

# Postgraduate Diploma Sports Podiatry and Orthopodology

Endorsed by the NBA





## Postgraduate Diploma Sports Podiatry and Orthopodology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-sports-podiatry-orthopodology](http://www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-sports-podiatry-orthopodology)

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Certificate

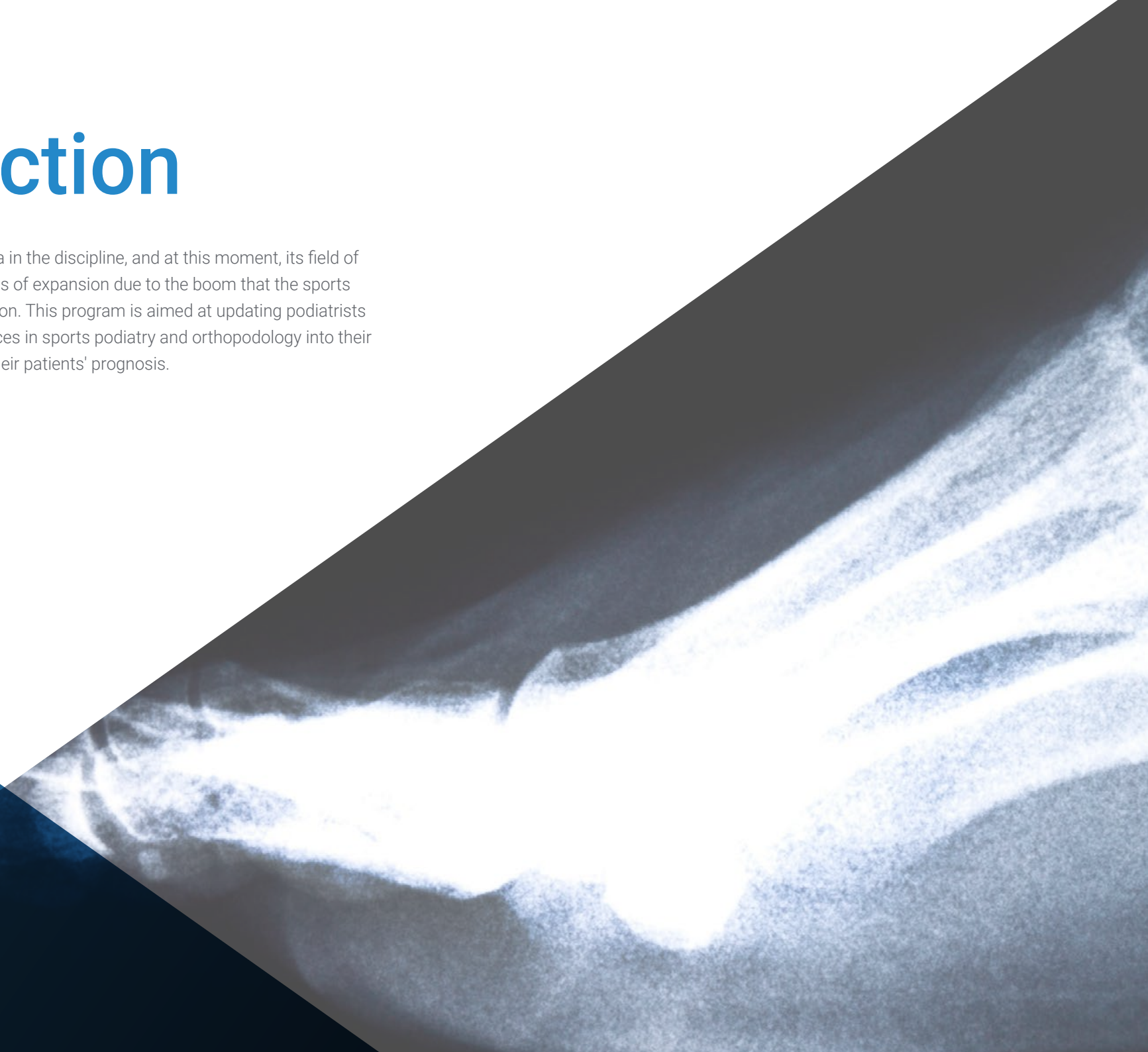
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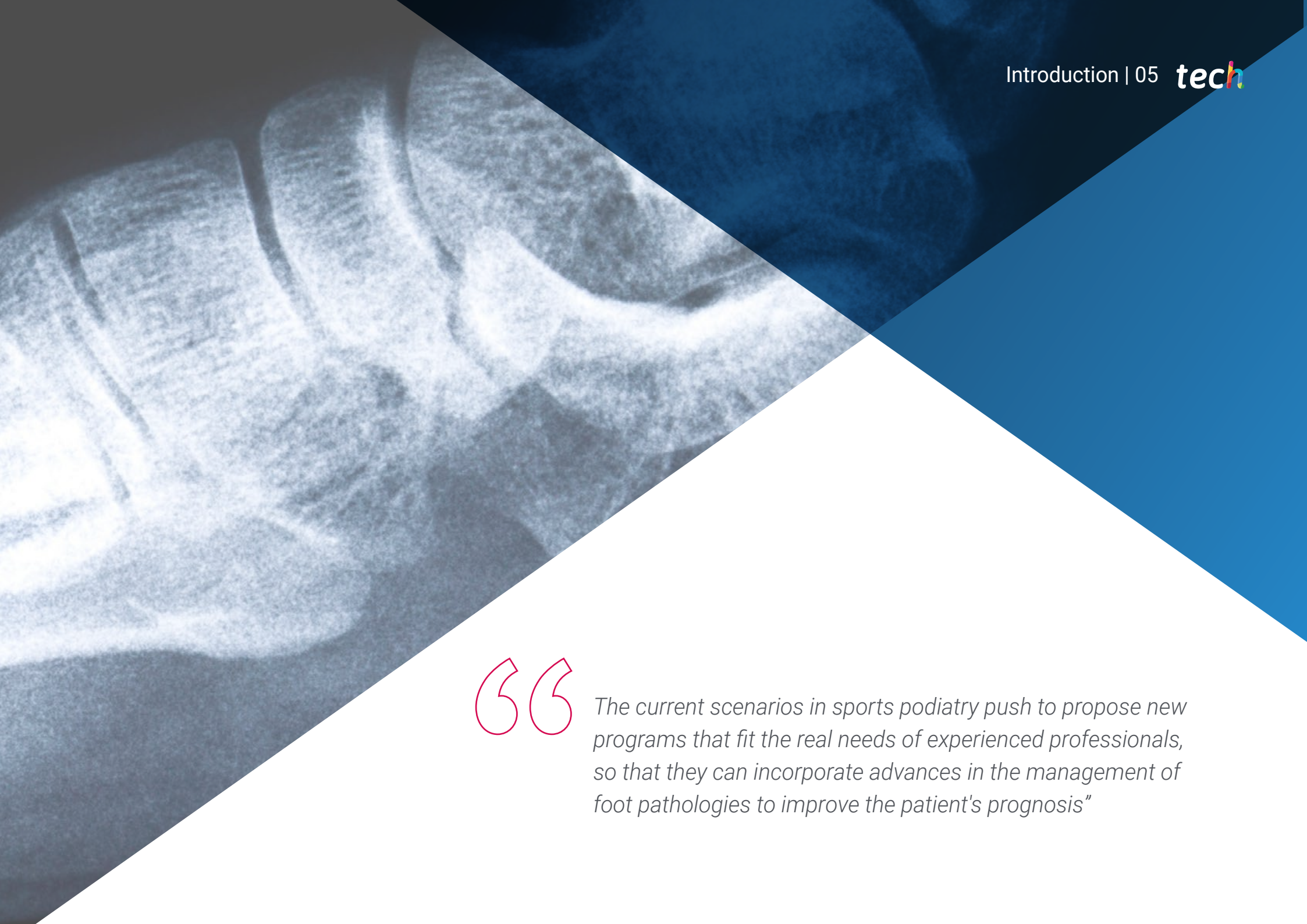
# 01

