

# Postgraduate Certificate Pilates in Spine Disorders





## Postgraduate Certificate Pilates in Spinal Disorders

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

Website: [www.techtitute.com/us/medicina/curso-universitario/pilates-alteraciones-columna-vertebral](http://www.techtitute.com/us/medicina/curso-universitario/pilates-alteraciones-columna-vertebral)

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# 01

# Introduction

Pilates has become a complementary option for those seeking to improve spinal disorders and reduce back pain. For this reason, more and more health professionals are updating their knowledge in this field in order to offer a therapeutic alternative to their patients. For this reason, TECH has developed this program that will provide the clinical expert with a complete up-to-date on the biomechanics of the spine, the frequent pathologies susceptible to treatment with Pilates, and the exercises recommended for this practice. All this, through a 100% online program and the most innovative didactic resources, was elaborated by an excellent teaching team specialized in this field.



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*With TECH, you will incorporate into your medical practice the most advanced techniques in Pilates treatment for spine conditions”.*

Pilates is a low-impact exercise method that has worked effectively as an alternative to traditional medical therapies. In this sense, clinical studies show this activity as a useful tool in the rehabilitation of spinal disorders. For this reason, more and more health professionals recommend this method as a complementary therapy for the treatment of various pathologies and conditions.

Consequently, TECH has developed this program that offers the health expert a complete update in the field of Pilates in Spinal Disorders. In this way, the professional will get an update on Osteology, Myology, and Biomechanics of the Spine, the approach to common pathologies, and general protocols of exercises with machines. Likewise, it will delve into Disc, Articular, and Muscular pathology.

It is a program with a theoretical-practical approach, which also presents one of the most revolutionary academic systems today, the Relearning method. This guarantees the graduate will remember the most important concepts in less time and in a more efficient manner. In addition, the program offers 100% online multimedia materials, accessible from any electronic device with an Internet connection. A unique opportunity to update your knowledge through an academic proposal that is at the forefront.

This **Postgraduate Certificate in Pilates in Spine Disorders** contains the most comprehensive and up-to-date scientific program on the market. Its most notable features are:

- ◆ 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 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



*You will delve into the treatment of various conditions throughout different stages of life through the Pilates Method".*

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*You will implement to your rehabilitation therapies the best exercises in machines to address the disorders of the spine”.*

The program's teaching staff includes professionals from the sector who bring to this program 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.

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

*You will explore Disc pathology-related syndromes and appropriate therapeutic strategies using the Pilates Method.*

*You will address joint conditions by allowing your patients to regain mobility and relieve pain through Pilates-based therapies.*





# 02 Objectives

The purpose of this program is to promote the professional's skills in the management of patients with spinal disorders through Pilates. In this way, the graduate will increase their ability to prevent frequent pathologies in this area of the body, using specific exercises controlled by this therapeutic discipline. To achieve this goal, TECH makes available to the graduate numerous teaching materials housed in the virtual library of this program.







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*With TECH, you will broaden your knowledge on how Pilates can be an effective tool in the treatment of muscular alterations”.*



## General Objectives

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- ◆ To enhance the knowledge and professional skills in the practice and teaching of Pilates and teaching of the exercises of the Pilates method 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.
- ◆ 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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- ◆ Inquire into the main problems of the Spine and their approach
- ◆ Update knowledge on the main problems of the Spine and their approach
- ◆ Apply specific exercise protocols for the injury recovery process

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*You will get a complete update on Cervical Spine Disorders and specific protocols to relieve pain and improve functionality with Pilates.”*



03

# Course Management

With the purpose of preserving the academic quality that distinguishes TECH, this institution has formed a distinguished faculty. In this way, this program is integrated of recognized specialists in the field of Physiotherapy, with a specialization in the Pilates Method. Their extensive professional experience is a guarantee for the physician who seeks in this Postgraduate Certificate an exceptional update supported by the latest scientific evidence.





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*This faculty is composed of specialists with experience in the field of the Pilates Method and Physiotherapy at the highest level”.*

## 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



# 04

## Structure and Content

This program offers innovative content in Pilates applied to spine problems, offering an update to the health professional. In this way, the graduate will delve into common pathologies susceptible to treatment with Pilates, the recommended exercises on machines and with implements, and disc pathology and joint, muscle, and cervical spine disorders.

Likewise, all this material is presented on a platform accessible 24 hours a day during the course of this academic itinerary.







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*With the Relearning method, you will optimize your study time by focusing efficiently on the most relevant concepts”.*

## Module 1. Pilates in Spine disorders

- 1.1. Basic anatomical recall
  - 1.1.1. Osteology of the Spine
  - 1.1.2. Spinal myology
  - 1.1.3. Biomechanics of the Spine
  - 1.1.4. Conclusions
- 1.2. Frequent pathologies susceptible to treatment with Pilates
  - 1.2.1. Growth pathologies
  - 1.2.2. Pathologies in elderly patients
  - 1.2.3. Pathologies in the sedentary person
  - 1.2.4. Pathologies in the athlete
- 1.3. Exercises indicated in MATT, on Machines, and with Implements. General protocol
  - 1.3.1. Stretching exercises
  - 1.3.2. Core stabilization exercises
  - 1.3.3. Joint mobilization exercises
  - 1.3.4. Strengthening exercises
  - 1.3.5. Functional exercises
- 1.4. Disk Pathology
  - 1.4.1. Pathomechanics
  - 1.4.2. Disc syndromes
  - 1.4.3. Differences between types of pathologies
  - 1.4.4. Good Practices
- 1.5. Articular Pathology
  - 1.5.1. Pathomechanics
  - 1.5.2. Joint syndromes
  - 1.5.3. Types of pathologies
  - 1.5.4. Conclusions
- 1.6. Muscular Pathology
  - 1.6.1. Pathomechanics
  - 1.6.2. Muscle syndromes
  - 1.6.3. Types of pathologies
  - 1.6.4. Conclusions







- 1.7. Cervical spine pathology
  - 1.7.1. Symptoms
  - 1.7.2. Cervical syndromes
  - 1.7.3. Specific protocols
  - 1.7.4. Conclusions
- 1.8. Dorsal Spine Pathology
  - 1.8.1. Symptoms
  - 1.8.2. Dorsal syndromes
  - 1.8.3. Specific protocols
  - 1.8.4. Conclusions
- 1.9. Lumbar Spine Pathology
  - 1.9.1. Symptoms
  - 1.9.2. Lumbar syndromes
  - 1.9.3. Specific protocols
  - 1.9.4. Conclusions
- 1.10. Sacroiliac Pathology
  - 1.10.1. Symptoms
  - 1.10.2. Lumbar syndromes
  - 1.10.3. Specific protocols
  - 1.10.4. Conclusions



*You will get the most out of the most up-to-date educational resources offered by this university program."*

05

# Methodology

This academic program offers students a different way of learning. Our methodology follows a cyclical learning process: **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 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.



## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*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 prepared with unprecedented success in all clinical specialties regardless of surgical load. Our educational 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 adapted in 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 assess and re-assess 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 Spinal 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 Spinal 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 Spinal 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.





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