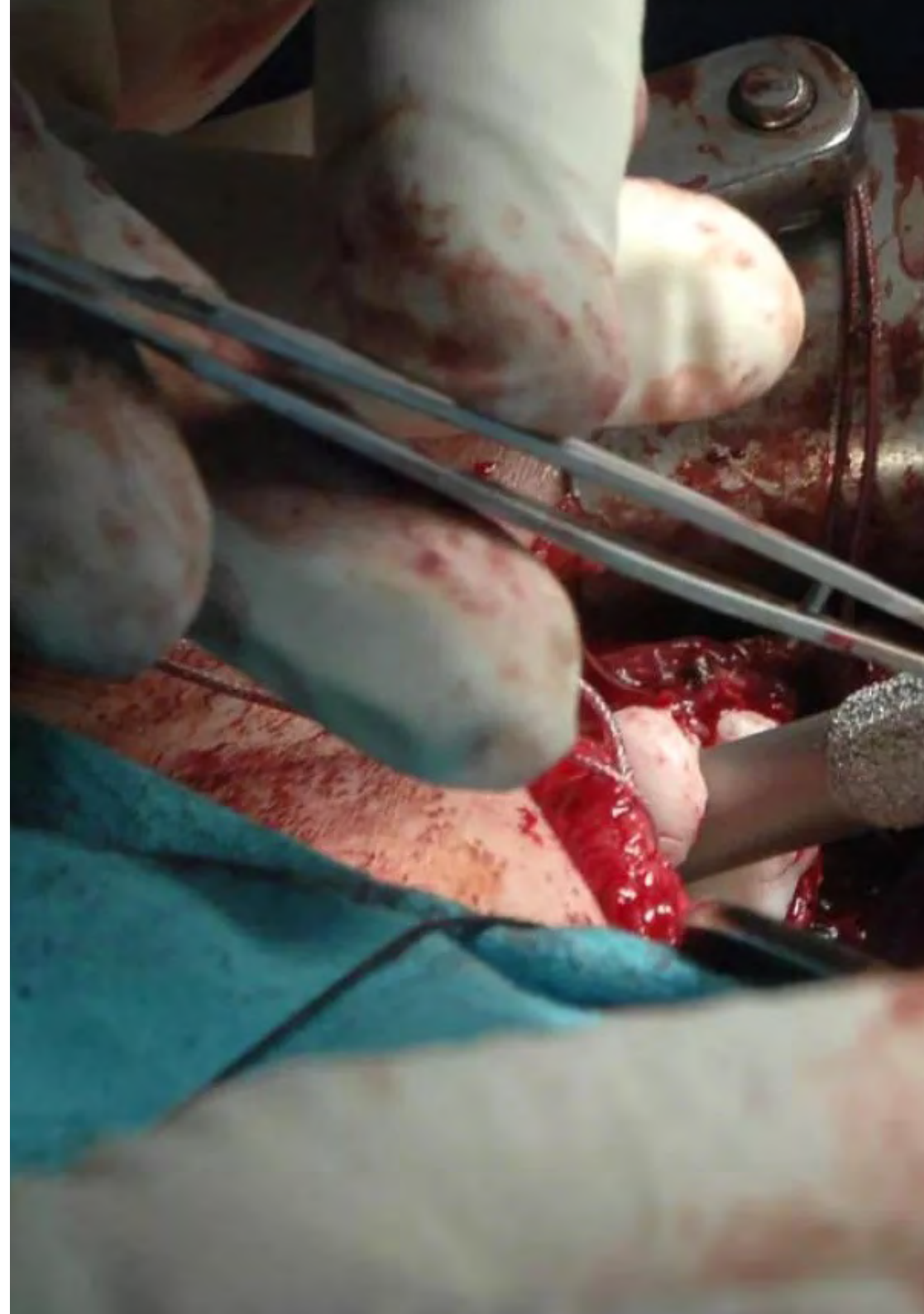
*The clinical case studies will give you a much more direct insight into the different approaches to the scapulothoracic joint"*

