

# Postgraduate Diploma

## Phytotherapy for Locomotor System Disorders



## Postgraduate Diploma Phytotherapy for Locomotor System Disorders

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-phytotherapy-locomotor-system-disorders](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-phytotherapy-locomotor-system-disorders)

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01

# Introduction

The medical approach to locomotor system disorders benefits intensively from the benefits of phytotherapy. Supported by the scientific evidence of the latest advances, phytotherapeutic products are a first-rate ally in the treatment of locomotor system disorders. This comprehensive Postgraduate Diploma has been created to offer you the possibility to act as a specialist in this field, providing you with the necessary knowledge to act safely and successfully.





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*It includes in the care of patients with locomotor system disorders the irreplaceable complement of phytotherapy, with the safety of intervention of the latest scientific evidence"*

There is now a scientific basis supporting the efficacy of many phytotherapeutic products for certain indications. The place that Phytotherapy should occupy in therapeutics should be that for which it has demonstrated its usefulness and safety.

Efficacy is achieved only with the proper use of phytotherapeutic preparations, both in terms of indications and form of administration.

This program offers a current vision of Phytotherapy and its application in the health field, including the latest contributions and advances. The contents are guaranteed by the teaching staff involved in the Postgraduate Diploma, since in one way or another they all work in the field of phytotherapy or are related to it.

Thus, the student will learn based on the experience of the teachers and experience evidence-based medicine, which results in specialization the student to be more effective and accurate.

Taking into account that, on the one hand, the different university training programs generally lack a deep and continuously updated specialization in Phytotherapy, and on the other hand, that current health trends lean towards the use of safe and effective natural remedies, it is necessary to be able to offer students the possibility of expanding their knowledge and therapeutic skills with a greater specialization in the use of medicinal plants, from the professional and academic side necessary to adequately face their future in this field.

This online Postgraduate Diploma offers you the benefits of a scientific, teaching and technological high-level course. These are some of its most notable features:

- Latest technology in online teaching software.
- Highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand.
- Practical cases presented by practising experts.
- State-of-the-art interactive video systems.
- Teaching supported by telepractice.
- Continuous updating and recycling systems.
- Self-regulating learning: full compatibility with other occupations.
- Practical exercises for self-evaluation and learning verification.
- Support groups and educational synergies: questions to the expert, debate and knowledge forums.
- Communication with the teacher and individual reflection work.
- Content that is accessible from any fixed or portable device with an Internet connection.
- Supplementary documentation databases are permanently available, even after the course.



*Learn about phytotherapy and offer your patients the most comprehensive advice on support resources for locomotor system disorders"*

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*Include phytotherapy among your tools and improve patient care with new ways and alternatives for treatment and prevention"*

Our teaching staff is composed of medical professionals, practising specialists. In this way, we ensure that we provide you with the training update we are aiming for. A multidisciplinary team of doctors trained and experienced in different environments, who will develop the theoretical knowledge in an efficient way, but, above all, will bring their practical knowledge derived from their own experience to the course: one of the differential qualities of this training.

This mastery of the subject is complemented by the effectiveness of the methodological design of this Postgraduate Diploma. Developed by a multidisciplinary team of e-learning experts, it integrates the latest advances in educational technology. In this way, you will be able to study with a range of easy-to-use and versatile multimedia tools that will give you the necessary skills you need for your specialization.

The design of this program is based on Problem-Based Learning: an approach that conceives learning as a highly practical process. To achieve this remotely, we will use telepractice: with the help of an innovative interactive video system, and learning from an expert, you will be able to acquire the knowledge as if you were actually dealing with the scenario you are learning about. A concept that will allow you to integrate and fix learning in a more realistic and permanent way.

*With a methodological design based on proven teaching techniques, this postgraduate diploma will take you through different teaching approaches to allow you to learn in a dynamic and effective way*

*Take a leap towards greater specialization and propel yourself towards greater competitiveness in the labor market*



02

# Objectives

This Postgraduate Diploma will allow you to define the limits of the use of phytotherapy to be able to handle it safely and the patient, so that you can make the appropriate decisions to use it in a preventive and therapeutic way.







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*The objective of this specialization is to offer the professional a compendium of knowledge focused on the practice that allows them to support, from phytotherapy, the wellbeing of patients with locomotor system problems”*



## General Objectives

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- ♦ Define the therapeutic limits of Phytotherapy and recognize the cases in which it can be used safely.
- ♦ Describe the use of Phytotherapy oriented to the satisfaction of the needs derived from the patient's health problems and the prevention of complications, guaranteeing a safe and quality practice.
- ♦ Solve cases related to the field of phytotherapy.
- ♦ Explain the use and indication of medical devices, food supplements and/or drugs, assessing the expected benefits and associated risks.
- ♦ Apply theoretical knowledge in daily practice.





