

# Postgraduate Certificate Wrist Ultrasound for the Rehabilitation Doctor





## Postgraduate Certificate Wrist Ultrasound for the Rehabilitation Doctor

- » Modality: online
- » Duration: 2 weeks
- » Certificate: TECH Global University
- » Credits: 4 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: <https://www.techtitute.com/us/medicine/postgraduate-certificate/wrist-ultrasound-rehabilitation-doctor>

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# 01

# Introduction

Ultrasound is a tool that is being used more and more by rehabilitation doctors. This course aims to initiate or complement the teaching of Wrist Ultrasound for the Rehabilitation Doctor, in order to meet the demand of professionals, seeking usefulness in routine clinical practice and encourage research.



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*This training will generate a sense of security in the performance of the professional practice of the rehabilitation Doctor, which will help him/her grow personally and professionally"*

The use of ultrasound by rehabilitation Doctors allows greater efficiency in many treatments, as well as to assess the evolution of the patient with objective data and increase the safety of invasive treatments of Rehabilitation Medicine.

This Postgraduate Certificate is an excellent option for training in ultrasound, due to the quality of the material provided and the quality of the teaching team, made up of professors who are highly prestigious professionals with years of experience in both ultrasound and teaching. In addition, some of them have several high impact scientific publications, and are creators and members of the Board of Directors of the Spanish Society of Ultrasound in Physiotherapy (SEEFI).

The program is designed to provide training equivalent to 4 ECTS credits and 120 hours of study. All theoretical and practical knowledge is presented through high quality multimedia content, analysis of clinical cases prepared by experts, master classes and video techniques that allow the exchange of knowledge and experience, maintain and update the training level of its members, create protocols for action and disseminate the most important developments in the specialty. With online training, students can organize their time and pace of learning, adapting it to their schedules, in addition to being able to access the contents from any computer or mobile device.

This **Postgraduate Certificate in Wrist Ultrasound for the Rehabilitation Doctor** contains the most complete and up to date scientific program on the market. The most important features of the program include:

- ♦ The development of practical cases presented by experts in Wrist Ultrasound for the Rehabilitation Doctor. The graphic, schematic and eminently practical contents with which they are conceived, which gather scientific and assistance information on those disciplines that are essential for professional practice.
- ♦ News on the role of the rehabilitation Doctor.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning.
- ♦ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student.
- ♦ Special emphasis on evidence-based Rehabilitation Medicine and research methodologies in Wrist Ultrasound for the Rehabilitation Doctor.
- ♦ Theoretical lessons, questions to the expert, discussion forums on controversial issues and individual reflection papers.
- ♦ Content that is accessible from any fixed or portable device with an Internet connection.



*Update your knowledge through the Postgraduate Certificate in Wrist Ultrasound for the Rehabilitation Doctor"*

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*This Postgraduate Certificate may be the best investment you can make in the selection of a refresher program, as it will allow you to combine it with other activities as it is 100% online"*

It includes in its teaching staff professionals belonging to the field of Wrist Ultrasound for the Rehabilitation Doctor, who bring to this training the experience of their work, in addition to recognized specialists from leading scientific societies.

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 an immersive training experience designed to train for real-life situations.

The design of this program focuses on Problem-Based Learning, by means of which the rehabilitation Doctor must try to solve the different professional practice situations that arise throughout the course. For this purpose, the rehabilitation Doctor will be assisted by an innovative interactive video system developed by recognized experts in the field of Ultrasound in Rehabilitation Medicine with extensive teaching experience.

*Increase your confidence in the decision making process thanks to this Postgraduate Certificate.*

*Do not miss the opportunity to learn about the latest advances in Wrist Ultrasound for the Rehabilitation Doctor and you will be able to develop yourself in this exciting field.*



# 02 Objectives

The Postgraduate Certificate in Wrist Ultrasound for the Rehabilitation Doctor is oriented to facilitate the performance of the rehabilitation physician in his daily practice.