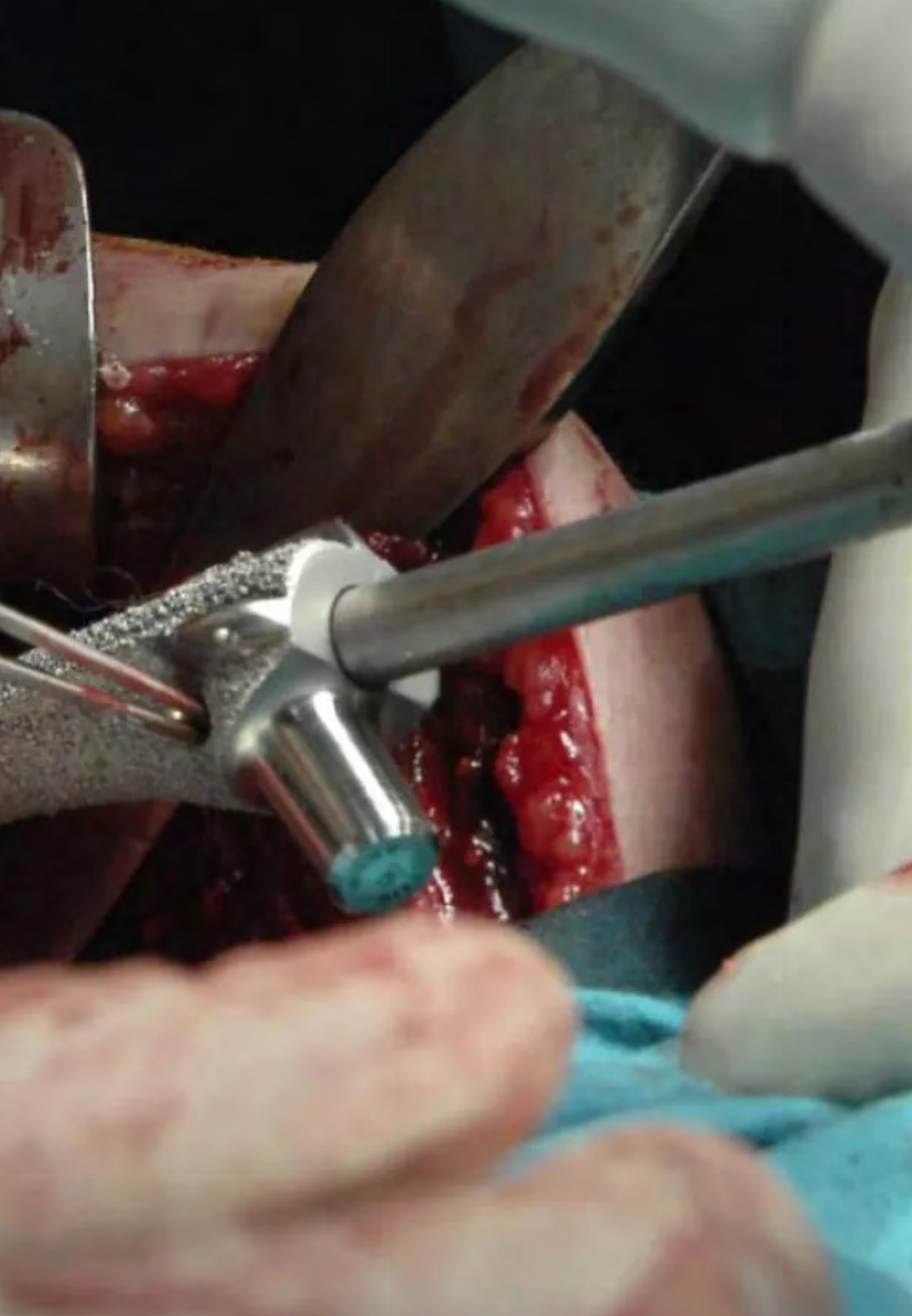


## General Objectives

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- ♦ Analyze the macroscopic anatomy of the shoulder
- ♦ Determine the different approaches to open surgery
- ♦ Introducing the arthroscopic portals of shoulder surgery
- ♦ Delve into new technologies in anatomy and shoulder surgery
- ♦ Examine the usefulness of different radiological techniques in the diagnosis of certain shoulder pathologies
- ♦ Define ultrasound scans as a treatment technique in some shoulder pathologies.
- ♦ Expose the usefulness of nuclear medicine in shoulder pathology
- ♦ Compile the different objective, subjective and quality of life scales
- ♦ Show embryology of the shoulder
- ♦ Grouping of shoulder pathologies affecting children: dysplasias, fractures and other acquired pathologies
- ♦ Development of rheumatologic, tumor and infectious diseases
- ♦ Deepening the role of anesthesia in the shoulder





## Specific Objectives

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- ♦ Delve into the anatomy of the scapulothoracic joint
- ♦ Analyze the pectoralis minor hyperactivation syndrome
- ♦ Explain the relationship between the involvement of the serratus anterior nerve and the scapulothoracic joint
- ♦ Present the relationship between trapezius nerve involvement and the scapulothoracic joint
- ♦ Investigate axillary nerve neuropathy, suprascapular nerve neuropathy and define the quadrilateral space syndrome
- ♦ Explore pathologies associated with other processes affecting the scapulothoracic joint