## Specific Objectives

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- ♦ Define what a drug is and distinguish it from an active ingredient.
- ♦ Explain the protocols for drug recognition.
- ♦ Explain techniques for the cultivation, collection, processing and conservation of medicinal plants.
- ♦ Identify botanical nomenclature and species citation.
- ♦ Classify plant groups according to phylogenetic systematics (APG, 2009).
- ♦ Define the medicinal utility of mushrooms.
- ♦ Define the main chemical groups of active ingredients, which are responsible for the activity of drugs and by extension of plants.
- ♦ Define the therapeutic application of phenols, flavonoids, tannins, isoprenoids, resins, alkaloids and other products.
- ♦ Describe the pharmaceutical forms used in Phytotherapy.
- ♦ Define the usefulness of Phytotherapy in the treatment of arthritis.
- ♦ Define the usefulness of phytotherapy in the treatment of arthrosis.
- ♦ Define the usefulness of Phytotherapy in the treatment of joint pain.
- ♦ Identify muscle relaxant medicinal plants for the treatment of muscle contractions.
- ♦ Define the usefulness of phytotherapy in the treatment of arthrosis.
- ♦ Identify and classify remineralizing medicinal plants.
- ♦ Explain the Phytotherapeutic treatments and the therapeutic limits in the locomotor system disorders.



*Include among your skills the intervention in phytotherapy, including the preparation of galenicals, which only the most updated professional can offer to their patients"*

03

# Course Management

For our course to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.



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*With the direct experience of professionals who will teach you based on the reality of the sector in a contextual and realistic learning"*

## Professors

### Mr. Jaime Güemes Heras

- ♦ Degree in Biology.
- ♦ Doctor of Biology (PhD).
- ♦ University of Valencia.
- ♦ Curator of the Botanical Garden, Cavanilles Institute of Biodiversity and Evolutionary and Biology

### Ms. Pilar Soriano

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Pharmacy. University of Valencia.
- ♦ Full Professor of the Department

### Ms Rosa Izquierdo

- ♦ Degree in Pharmacy.
- ♦ Drug Information Center.
- ♦ Illustrious Official College of Pharmacists of Castellón.

### Ms. Esmeralda Buendia

- ♦ Technical Pharmaceutical Director. Arkopharma Laboratories.

### Ms. Olga Maria Palomino Ruiz-Poveda

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Pharmacies, Complutense University, Madrid.
- ♦ Associate Professor, Department of Pharmacology.

### Ms. Ana Ibars

- ♦ University of Valencia. Botany Teaching Unit.

### Ms. Gema Alejandra García-Fontestad

- ♦ Doctor of Pharmacy.
- ♦ Pharmacist in pharmacy office.

### Ms. María Bejarano

- ♦ Doctor of Pharmacy.
- ♦ Pharmacist in pharmacy office.

### Ms. Nuria Acero de Mesa

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Pharmacy.

### Ms. Dolores Muñoz-Mingarro

- ♦ Degree in Biology.
- ♦ Ph.D. in Biological Sciences.
- ♦ Faculty of Pharmacy.
- ♦ CEU San Pablo University.
- ♦ Full Professor of the Department

### Ms. Eugenia González Rosende

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Health Sciences, CEU Cardenal Herrera University.
- ♦ Professor of the Department of Pharmacy.

**Ms. Alicia López**

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Dean of the Faculty of Health Sciences.
- ♦ CEU Cardenal Herrera University.
- ♦ Professor at Private University, Department of Pharmacy.

**Ms. Cristina Balaguer**

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Health Sciences, CEU Cardenal Herrera University.
- ♦ Assistant Professor, Department of Pharmacy.

**Ms. Aracely Calatayud**

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Health Sciences, CEU Cardenal Herrera University.
- ♦ University Professor, Department of Pharmacy.

**Ms. Esmeralda Buendia**

- ♦ Technical Pharmaceutical Director. Arkopharma Laboratories.

**Ms. M José Alonso**

- ♦ Degree in Pharmacy.
- ♦ Specialist in Galenic and Industrial Pharmacy.
- ♦ Postgraduate Diploma in Phytotherapy from the University of Montpellier.
- ♦ Member of Medicinal Plants and Homeopathy, College of Pharmacists of Barcelona.

**Ms. Eva Tejerina.**

- ♦ Senior Consultant
- ♦ Apdena Consult S.L.

**Mr. Josep Allué**

- ♦ Graduate in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Autonomous University of Barcelona.
- ♦ Professor of the Department of Animal Biology, Plant Biology and Ecology.

