

Postgraduate Certificate

Pilates in Lower Limb Disorders



Postgraduate Certificate

Pilates in Lower Limb Disorders

- » 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-lower-limb-disorders

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01

Introduction

Recent studies in Physiotherapy show that the implementation of Pilates in patients with knee injuries significantly improves muscle strength, flexibility, and health-related quality of life. Given its benefits, more and more medical professionals are integrating this physical activity into their therapy. For this reason, TECH has developed this program that offers the specialist an update on the pathologies of the Hip, Knee, Ankle, and Foot and the most recommended Pilates exercises on machines for their approach. A 100% online program that will allow the graduate to effectively update on the latest techniques implemented by this discipline to include them in their daily practice.



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Thanks to this qualification, you will be able to incorporate complementary and effective disciplines such as the Pilates Method into your therapeutic sessions"

The remarkable improvements observed in knee injuries treated by combined therapies with Pilates are undeniable. Likewise, the integration of this discipline as part of comprehensive rehabilitation has proven to be highly beneficial for patients. In addition, recent studies show that this type of treatment generates a decrease in pain, improved flexibility, and increased muscle strength in the affected area. This is why it is essential for the medical professional to be updated on the most effective practices in the field of Pilates implemented in medicine and the rehabilitation of lower limb pathologies.

For this reason, TECH has developed this program that offers the physician a complete, up-to-date knowledge of the anatomy of the lower limb, including osteology, myology, and biomechanics, which will serve as a basis for the performance of appropriate exercises. In addition, you will delve into hip pathologies, nerve entrapments in the lower limb, and the analysis of the anterolateral and posteromedial chain of the lower limb and their respective treatment with specific Pilates exercises.

In this context, we present this Postgraduate Certificate in 100% online mode, which offers the graduate a series of multimedia resources such as detailed videos or real case studies. In addition, this program incorporates the Relearning system into the academic methodology, which will allow the graduate to remember complex concepts in less time, and the best thing is that they will not have to dedicate long hours to this updating process.

This **Postgraduate Certificate in Pilates in Lower Limb Disorders** 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 contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



With this university program, you will be up to date in the approach of common lower limb pathologies through Pilates exercises"

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You will boost your Hip, Knee, Ankle, and Foot rehabilitation competencies with specific techniques and exercises designed to improve functionality and relieve pain in these areas”

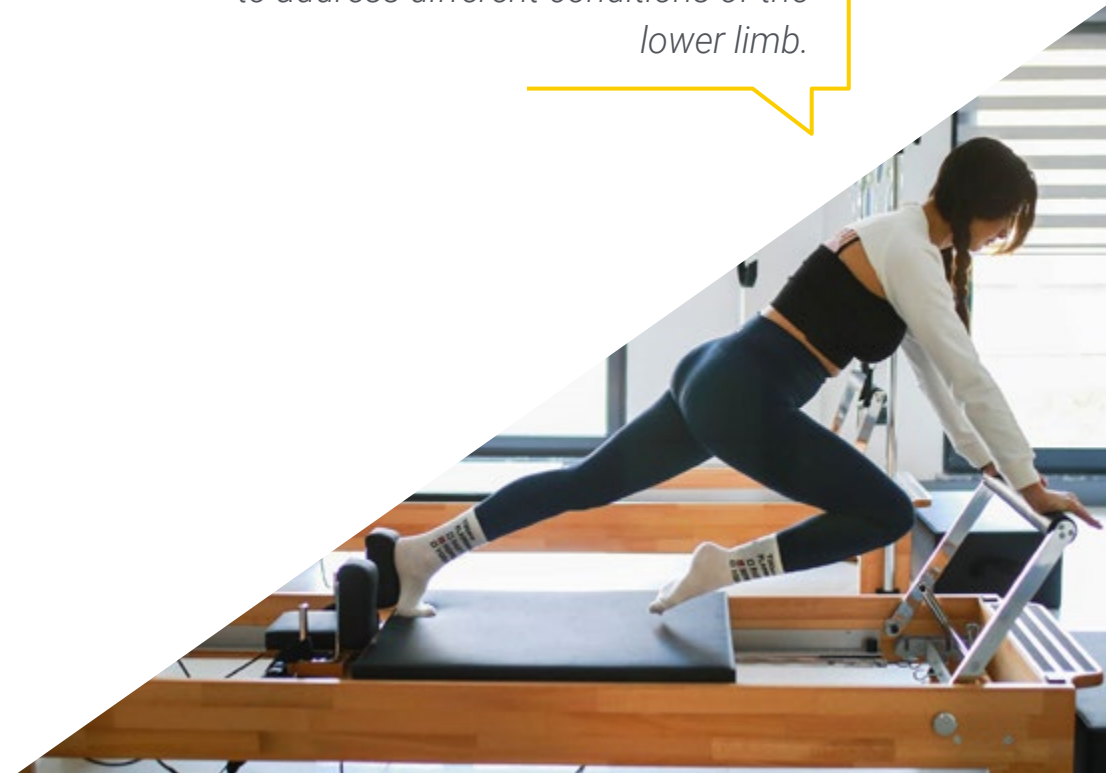
The program's teaching staff includes professionals from the sector who bring to this training the experience of their work, as well as renowned specialists from reference societies and prestigious universities.

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, the student will be assisted by an innovative interactive video system created by renowned experts.

Delve into nerve entrapment in the lower limb and the integration of Pilates exercises to relieve pressure on the brachial plexus.

You will implement a variety of dissociation and mobilization movements into your clinical practice to address different conditions of the lower limb.



