

Postgraduate Certificate Therapeutic Management in Sports Injuries

Endorsed by the NBA



tech technological
university



Postgraduate Certificate Therapeutic Management in Sports Injuries

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 8h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/medicine/postgraduate-certificate/therapeutic-management-sports-injuries

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Methodology

p. 20

06

Certificate

p. 28

01

Introduction

The need to improve treatment effectiveness in sports injuries in the shortest possible time has led to multiple advances in athlete care, which requires a high level of professional updating to establish the most appropriate therapeutic strategy in each case. In this 100% online program, physicians, with the help of professionals who have extensive experience in the field, will delve into a wide range of resources and the most current physical and pharmacological therapies used in injured athlete treatment and functional recovery programs. All this without neglecting the new technologies applied to sport, which can allow for athlete monitoring to improve performance and avoid overloads that can cause injuries.



“

The constant updating of knowledge will be key when it comes to the most advanced therapeutic management of sports injuries”

Decision-making when dealing with sports injuries is conditioned not only by the type and severity of the injury, but also by the clinical-functional situation of the athlete and their short, medium and long-term requirements, without losing sight of their own expectations and goals. For the most advanced therapeutic management of injuries, it is essential for physicians to have exhaustive knowledge of the advances in the different therapeutic modalities, their indications and expected results, as well as their possible complications.

This Postgraduate Certificate takes a deep look into all these issues, devoting an entire topic to Regenerative Medicine, a growing discipline in the sports field, which seeks to optimize tissue recovery processes and is a safe and potentially effective alternative for musculoskeletal injuries related to sports, as well as for degenerative processes such as osteoarthritis.

It is a tailor-made program taught in a 100% online format, so physicians can choose the time and place that best suits their availability, schedules and interests. By means of a study method of proven efficiency, you will be able to perfect your skills in areas such as how emotion is involved in Psychoneuroimmunology.

This **Postgraduate Certificate in Therapeutic Management in Sports Injuries** contains the most complete and up-to-date academic program on the market. Its most notable features are:

- ◆ Practical cases presented by experts in Sports medicine
- ◆ The graphic, schematic, and eminently 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 Postgraduate Certificate, you will have the flexibility to balance your academic life with your professional work”

“

This course will bring you up to speed in a wide range of physical and pharmacological methods and therapies used in treatment and functional recovery programs for injured athletes”

This Postgraduate Certificate is your best option if you want become familiar with the latest advances in regenerative medicine”

With this program, you will delve deeper into the most important developments regarding nerve blocks and radiofrequency”

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, which means the student must try to solve the different real-life situations of that arise throughout the academic program. For this purpose, the student will be assisted by an innovative, interactive video system created by renowned and experienced experts.



02 Objectives

The main objective of this program is to delve deeper into therapeutic management based on cutting-edge contents and updated with the latest advances in the field of sports injuries. Upon successfully completing the program, physicians will be fully empowered to design and implement this type of therapy into their regular practice.



“

This course introduces you to the world of new technologies in the field of sports, delving into the most modern regenerative medicines”



General Objectives

- ◆ Study the different injuries that can occur in different sports
- ◆ Know the most frequent upper limb pathologies in athletes
- ◆ Explore the radiological findings for upper limb pathologies
- ◆ Know the most frequent lower limb injuries in athletes, their etiology and injury mechanisms
- ◆ Learn how to perform correct clinical assessments
- ◆ Know the most effective diagnostic methods and treatment options
- ◆ Know different situations in which exercise and sport have differential aspects from the general population
- ◆ Know the benefits and risks of sport in certain diseases
- ◆ Explore the different therapeutic modalities to prevent and treat sports injuries, their indications and benefits
- ◆ Acquire more specific and current knowledge in the field of sports nutrition and dietetics for specific cases of sports activity and sports nutritional supplementation
- ◆ Gain in-depth knowledge of the meaning of doping, its origins, doping substances and their consequences on health, detection techniques, legal bases of regulation and the methods to fight against it, as well as its prevention strategies





Specific Objectives

- ◆ Know the indications and contraindications of the different therapeutic options studied
- ◆ Explore the expected effects of each one of them as well as possible complications
- ◆ Enter the world of new technologies in the field of sports
- ◆ Know how to handle the high demands of professional or high-performance sports



*Update your action protocols
and approach to sports injuries
with therapeutic management
based on the latest technologies
and scientific advances”*

03

Course Management

TECH's programs are always backed up by professionals at the highest level of prestige in their field. The professors on this Postgraduate Certificate have poured all their expertise and professional experience into the didactic contents. So, specialists are guaranteed access to updated theory adapted to the current demands of the sports field, with the most recent advances in regenerative therapies, infiltrations and bandages.



