

# Postgraduate Certificate Pilates during Pregnancy, and Postpartum





## Postgraduate Certificate Pilates during Pregnancy, and Postpartum

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/pilates-during-pregnancy-postpartum](http://www.techtute.com/us/medicine/postgraduate-certificate/pilates-during-pregnancy-postpartum)

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# 01

# Introduction

Therapeutic Pilates is an excellent exercise option during and after pregnancy, especially in cases where the practice of other physical activities may be counterproductive. For this reason, it is essential that physicians are up-to-date with the most efficient techniques to approach Pilates exercises safely adapted to the needs of each pregnant woman. For this reason, TECH has developed this program, which offers the professional an update on the appropriate techniques for each trimester of pregnancy, its indications and contraindications, and the different methods to work the pelvic floor. All this, in a 100% online format, without classes with timetables and extensive multimedia material.



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*With this 100% online program, you will learn more about how the Pilates method can help women cope with the physical and hormonal changes during pregnancy”*

During pregnancy, a woman's body undergoes many physical and hormonal changes that can cause symptoms such as back pain, fatigue, bloating, and digestive problems and are associated with health risks for both mother and fetus. That is why therapeutic Pilates is presented as a physical exercise option adapted to the specific needs of pregnant women, which can improve their physical and mental health.

These benefits have led to a great popularization of this method among pregnant women. For this reason, the physician must be at the forefront of the most efficient Pilates techniques to provide a safe, adapted, and effective approach to the exercises during this stage. In this sense, TECH has designed this program that ensures the graduate a complete update on the physical changes in pregnant women, benefits, and objectives of Pilates during this stage.

Therefore, throughout this academic itinerary, the graduate will delve into the indicated exercises and contraindications, the process of childbirth, the immediate postpartum, or the approach through the techniques of this physical activity of the main problems in pregnancy. All this through an academic proposal that stands out for its quality multimedia didactic material, accessible 24 hours a day, 7 days a week.

In addition, the flexibility of TECH's methodology allows professionals to combine their daily work and personal activities with a unique and effective update. Without classroom attendance or restricted class schedules, the graduate is faced with an academic proposal that provides a real response to the needs of present and future physicians.

This **Postgraduate Certificate in Pilates during Pregnancy, and Postpartum** 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 specialists in Pilates
- ◆ The graphic, schematic, and practical content 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



*Provide your pregnant patients with safe and effective Pilates exercise recommendations for each stage of their pregnancy"*

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*You will implement in your work the most advanced techniques to improve posture and reduce back pain in pregnant patients”*

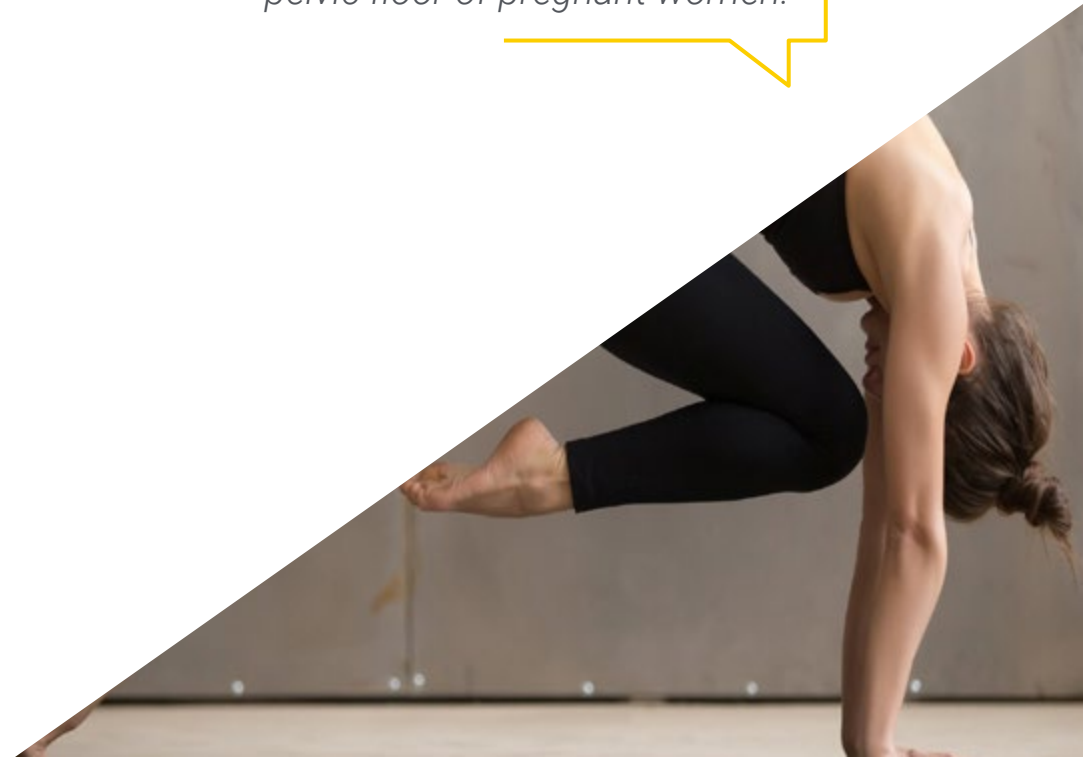
*In just 6 weeks, you will be able to identify the most appropriate exercises to improve strength and flexibility during the postpartum period.*

*You will delve into how Pilates can help with urinary incontinence and strengthen the pelvic floor of pregnant women.*

The program's teaching staff includes professionals from the sector who bring to this training the experience of their work, as well as renowned specialists from reference 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, students will be assisted by an innovative interactive video system developed by renowned experts.