**Ms. María Carmen Sanfeliu Alonso**

- ♦ Doctor of Pharmacy. University of Valencia.
- ♦ University professor CEU Cardenal Herrera University

04

# Structure and Content

The contents have been developed by the different experts of this course, with a clear purpose: to ensure that our students acquire each and every one of the skills necessary to become true specialists in this field.







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*A development of knowledge and techniques of phytotherapy in the field of locomotor system disorders, essential for the pharmacist, created to enable them to provide a high quality intervention”*

### Module 1. Phytotherapy and Herbal Medicines

- 1.1. Phytotherapy: Definition and Scope of Application.
- 1.2. Botanical Nomenclature and the Citation of Species in Phytotherapy.
- 1.3. Current Classification of Plant Groups.
- 1.4. Legislation and Registration of Herbal Medicines in Spain.
- 1.5. Regulation of the European Market for Medicinal Herbal Preparations: Legal Regulations and Scope of Application.
- 1.6. Cultivation, Collection, Processing and Preservation of Medicinal Plants.
- 1.7. Plant-Based Drugs: Impact of Drug Recognition on the Quality of Phytotherapeutic Products.
- 1.8. Mushrooms with Medicinal Utility.

### Module 2. Active Ingredients of the Plants, Pharmaceutical Forms and Galenic Preparations.

- 2.1. Active Ingredients: Main Groups and Properties, as a Basis that Justifies the use of Phytotherapy.
- 2.2. Carbohydrates, Lipids, Proteins, and Sulfocyanogenetic Heterosides and their Therapeutic Application.
- 2.3. Simple Phenols, Coumarins and Lignans and their therapeutic application.
- 2.4. Flavonoids and their Therapeutic Application.
- 2.5. Tannins and Quinones and their Application.
- 2.6. Isoprenoids, Saponins and Cardiotonic Heterosides and their Application.
- 2.7. Resins and their Application.
- 2.8. Alkaloids and their Application.
- 2.9. Magistral Formulation in Phytotherapy.
- 2.10. Other Pharmaceutical Forms in Phytotherapy.
- 2.11. Industrial Processing of Herbal Medicines.



### Module 3. Phytotherapy for Locomotor System Disorders

- 3.1. Phytotherapy in Arthritis.
- 3.2. Phytotherapy in Arthrosis.
- 3.3. Phytotherapy for Joint Pain: Anti-Inflammatory and Analgesic.
- 3.4. Medicinal Plants Muscle Relaxants for the Treatment of Muscle Contractions.
- 3.5. Phytotherapy in the Treatment of Rheumatism.
- 3.6. Phytotherapy in the Treatment of Gout: Uricosuric Plants.
- 3.7. Phytotherapy in the Treatment of Sarcopenia.
- 3.8. Remineralizing Medicinal Plants.

“*A comprehensive teaching program, structured in well-developed teaching units, oriented toward a high impact learning and training*”

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 abundant 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. Gervas, 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 physician 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 physicians 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 Postgraduate Diploma you will have access to the best educational material, prepared with you in mind:



### Study Material

After a complex production process, we transform the best content into high-quality educational and audiovisual multimedia. We select the best syllabus and make it available to you. Everything you need to acquire in-depth knowledge of a discipline, from A to Z. Lessons written and chosen by specialists in each of the disciplines.



### Surgical techniques and clinical procedures on video

We bring you closer to the newest techniques, to the latest scientific advances, to the forefront of current doctor news. 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.