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*This is the best option you can find to advance your career. So take advantage of this Postgraduate Certificate to train with us and improve your day to day"*



## General Objectives

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- Learn to locate the different anatomical structures of the region.
- Identify the pathologies for a correct ultrasound-guided physiotherapy treatment.
- Define the limits of ultrasound.
- Learn the use of the ultrasound scanner in the context of the rehabilitation doctor's competencies.





## Specific Objectives

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- Describe the sonoanatomy of the wrist joint.
- Describe the normal examination of the structures of the dorsal face.
- Describe the normal examination of the palmar facet structures.
- Identify the most common lesions, for a correct ultrasound-guided treatment and/or follow-up of their evolution.
- Learn how to perform dynamic ultrasound-guided assessment tests.
- Describe less common pathologies that may affect the wrist joint.

03

# Course Management

The program includes in its teaching staff reference specialists in Wrist Ultrasound for the Rehabilitation Physician, who bring to this training the experience of their work. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.



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*Learn about the latest advances in procedures in the field of Wrist Ultrasound for the Rehabilitation Physician from leading experts in the field"*

## Guest Director



### Castillo, Juan Ignacio

- ◆ Head of Physical Medicine and Rehabilitation Service. 12 de Octubre Hospital. Madrid.
- ◆ Associate Professor Complutense University of Madrid. Faculty of Medicine. 2016
- ◆ Collaborating Professor at Complutense University of Madrid. 2011-2016
- ◆ Teaching coordinator in continuing education courses of the Health Department of the Community of Madrid: "Tertiary Prevention in Chronic Cardiopathic Patients. Cardiac Rehabilitation".
- ◆ Master's Degree in Cardiac Rehabilitation. SEC-UNED
- ◆ Master's Degree in Disability Assessment. Autonomous University of Madrid.
- ◆ Master's Degree in Children's Disability. Complutense University of Madrid.
- ◆ Doctorate Course: Neurosciences. University of Salamanca.
- ◆ Degree in Medicine and Surgery. University of Salamanca.
- ◆ Coordinator of continuing education of the Spanish Society of Cardiology in Exercise Testing with Oxygen Consumption.

## Co-Direction

**Santiago Nuño, Fernando**

- ◆ Physiotherapist - Osteopath, Podiatrist and Co-director of Clinic Nupofis No. 3993 - Physiotherapists Association of the Community of Madrid
- ◆ Postgraduate Certificate in Physiotherapy from the San Pablo CEU University.
- ◆ Postgraduate Certificate in Podiatry from the San Pablo CEU University.
- ◆ Expert in Osteopathy CO by the School of Osteopathy of Madrid - University of Alcalá
- ◆ Currently, teaching professor in Ultrasound courses for podiatrists and physiotherapists and in the Master of Advanced Ultrasound Sonoanatomy for physiotherapists at the European University of Madrid.
- ◆ Expert in Advanced Musculoskeletal Ultrasound Donostia-San Sebastián
- ◆ Specialist in Biomechanical Gait Exploration
- ◆ Master's Degree in Manual Therapy from the Complutense University of Madrid.
- ◆ Master's Degree in Podiatry Research Online by Universidad Rey Juan Carlos
- ◆ Avanfi Expert in Echoguided Infiltrations
- ◆ International Course on Musculoskeletal Ultrasound by the Spanish Society of Ultrasound.
- ◆ International Podiatric Surgical Specialist Course by the New York College of Podiatric Medicine
- ◆ Postgraduate Course in Medical and Surgical Podiatry of the foot by the Complutense University of Madrid.

## Professors

### **Mr. Casado Hernández, Israel**

- ♦ Podiatrist Ultrasonographer.
- ♦ Master's Degree in Podiatric Research.
- ♦ Expert in Podiatric foot surgery and podiatry.
- ♦ GP, PhD, MSc, BSc, PG Cert Vitalpie Clinic.

### **Mr. García Expósito, Sebastián**

- ♦ Degree in Diagnostic Imaging and Radiation Therapy.
- ♦ Expert in musculoskeletal ultrasound.
- ♦ Professor of Ultrasound.
- ♦ Armstrong International Clinic.