# 02 Objectives

The purpose of this Postgraduate Certificate is to offer the medical professional the most up-to-date knowledge and skills in the field of Pilates During Pregnancy and Postpartum. In this way, they will increase their skills for the management of the main problems during this stage, promoting a healthy pregnancy. To achieve this goal, TECH has created this Postgraduate Certificate, which offers medical specialist the possibility of combining their update with other daily activities since they will not have to be subject to a specific schedule.







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*Thanks to this qualification, you will use Pilates in postpartum recovery through specific exercises”*



## General Objectives

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- ◆ Enhance knowledge and professional skills in the practice and teaching of Pilates exercises 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
- ◆ Define the progressions and regressions of exercises according to the different phases in the process of recovery from an injury
- ◆ Avoid contraindicated exercises based on prior assessment of patients and clients
- ◆ 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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- ◆ Differentiate the different phases of pregnancy
- ◆ Determine specific exercises for each phase
- ◆ Orient the woman during pregnancy, childbirth, and postpartum

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*You will explore in detail the Pilates exercises that offer pain relief during the dilation and expulsion phase in laboring women"*

03

# Course Management

This program has an outstanding teaching staff made up of renowned specialists in the field of Physiotherapy, with an extensive mastery of the Pilates Method. These highly trained experts have extensive knowledge of the most innovative techniques in this discipline, thus ensuring that graduates obtain a first-class update from the main referents in this field. In addition, thanks to their proximity, alumni will be able to resolve any doubts that may arise regarding the content of this program.



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*You will have a renowned teaching team with whom you will expand your knowledge in Pilates and how to treat postpartum abdominal diastasis”*

## 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

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- ♦ *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. González Arganda, Sergio

- ♦ Physiotherapist of Atlético de Madrid Football Club
- ♦ CEO Fisio Domicilio Madrid
- ♦ Lecturer in the Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- ♦ Lecturer in the University Expert in Clinical Pilates
- ♦ Lecturer in the Master of Biomechanics and Sports Physiotherapy
- ♦ Master in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- ♦ Expert in Pilates and Rehabilitation by the Royal Spanish Gymnastics Federation
- ♦ Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ♦ Graduate in Physiotherapy from Comillas Pontifical University

## Professors

### Ms. Parra Nebreda, Virginia

- ♦ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ♦ Pelvic Floor Physiotherapist at Letfisio 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





# 04

## Structure and Content

This Postgraduate Certificate has been designed to provide medical professionals with a high-quality update in the field of Pilates During Pregnancy and Postpartum. In this way, knowledge will be up-to-date on recommended exercises during pregnancy and postpartum, as well as postpartum alterations, abdominal diastasis, and changes in pelvic statics and prolapse. For this purpose, TECH provides innovative pedagogical tools and a Relearning system, which leads to the consolidation of key concepts in a shorter period of time.





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*With the Relearning method, you will consolidate the most important concepts of this program in an effective and effortless way”*

## Module 1. Pilates during Pregnancy, Childbirth, and Postpartum

- 1.1. First Trimester
  - 1.1.1. Changes in the first quarter
  - 1.1.2. Benefits and objectives
  - 1.1.3. Indicated exercises
  - 1.1.4. Contraindications
- 1.2. Second quarter
  - 1.2.1. Changes in the Second quarter
  - 1.2.2. Benefits and objectives
  - 1.2.3. Indicated exercises
  - 1.2.4. Contraindications
- 1.3. Third Trimester
  - 1.3.1. Changes in the third quarter
  - 1.3.2. Benefits and objectives
  - 1.3.3. Indicated exercises
  - 1.3.4. Contraindications
- 1.4. Birth
  - 1.4.1. Dilation and delivery phase
  - 1.4.2. Benefits and objectives
  - 1.4.3. Recommendations
  - 1.4.4. Contraindications
- 1.5. Immediate Postpartum
  - 1.5.1. Recovery and puerperium
  - 1.5.2. Benefits and objectives
  - 1.5.3. Indicated exercises
  - 1.5.4. Contraindications
- 1.6. Urinary Incontinence and Pelvic Floor
  - 1.6.1. Anatomy involved
  - 1.6.2. Pathophysiology
  - 1.6.3. Indicated exercises
  - 1.6.4. Contraindications





- 1.7. Problems in pregnancy and approach through the Pilates Method
  - 1.7.1. Body statics change
  - 1.7.2. Most Frequent Problems
  - 1.7.3. Indicated exercises
  - 1.7.4. Contraindications
- 1.8. Pregnancy preparation
  - 1.8.1. Benefits of physical training during pregnancy
  - 1.8.2. Recommended physical activity
  - 1.8.3. Indicated exercises for the first pregnancy
  - 1.8.4. Preparation during the search for the second and subsequent
- 1.9. Late Postpartum
  - 1.9.1. Long-term anatomical changes
  - 1.9.2. Preparation for the return to physical activity
  - 1.9.3. Indicated exercises
  - 1.9.4. Contraindications
- 1.10. Post-partum alterations
  - 1.10.1. Abdominal diastasis
  - 1.10.2. Static pelvic-prolapse shift
  - 1.10.3. Alterations of deep abdominal musculature
  - 1.10.4. Indications and contraindications in cesarean section



*With this Postgraduate Certificate, you will incorporate into your clinical practice the best form of physical preparation for pregnancy and childbirth through Pilates"*

# 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. 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, 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 Pilates during Pregnancy, and Postpartum 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 during Pregnancy, and Postpartum** 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 during Pregnancy, and Postpartum**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





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



**Postgraduate Certificate**  
Pilates during Pregnancy,  
and Postpartum

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
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