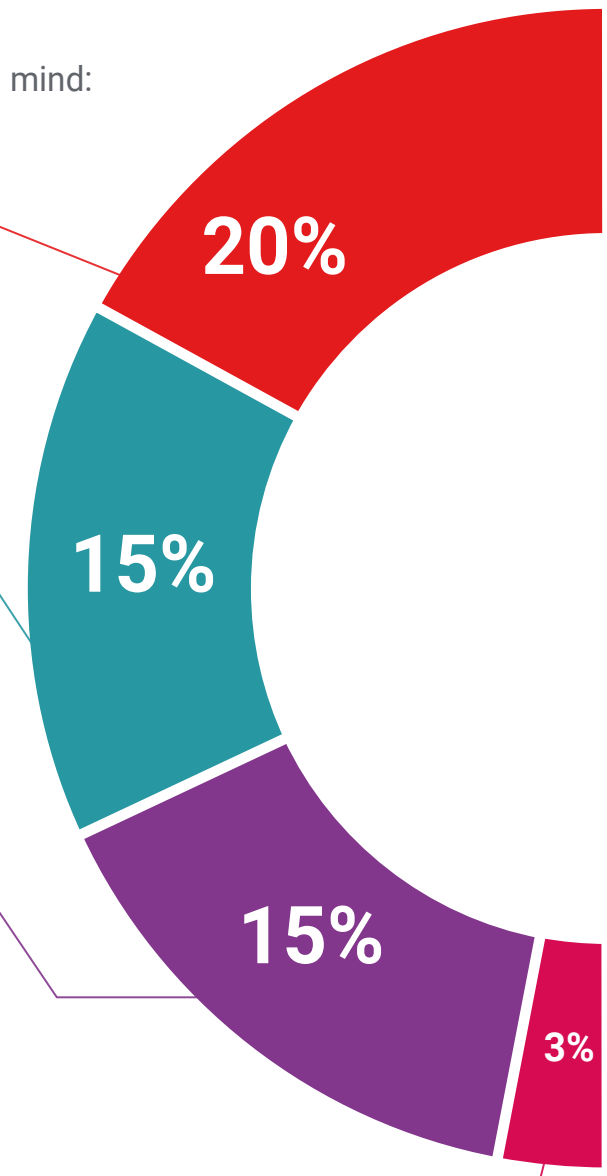
### Interactive Summaries

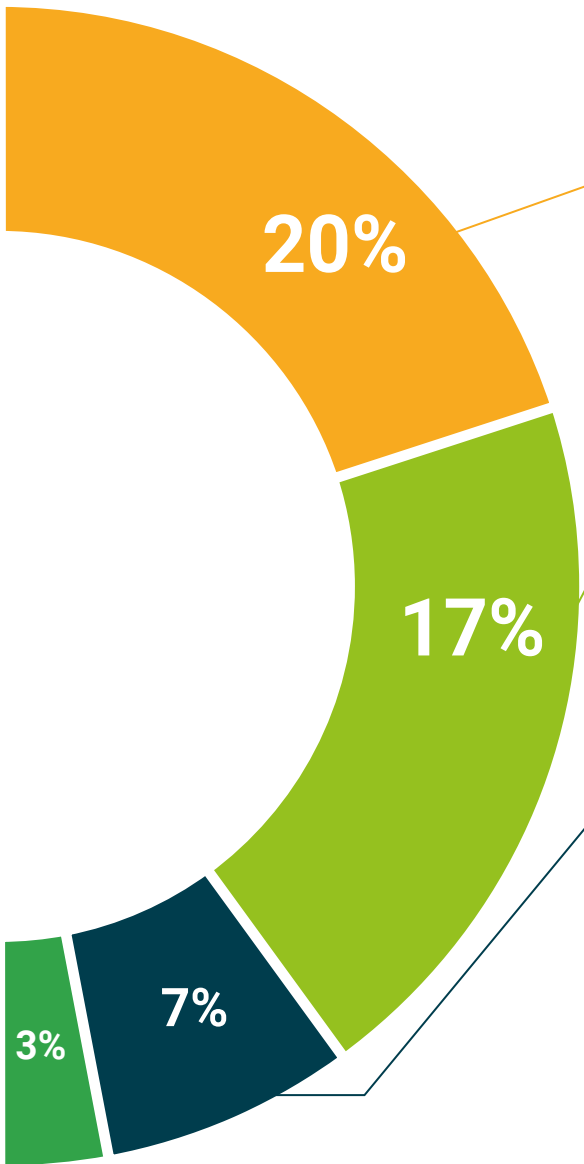
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge. This unique training system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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

Through the narratives of expert professionals, it is possible to acquire a high degree of understanding of the most frequent problematic situations. The professional's healthcare practice is not alien to the context in which it takes place. If we want to train ourselves to improve our professional practice, this training must be situated within the context in which it takes place.



#### Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout this program through activities and evaluative exercises.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful. Learning from an expert strengthens knowledge and recall, and generates confidence in our future difficult decisions



#### Quick Action Guides

One of the most important functions of our team is to select those contents considered essential and present them in the form of worksheets or quick action guides to facilitate their understanding.



06

# Certificate

The Postgraduate Diploma in Phytotherapy for Locomotor System Disorders guarantees you, in addition to the most accurate and up-to-date specialization, access to a Postgraduate Diploma issued by TECH Global University.



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*Successfully complete this specialisation and receive your diploma without travel or laborious paperwork"*

This private qualification will allow you to obtain a **Postgraduate Diploma in Phytotherapy of Endocrine, Metabolic and Digestive System 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** private qualification 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 Diploma in Phytotherapy for Locomotor System Disorders**

Modality: **online**

Duration: **6 months**

Accreditation: **18 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 quality

online treatment

development languages

virtual classroom

**tech** global  
university

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