### **Mrs. Moreno, Cristina Elvira**

- ♦ Physiotherapist.
- ♦ Expert in Dry needling and MSK ultrasound.
- ♦ Floor Pilates and Hypopressive Abdominal Gymnastics teacher.
- ♦ Nupofis Clinic, Madrid.

### **Mr. Nieri, Martín**

- ♦ Degree in Diagnostic Imaging and Radiation Therapy.
- ♦ Expert in musculoskeletal ultrasound.
- ♦ Professor of Ultrasound.

### **Mr. Pérez Calonge, Juan José**

- ♦ Podiatric Sonographer.
- ♦ Master's Degree in health expertise.
- ♦ Expert in medical-surgical podiatry of the foot.
- ♦ PhDs, MSc, BSc, PG Cert Clinica Gayarre.

### **Mrs. Sánchez Marcos, Julia**

- ♦ Physiotherapist, Osteopath and Expert in sonoanatomy of the locomotor system  
Clínica Nupofis Madrid.

### **Mr. Santiago Nuño, José Ángel**

- ♦ Physiotherapy, Osteopathy and Nutrition.
- ♦ Expert in Musculoskeletal Ultrasound.
- ♦ Nupofis Clinic Madrid.

### **Mr. Teijeiro, Javier**

- ♦ Physiotherapy and Osteopathy.
- ♦ Professor of Musculoskeletal Ultrasound.
- ♦ SEEFI SEECO.
- ♦ Service Director in Ultrasound Assistance Teleradiology SL.





04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best centers and universities in the country, aware of the relevance of current training to be able to intervene in situations that require the use of ultrasound as a complement to medical diagnosis and subsequent treatment, and committed to quality teaching through new educational technologies.





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*In this Postgraduate Certificate we will show you the most complete and scientifically rigorous information on the market”*

## Module 1. Ultrasound of the Upper Limb: Wrist

- 1.1. Normal Sonoanatomy of the Wrist
  - 1.1.1. Dorsal Face Scan
  - 1.1.2. Palmar Face Scan
- 1.2. Wrist Pathology
  - 1.2.1. Most Common Tendon Pathology
    - 1.2.1.1. Breaks.
    - 1.2.1.2. Tendinopathies
    - 1.2.1.3. Tenosynovitis and Paratendinitis
    - 1.2.1.4. Dorsal Region Injuries
    - 1.2.1.5. Compartment Injuries
  - 1.2.2. Other Pathologies of the Wrist Joint
    - 1.2.2.1. Fractures
    - 1.2.2.2. Inestabilities
- 1.3. Dynamic Wrist Tests
  - 1.3.1. Fist Clench Test to Assess Wrist Stability





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

05

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Re-learning, 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

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, 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 can 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 potential 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 professional medical 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 grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on 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.



## Re-learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



*The Doctor will learn through real cases and by solving 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 Doctors with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you 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 really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

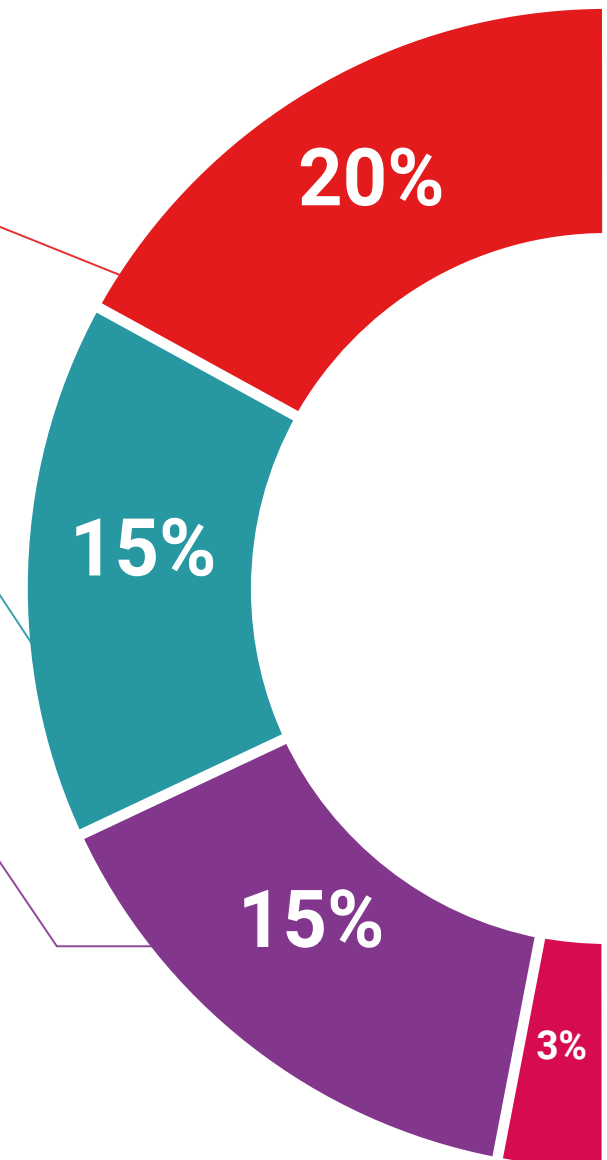
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