“

You will be tutored in a completely personalized way while enjoying direct communication with the teaching staff to solve any doubts you should have regarding Therapeutic Management in Sports Injuries”

International Guest Director

As President of the Department of Physical Medicine and Rehabilitation at the Mayo Clinic in Arizona, Dr. Arthur De Luigi is one of the leading exponents in the field of Sports Medicine. In fact, he is the director of this specialty at the same clinic, also dedicating himself to the areas of pain medicine, brain injury medicine and musculoskeletal ultrasound.

Internationally, he is recognized as a leading figure in Adaptive Sports Medicine, serving as the director and lead physician for both the U.S. Paralympic Alpine Ski Team and the U.S. Para-Snowboard Team. In this role, he has served as a physician on the U.S. Olympic Committee, performing his work at the Colorado Olympic Training Center.

In fact, his involvement in sports is considerable, as he has treated players in basketball, soccer, soccer, golf, baseball, field hockey and other sports. Thus, he is the medical director of the Washington Wizards and Washington Mystics teams, being part of the medical staff of Phoenix Rising FC, Arizona Coyotes, Washington Nationals and DC United. He has also served as co-medical director of the Phoenix Open and chief medical advisor for the American 7 Football League.

In addition, he has had a prominent role on concussion task forces and research groups, including the NBA's own. His experience also extends to the U.S. Army, having held the rank of major and participated as a medic in Operation Iraqi Freedom. For this, he received numerous awards, including the Bronze Star and the Superior Unit Decoration.



Dr. De Luigi, Arthur

- ♦ Director of Sports Medicine - Mayo Clinic Arizona
- ♦ President of the Department of Physical Medicine and Rehabilitation at the Mayo Clinic - Scottsdale/Phoenix, Arizona.
- ♦ Phoenix Rising FC Team Physician
- ♦ Arizona Coyotes Team Physician
- ♦ Medical Director at Kilogear Cut
- ♦ Special Olympics Arizona Medical Director
- ♦ Co-Medical Director, Waste Management Phoenix Open
- ♦ Chief Medical Advisor for the American 7 Football League
- ♦ Professor of Rehabilitation Medicine at Georgetown University
- ♦ Director of Electrodiagnostic, Physical Medicine and Rehabilitation at Blanchfield Army Community Hospital, Fort Campbell
- ♦ Director of Research at Fort Belvoir Community Hospital
- ♦ Director of Sports Medicine at MedStar Montgomery Medical Center
- ♦ Team Physician, Washington Mystics
- ♦ Chief Medical Officer, Washington Wizards
- ♦ Doctor of Osteopathic Medicine, Lake Erie College of Osteopathic Medicine
- ♦ U.S. Army Major
- ♦ Graduate in Biology and Chemistry from George Washington University
- ♦ Resident manager at Walter Reed Army Medical Center
- ♦ Master's Degree of Science in Health Management from Lake Erie College of Osteopathic Medicine
- ♦ Superior Unit Decoration from the U.S. Army
- ♦ Bronze Star awarded by the U.S. Army

04

Structure and Content

The Postgraduate Certificate in Therapeutic Management in Sports Injuries includes a complete syllabus updated with the latest findings in Sports Medicine, as TECH continues to invest and work with the best experts to develop the most comprehensive and dynamic content. It is, therefore, a program that aims to be a unique and stimulating training experience that updates students on the basics of therapy to successfully address sports injuries.





“

You will access a content library rich in high quality multimedia material, including real clinical cases and detailed videos on each of the topics covered throughout the program”

Module 1. Therapeutic Management of Sports Injuries

- 1.1. Therapeutic Exercise
- 1.2. Physiotherapy
- 1.3. Bandages
- 1.4. Manual Therapy
- 1.5. Infiltrations
- 1.6. Nerve Blocks
- 1.7. Radiofrequency
- 1.8. Regenerative Medicine I
 - 1.8.1. Standards in Clinical Use
 - 1.8.2. Clinical and Administrative Considerations
- 1.9. Regenerative Medicine II
 - 1.9.1. PRP Therapies
 - 1.9.2. Stem Cell Therapies
 - 1.9.3. Amniotic and Other Products
 - 1.9.4. Rehabilitation after Regenerative Therapies
- 1.10. New Technologies





“

Take advantage of the best theoretical and practical content, ideal to optimally update you on Therapeutic Management in Sports Injuries”

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.





“

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.

“

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.