*Incorporate into your medical practice the most current techniques to address Suprascapular Nerve Neuropathy and Quadrilateral Space Syndrome"*

03

# Course Management

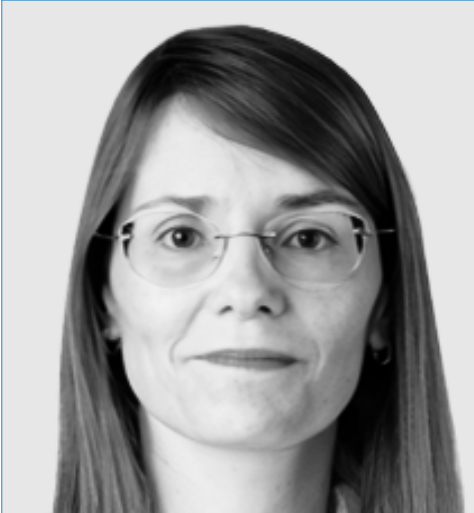
This program has a faculty made up of renowned orthopedic and traumatology professionals. These specialists, currently practicing in prestigious hospitals, have extensive experience in the management of joint conditions, surgical interventions and state-of-the-art rehabilitation methods. Therefore, physicians who decide to take this program will be updated under the direct supervision of highly qualified experts.



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*You will explore in depth the Scapulothoracic Pathology associated with other processes from the best experts in this field"*

## Management



### Dr. Ana Belén Fernández Cortina

- Traumatologist at Cosaga Hospital
- Traumatologist (Shoulder Visiting Fellow) at the Massachusetts General Hospital
- Traumatologist at the Ourense University Hospital Complex
- Traumatologist at Gambo General Rural Hospital
- Journal Clinical Epidemiology Reviewer Affiliation: Clinical epidemiology
- Scientific Journal Medical Science Melville USA Reviewer
- Dr. in Medicine and Surgery from the Complutense University of Madrid
- Specialist in Orthopedic and Trauma Surgery
- Degree in Medicine and Surgery from the University of Santiago de Compostela
- Member of: Spanish Association of Orthopedic Surgery and Traumatology (SECOT), Spanish Society of Shoulder and Elbow Surgery (SECHC), Spanish Association of Arthroscopy (AEA), Spanish Society of Sports Traumatology (SETRADE)