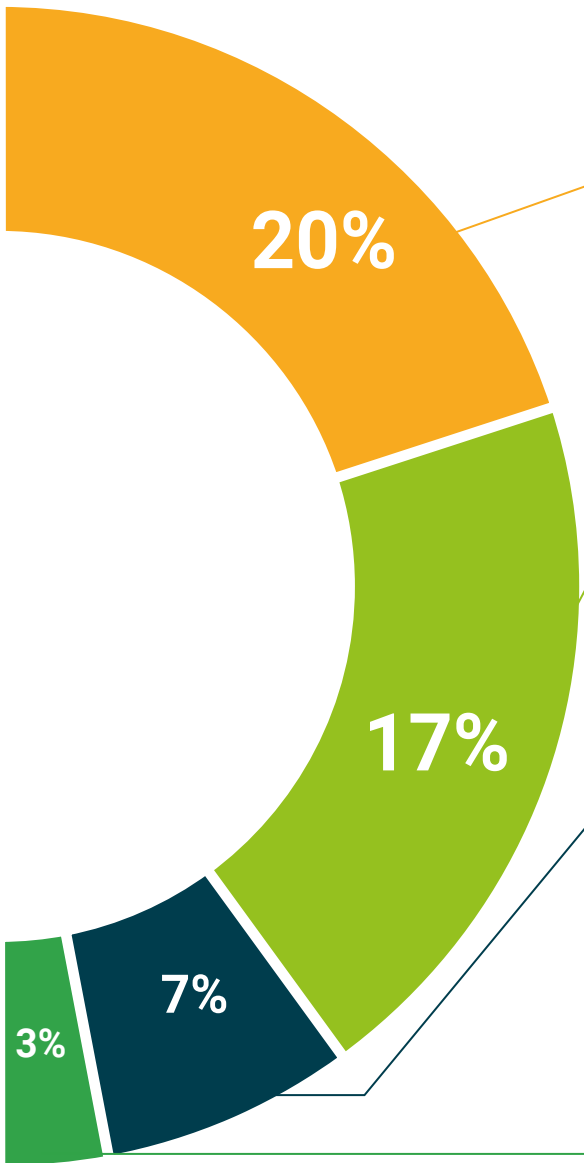
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





#### Expert-led case studies and case analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through the development of attention and the resolution of different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert reinforces knowledge and memory, and builds confidence in our difficult future decisions.



#### Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

# Certificate

The Postgraduate Certificate in Wrist Ultrasound for the Rehabilitation Physician guarantees you, in addition to the most rigorous and up to date training, access to a Postgraduate Certificate issued by TECH Global University.





*Successfully complete this training and receive your university degree without travel or laborious paperwork"*

This program will allow you to obtain your **Postgraduate Certificate in Wrist Ultrasound for the Rehabilitation Doctor** 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 Wrist Ultrasound for the Rehabilitation Doctor**

Modality: **online**

Duration: **2 weeks**

Accreditation: **4 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.



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



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