# Introduction

Sports podiatry is an important area in the discipline, and at this moment, its field of specialization is beginning a process of expansion due to the boom that the sports habit is experiencing in the population. This program is aimed at updating podiatrists so that they can incorporate advances in sports podiatry and orthopodology into their daily practice, in order to improve their patients' prognosis.







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*The current scenarios in sports podiatry push to propose new programs that fit the real needs of experienced professionals, so that they can incorporate advances in the management of foot pathologies to improve the patient's prognosis”*

The prominent role that podiatry has been playing in sports makes it worthy of specialization within the different branches of care and research. This program goes in depth into the orthopodological treatment of the different pathologies that affect the athlete from the biomechanical point of view, putting into practice and applying to each sport the techniques and examinations to assess the patient, as well as to reach an adequate diagnosis and treatment.

Additionally, it includes posture analysis from a multidisciplinary point of view, something that is a reality in countries such as France, England or the USA. This multidisciplinary approach, using validated protocols described by the European Association of Posturology, allows reliable and rapid therapeutic results to be obtained thanks to systematized mathematical analysis with 95% confidence intervals and small standard errors. The human organism is a whole greater than the sum of its parts, and therefore, the main aim of this expert is to provide the necessary therapeutic tools to obtain a multidisciplinary approach to posture alterations that allows designing a more holistic treatment of patients, opening a range of possibilities applicable to different specialties, especially podiatry.

It also addresses the new procedures in radiological tests in sports podiatry, as well as their positions in detail, radiobiological mechanisms of action, radioprotection and musculoskeletal ultrasound, increasingly important in the clinical practice of the podiatrist, both in diagnosis and subsequent treatment, making this program a very practical resource for the updating of knowledge in the professional.

This **Postgraduate Diploma in Sports Podiatry and Orthopodology** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ Development of clinical cases presented by experts in podiatry
- ♦ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ♦ It contains exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making for the patient with foot pathologies and special sporting needs
- ♦ Rational drug use guidelines for podiatrists, and clinical practice guidelines on the different musculoskeletal pathologies of the Lower Limb
- ♦ All of this will be complemented by 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



*Update your knowledge with the  
Postgraduate Diploma in Sports  
Podiatry and Orthopodology”*

“ *This Postgraduate Diploma may be the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Sports Podiatry and Orthopodology, you will obtain a qualification endorsed by TECH Technological University*”

Its teaching staff includes specialists of recognized prestige in Sports Podiatry and Orthopodology, who bring the experience of their work to this training.

Thanks to their multimedia content developed with the latest educational technology, they will allow the podiatrist a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise throughout the program. For this purpose, the physician will be assisted by an innovative interactive video system developed by renowned experts in the field of sports podiatry with extensive teaching experience.

*Increase your decision-making confidence by updating your knowledge with this Postgraduate Diploma.*

*Do not miss this opportunity and choose the best way to stay up to date in Sports Podiatry and Orthopodology.*



# 02

# Objectives

This program aims to provide podiatrists with up-to-date knowledge on new orthopedic techniques and the approach to the athlete's foot. To this end, it proposes a review of the different pathologies and their orthopedic and medical-surgical management in the context of the latest scientific evidence.





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*This program is designed for you to update your knowledge in Sports Podiatry and Orthopodology, with the use of the latest educational technology, to contribute with quality and confidence to decision-making"*



## General Objective

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- Update the podiatrist in the most used diagnostic and therapeutic procedures in Sports Podiatry and Orthopodology, applying the new models of foot biomechanics in different sports, as well as its influence by surfaces and footwear for the indication of appropriate orthopodological treatments

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*Take the step to get up to date on the latest developments in Sports Podiatry and Orthopodology”*





## Specific Objectives

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### Module 1. Advances in Biomechanics Applied to Podiatry

- ♦ Update the knowledge of practicing podiatrists in their daily activity with the most current techniques used as diagnostic and therapeutic tools
- ♦ Identify and implement the main changes in Podiatric treatments based on the latest scientific evidence

### Module 2. Sports Podiatry

- ♦ Identify the causes of the main pathologies of the athlete in the locomotor system and the treatment of choice
- ♦ Provide the professionals with sufficient knowledge to develop their clinical practice with efficiency and effectiveness in the global treatment of the different pathologies that affect the athlete from the podiatric point of view
- ♦ Establish the types of footwear chosen for the athlete
- ♦ Integrate up-to-date knowledge on biomechanics in different sports

### Module 3. Advances in Orthopodology

- ♦ Understand the mechanisms of action of plantar orthoses
- ♦ Know how to make moulds in an accurate way
- ♦ Integrate knowledge of footwear therapy
- ♦ Use of splints and prostheses, as well as new materials for podiatric use