### **Dr. Vanesa López Fernández**

- Attending Doctor of Orthopedic Surgery and Traumatology, Arthroscopy Unit at the Hospital Rey Juan Carlos
- Attending Doctor of Orthopedic Surgery and Traumatology at the Fundación Jiménez Díaz Hospital
- Clinical and research fellowship in shoulder, hand and upper limb surgery at the Clinique Generale d'Annecy
- Clinical and research fellowship in shoulder and elbow surgery under the supervision of Dr. Emilio Calvo and Dr. Foruria at the Jiménez Díaz Foundation
- Professor and member of the scientific committee of the CURSOCOT for the training of residents and attendings (recertification courses) in Orthopedic Surgery and Traumatology
- Honorary Professor of Orthopedic Surgery and Traumatology Universidad Rey Juan Carlos
- Dr. in Medicine from the University of Santiago de Compostela with a doctoral thesis entitled "Effect of intra-articular hyaluronic acid in experimental synovitis"
- Degree in Medicine from the Santiago de Compostela University
- Master's Degree in Orthopedic Surgery and Traumatology from San Pablo CEU University
- Postgraduate Diploma in Orthopedic Surgery and Upper Limb Traumatology from San Pablo CEU University
- Postgraduate Diploma in Orthopedic Surgery and Traumatology of the Pelvis, Hip and Pediatric Traumatology from San Pablo CEU University
- Postgraduate Diploma in Orthopedic Surgery and Traumatology of the knee, ankle and foot by San Pablo CEU University
- Postgraduate Diploma in Orthopedic Surgery and Traumatology of the Spine, Tumors and Infections, San Pablo CEU University

## Professors

### Dr. Marta Galván Ortiz de Urbina

- ♦ Doctor in the Rehabilitation Service at the Rey Juan Carlos University Hospital
- ♦ Doctor in the Rehabilitation Service at the Jiménez Díaz Foundation University Hospital
- ♦ Doctor in the Pelvic Floor Unit and Rehabilitation Service at the 12 de Octubre University Hospital
- ♦ Doctor in the Rehabilitation Service at the State Reference Center for Brain Injury Care
- ♦ Doctor in the Children's Rehabilitation Service at the Gregorio Marañón University General Hospital
- ♦ Doctor in the Interventional Rehabilitation Unit and the Rehabilitation Service at the Gómez Ulla Hospital
- ♦ Doctor in the Rehabilitation Service at the National Hospital for Paraplegics
- ♦ Doctor in the Cardiac Rehabilitation Unit and the Cardiology and Rehabilitation Service at the Ramón y Cajal University Hospital
- ♦ Specialist Physical Medicine and Rehabilitation at the San Carlos de Madrid University Hospital Clinic
- ♦ Clinical Teaching Collaborator at the Madrid Complutense University
- ♦ Honorary Tutor of the Department of Medical Specialties and Public Health of the Rey Juan Carlos University
- ♦ Master's Degree in Medical Assessment of Disability and Bodily Injury for Social Protection by UNED (Spanish National University of Distance Education)
- ♦ Master's Degree in Clinical Phoniatrics from CEU San Pablo University
- ♦ Master's Degree in Electrotherapy in Rehabilitating Medicine at the Technological University TECH
- ♦ Degree in Medicine and Surgery from the Complutense University of Madrid

### Dr. Iker Castaño Pérez

- ♦ Doctor of the Traumatological Rehabilitation Unit at the Hospital Universitario Rey Juan Carlos
- ♦ Doctor of the Vestibular Rehabilitation Unit at the Rey Juan Carlos University Hospital.
- ♦ Interventionalist Rehabilitation Service of Hospital Gómez Ulla
- ♦ Doctor at the Children's Rehabilitation Unit of the Rehabilitation Service of the Gregorio Marañón General University Hospital
- ♦ Degree in Medicine from the University of Navarra
- ♦ Diploma in ultrasound diagnosis of Locomotor System injuries. Level A and B
- ♦ Lecturer in the Master's Degree in Electrotherapy in Rehabilitation Medicine at the TECH Technological University

### Dr. Daniel Rojas Castillo

- ♦ Staff of the Shoulder and Elbow Team of the Regional Hospital of Talca
- ♦ Staff of the Clínica Shoulder and Elbow Team
- ♦ Specialist in Orthopedic Surgery and Traumatology, Universidad de Concepción
- ♦ Travelling Fellowship by the German and Latin American Shoulder and Elbow Society
- ♦ Observership in the Department of Orthopedics at Thomas Jefferson University
- ♦ Master's Degree in Shoulder Pathology International University of Andalusia
- ♦ Medical Surgeon from the University of Cuenca
- ♦ Member of: Chilean Society of Orthopedics and Traumatology Latin American Shoulder and Elbow Society, Scientific Committee of the Latin American Shoulder and Elbow Congress, Latin American Society of Arthroscopy Knee and Sports Medicine, International Society of Arthroscopy, Knee Surgery and Orthopedic Sports Medicine