02 Objectives

This program aims to offer the medical professional an update of knowledge and skills in the field of lower limb disorders and their treatment through Pilates. In this way, you will be able to use this discipline as an effective tool in the treatment and rehabilitation of pathologies that affect this area of the body. To achieve this, TECH has created this program that allows the graduate to carry out his daily activities with complete normality since he will not have to be subject to specific schedules.





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You will explore in detail the anterolateral and posteromedial chains in the Lower Limb and how they influence the health and recovery of your patients”



General Objectives

- ♦ 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
- ♦ Delineate the progressions and regressions of exercises according to the different phases in the process of recovery from an injury
- ♦ Avoidance of contraindicated exercises based on prior assessment of patients and clients
- ♦ 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

- ◆ 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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You will delve into the general protocol of exercises indicated on Pilates machines to develop them more effectively”

03

Course Management

This program has a teaching team made up of outstanding professionals in the field of Physiotherapy, as well as specialists in the Pilates Method. Consequently, the doctor can be sure to obtain an innovative update from the hands of active experts and in continuous progression in this field. All this is done with the purpose of preserving the level of excellence that distinguishes the programs of TECH, the largest online university in the world.





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You will enjoy an updated curriculum designed by specialists in Pilates Methods , with which you will delve into the Lower Limb Disorders"

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. González Arganda, Sergio

- 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 Comillas Pontifical University



Professors

Mr. Pérez Costa, Eduardo

- ♦ Freelance physiotherapist, home treatment in Madrid
- ♦ Physiotherapist Clinica Natal San Sebastian de los Reyes
- ♦ Sports trainer for 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.
- ♦ Master's Degree in Manual Physical Therapy in the locomotor apparatus at the University of Alcalá
- ♦ Degree in Physiotherapy at the University of Alcalá



This academic itinerary is exclusive to TECH and you will be able to develop it at your own pace thanks to its 100% online Relearning methodology”

04

Structure and Content

This program offers an update for health professionals in Pilates for Lower Limb Disorders. In this way, you will delve into the Osteology, Myology, and Biomechanics of the Lower Limb, as well as common pathologies that can be treated with Pilates and the protocol that includes dissociation, mobilization, strengthening, and functional exercises. In addition, you will expand your knowledge of Hip, Knee and Ankle Pathologies, along with specific exercises for each of them. In addition, all content will be available in a virtual library with innovative multimedia resources, allowing professionals to keep up to date with the latest pedagogical trends.



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With the Relearning method, you will remember complex concepts efficiently and with optimal results in less time"

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 susceptible to 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. Exercises indicated on Mat, Machines, and 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. Articular 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. Articular 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. Articular 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 pathologies
 - 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. The relationship of the chain with pathology already described
 - 1.9.4. Exercises for training of the anterolateral chain
- 1.10. Analysis of the posterior-medial chain of the lower limb
 - 1.10.1. What is the posterior-medial chain, and how important is it for the patient?
 - 1.10.2. Important aspects for assessment
 - 1.10.3. The relationship of the complex with pathology already described
 - 1.10.4. Exercises for posterior-medial chain

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You will incorporate best practices, advanced techniques, and effective exercises to address lower limb disorders with 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.





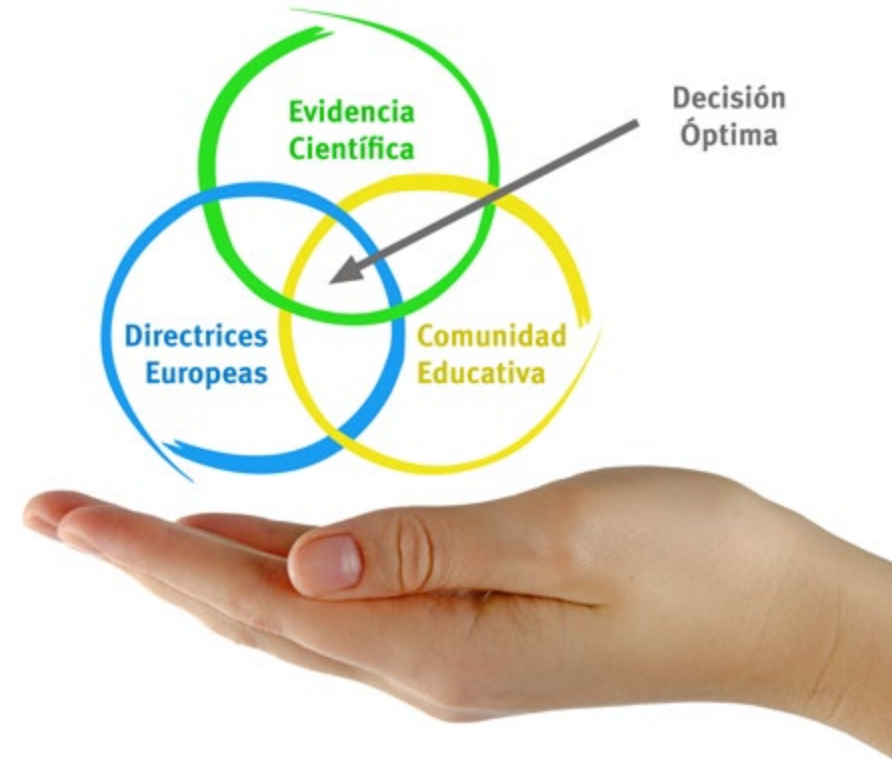
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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 in Lower Limb Disorders 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** 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**

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

Pilates in Lower Limb Disorders

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

Postgraduate Certificate

Pilates in Lower Limb Disorders