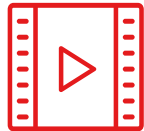
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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

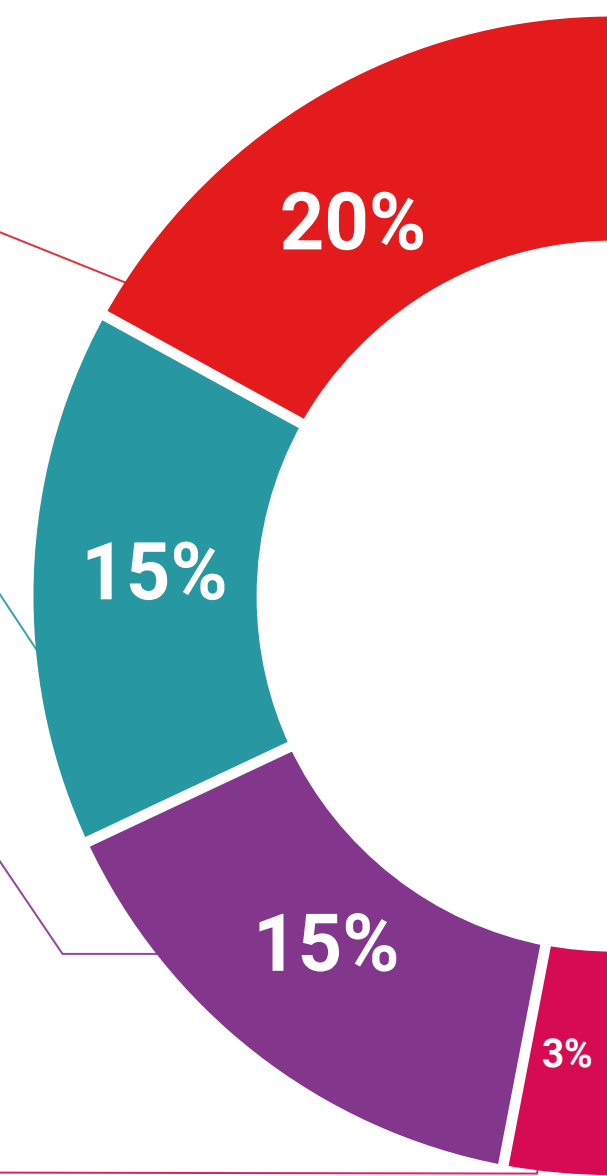
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

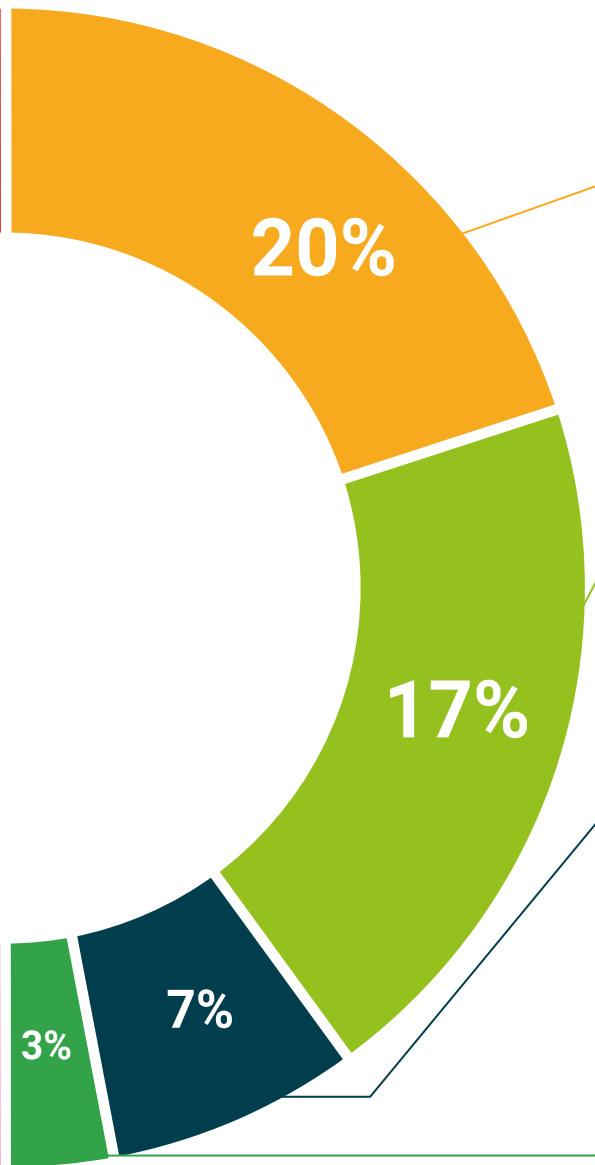
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 Therapeutic Management in Sports Injuries guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



“

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

This **Postgraduate Certificate in Therapeutic Management in Sports Injuries** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** diploma issued by **TECH Technological University** via tracked delivery*.

The diploma 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 from career from evaluation committees.

Title: **Postgraduate Certificate in Therapeutic Management in Sports Injuries**

Official N° of Hours: **150 h.**

Endorsed by the NBA



*Apostille Convention. In the event that the student wishes to have their paper diploma 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
development language
virtual classroom



Postgraduate Certificate
Therapeutic Management
in Sports Injuries

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 8h/week
- » Schedule: at your own pace
- » Exams: online

Postgraduate Certificate Therapeutic Management in Sports Injuries

Endorsed by the NBA



tech technological
university