**Dr. Víctor Naula**

- ♦ Director of the Integral Miniinvasive & Arthroscopic Center
- ♦ Director of the Comprehensive Shoulder Arthroscopic Improvement Center
- ♦ Chief of the Traumatology and Orthopedics Service of the Clínica María Auxiliadora
- ♦ Associate Doctor at San Jacinto Orthopedic and Traumatology Department
- ♦ Doctor of Medicine and Surgery
- ♦ Specialist in Traumatology and Orthopedics
- ♦ Shoulder and Knee Arthroscopic and Open Shoulder and Knee Surgeon
- ♦ Bachelor of Medicine, State University of Medical Sciences
- ♦ Fellowship Hospital San Gerardo of Monza
- ♦ Fellowship Shoulder Surgery Center Forli
- ♦ Fellowship Arthroscopic and Open Shoulder Surgery
- ♦ Member of: Italian Arthroscopy Society Arthroscopy Group, Latin American Society of Arthroscopy, Knee and Sports Guayas Medical and Surgical Society, American Academy of Orthopaedic Surgeons Ecuadorian Society of Orthopedics and Traumatology

**Dr. Gía Rodríguez Vaquero**

- ♦ Chief of Section of the Arthroscopy Unit at Rey Juan Carlos Hospital
- ♦ Shoulder and Elbow Doctor Specialist at Valle de Henares Hospital
- ♦ Shoulder and Elbow Specialist at Quirón San José Hospital
- ♦ Shoulder and elbow specialist at Villalba General Hospital
- ♦ Adjunct Doctor of the Jiménez Diaz Foundation
- ♦ Assistant Doctor at Asepeyo Hospital
- ♦ Assistant Doctor at Nisa Aravaca Hospital

- ♦ Responsible for Patient Safety at Villalba General Hospital
- ♦ Teaching and Research Coordinator of the General Hospital of Villalba
- ♦ Professor of Nursing at the Madrid Autonomous University
- ♦ Professor of Traumatology at the Faculty of Medicine, Alfonso X el Sabio University
- ♦ Master's Degree in Orthopedic Surgery and Traumatology
- ♦ Degree in Medicine and Surgery from the Complutense University of Madrid
- ♦ Member of: PEACS (Professional Education Advisory Committee Spain) of Smith and Nephew, Vocal of Training of the Spanish Association of Arthroscopy, Secretary of the Matritense Society of Orthopedic Surgery and Traumatology (SOMACOT)



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

# 04

## Structure and Content

The curriculum of this Postgraduate Certificate brings together the most relevant concepts related to the Scapulothoracic Articulation. In this way, the professional will be able to update his knowledge in the Biomechanics of the Scapula and the Scapulothoracic Joint, the treatment of abnormal mobility of the Scapulothoracic Joint and the Hyperactivation Syndrome of the Pectoralis Minor. An academic journey that will lead you to deepen in the diagnosis of Anterior Serratus Palsy, Trapezius and Axillary Nerve Neuropathy with the best didactic material. All this, through a program that gives total freedom to coordinate daily activities with those of updating.





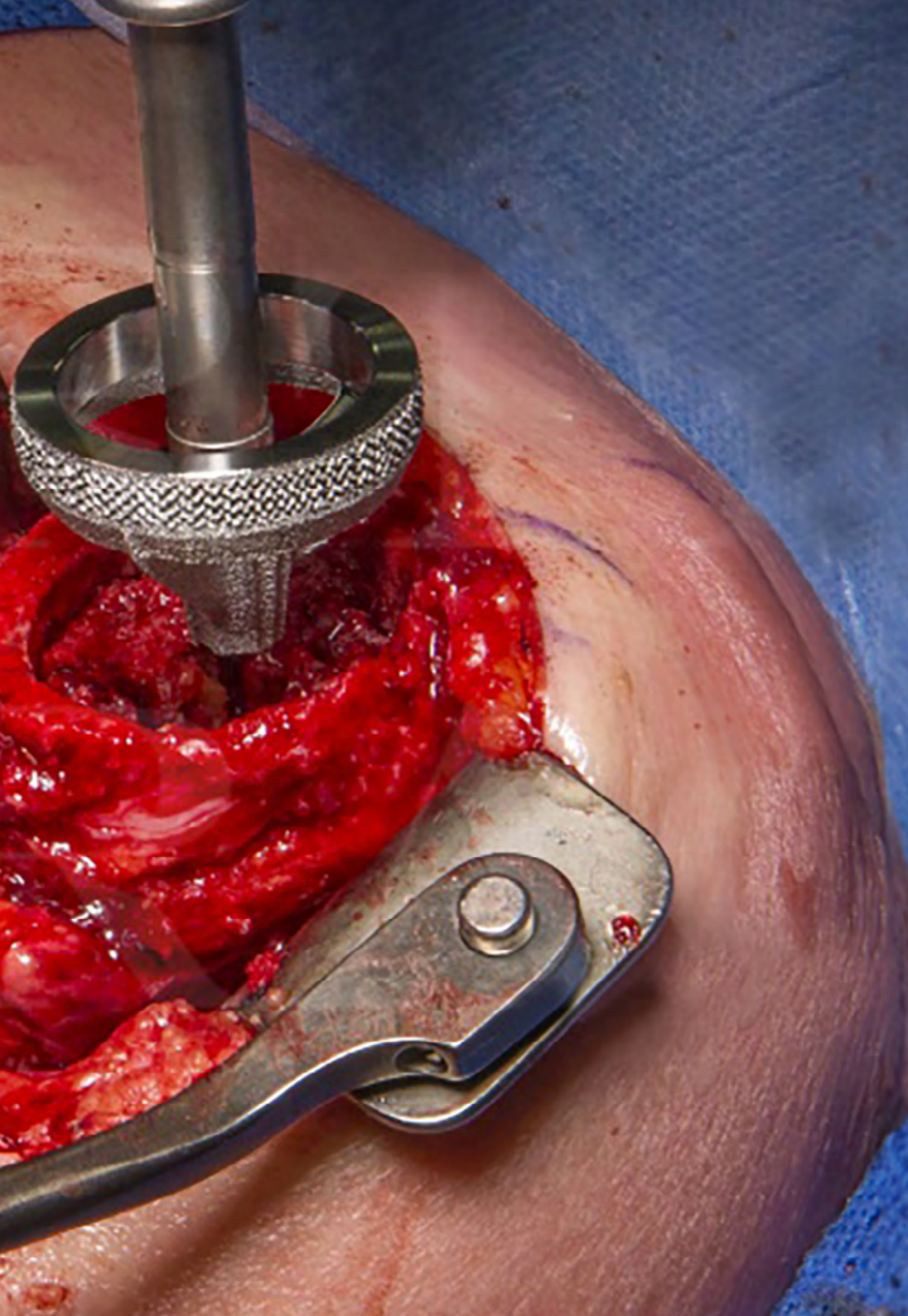
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*You will enjoy a personalized study plan, designed according to your needs and based on the Relearning method"*

## Module 1. Scapulothoracic. Neurological Injuries

- 1.1. Biomechanics of the scapula and scapulothoracic joint.
  - 1.1.1. Scapulothoracic joint
  - 1.1.2. Biomechanics of the Scapular Waist
  - 1.1.3. Biomechanics of the Scapulothoracic Joint
- 1.2. Abnormal scapulothoracic joint mobility
  - 1.2.1. Normal scapulothoracic joint mobility
  - 1.2.2. Diagnosis of abnormal scapulothoracic joint mobility
  - 1.2.3. Treatment of Abnormal scapulothoracic joint mobility
- 1.3. Pectoralis minor hyperactivation syndrome
  - 1.3.1. Pectoralis minor hyperactivation syndrome
  - 1.3.2. Diagnosis of pectoralis minor hyperactivation syndrome
  - 1.3.3. Treatment of pectoralis minor hyperactivation syndrome
- 1.4. Serratus anterior palsy
  - 1.4.1. Serratus anterior palsy
  - 1.4.2. Diagnosis of serratus anterior paralysis
  - 1.4.3. Treatment of serratus anterior palsy
- 1.5. Trapezius paralysis
  - 1.5.1. Trapezius paralysis
  - 1.5.2. Diagnosis of trapezius palsy. Diagnosis
  - 1.5.3. Treatment of trapezius palsy
- 1.6. Axillary nerve neuropathy
  - 1.6.1. Axillary nerve neuropathy
  - 1.6.2. Diagnosis of axillary nerve neuropathy
  - 1.6.3. Treatment for axillary nerve neuropathy
- 1.7. Suprascapular nerve neuropathy. Quadrilateral space syndrome
  - 1.7.1. Suprascapular nerve neuropathy
  - 1.7.2. Diagnosis of Suprascapular Nerve Neuropathy
  - 1.7.3. Treatment of Suprascapular Nerve Neuropathy
  - 1.7.4. Quadrilateral space syndrome
  - 1.7.5. Diagnosis of Quadrilateral Space Syndrome
  - 1.7.6. Treatment of Quadrilateral Space Syndrome





- 1.8. Scapulothoracic pathology associated with other processes
  - 1.8.1. Acromioclavicular pathology
  - 1.8.2. Sternoclavicular pathology
  - 1.8.3. Glenohumeral Instability
  - 1.8.4. Dysplasia
  - 1.8.5. Brachial palsy
  - 1.8.6. Others
- 1.9. *Snapping scapula*
  - 1.9.1. *Snapping scapula*
  - 1.9.2. Diagnosis of Snapping scapula
  - 1.9.3. Snapping scapula treatment
- 1.10. Rehabilitative treatment of scapulothoracic dysfunction
  - 1.10.1. Scapulothoracic Dysfunction
  - 1.10.2. Diagnosis of Scapulothoracic Dysfunction. Diagnosis
  - 1.10.3. Rehabilitative treatment of scapulothoracic dysfunction

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*You will deepen your understanding of Snapping Scapula and expand your diagnostic and treatment techniques appropriately”*

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.





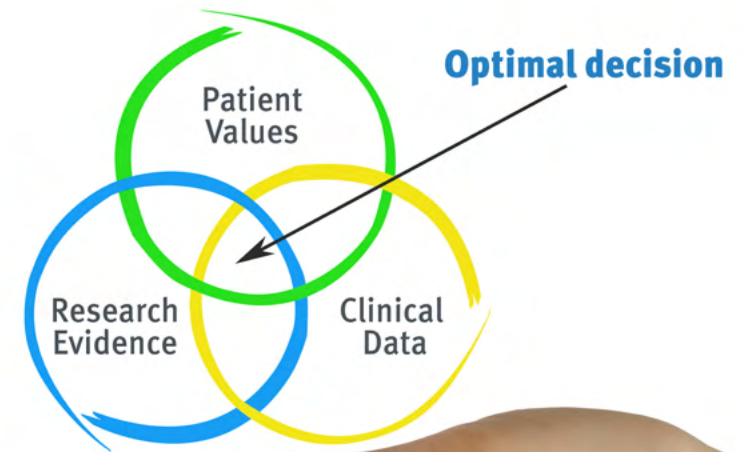
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? 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. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, 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, trying to recreate the real conditions in the physician's professional 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. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate 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.



## 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 the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving 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, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. 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 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.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and 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 the videos as many times as you like.



#### 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 on the usefulness of learning by observing experts. The system known as 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 Scapulothoracic Joint guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate** in **Scapulothoracic Joint** contains the most complete and up-to-date scientific on the market.

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

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

Title: **Postgraduate Certificate in Scapulothoracic Joint**

Official No. of Hours: **150 h.**



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



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development languages  
virtual classroom



## Postgraduate Certificate Scapulothoracic Joint

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate

## Scapulothoracic Joint