### Module 4. Posturology

- ♦ Identify the muscle chains involved in posturology
- ♦ Program proprioceptive templates for usability in posturology
- ♦ Integration of knowledge about different types of insoles: postural and exteroceptive

### Module 5. Diagnostic Imaging Tests in Podiatry

- ♦ Know how to use radiological and radiobiological protection correctly
- ♦ Correctly use radiology and ultrasound techniques to efficiently interpret
- ♦ and provide a correct diagnosis

### Module 6. Anesthesia and Pharmacology Applied to Podiatry

- ♦ Be aware of the responsibility of podiatric prescribing and rational use of medication
- ♦ Identify and recognize commonly used local anesthetics
- ♦ Comprehensive knowledge of conscious sedation
- ♦ Apply chemical and radiotherapeutic treatments, as well as antibiotic therapy, analgesia and anti-inflammatories
- ♦ Management of the anticoagulated patient
- ♦ Deal with diabetic foot treatment
- ♦ Perform healing of ulcers and wounds applied to podiatry

# 03

# Course Management

Our teaching team of the Postgraduate Diploma in Sports Podiatry and Orthopodology has a wide prestige in this field, and they are professionals with years of teaching experience who have joined forces to help you give a boost to your career. To this end, they have developed this program with recent updates in the field that will allow you to specialize and increase your skills in this sector.







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*Learn from the best Podiatric professionals and become a successful professional yourself”*

## Management



### Dr. Parra Sánchez, Guillermo

- Coordinator of the Foot and Ankle Unit, Gregorio Marañón Hospital, Madrid
- Attending Physician in Orthopedic Surgery and Traumatology
- Honorary Collaborator of the Department of Surgery I. Complutense University of Madrid
- MRCS. Royal College of Physicians and Surgeons of Glasgow
- Degree in Medicine and Surgery. Alcalá de Henares University
- Medical Specialist in Orthopedic Surgery and Traumatology. Doce de Octubre University Hospital, Madrid



### Dr. Cuervas-Mons Cantón, Manuel

- Doctor of Medicine in the Foot and Ankle Unit, Gregorio Marañón Hospital
- Instructor of Advanced Trauma Life Support (ATLS). American College of Surgeons
- Specialist in Orthopedic Surgery and Traumatology. Gregorio Marañón General University Hospital
- Specialist in Orthopedic Surgery and Traumatology. QuirónSalud Madrid UH
- Master's Degree in Clinical, Medical and Welfare Management. CEU Cardenal Herrera University
- Doctor of Medicine. Grade: Outstanding Cum Laude. Complutense University of Madrid
- Director of different Doctoral Theses in Medicine in the Department of Surgery at the Complutense University of Madrid.

## Professors

### Dr. Martínez Ayora, Álvaro

- ♦ Specialist Physician in Orthopedic Surgery and Traumatology. Foot and Ankle Unit. Torrejón University Hospital
- ♦ Specialist Physician in Orthopedic Surgery and Traumatology. Gregorio Marañón General University Hospital
- ♦ Member of the Spanish Society of Orthopedic Surgery and Traumatology (SECOT) since June 2013
- ♦ Member of the Spanish Knee Society (SEROD) since January 2017
- ♦ Member of the Spanish Association of Arthroscopy (AEA) since March 2017
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid.
- ♦ Master's Degree in Update on Orthopedic Surgery and Traumatology. CEU Cardenal Herrera University
- ♦ Postgraduate Diploma in Orthopedic Surgery and Traumatology of the Spine and Tumors and Infections of the Locomotor System. CEU Cardenal Herrera University

### Dr. Arnal Burro, Javier

- ♦ Resident Intern of Traumatology and Orthopedic Surgery, Gregorio Marañón General University Hospital
- ♦ Collaborating Doctor of Practical Teaching, Department of Surgery I, Faculty of Medicine Complutense University of Madrid
- ♦ Degree in Medicine from the University of Zaragoza
- ♦ Publication: "A retrospective comparative cohort study of Radial Head Arthroplasty versus resection in complex Elbow Dislocations"
- ♦ C. Oral: Fractures of the Talar Neck Long-term Results Benjumea-Carrasco A, Cuervas-Mons M, Martínez Ayora A, Arnal Burró J, Vaquero Martín F.J.

### Dr. Álvarez Baena, Lucía

- ♦ Specialist in Anesthesiology and Resuscitation Gregorio Marañón General University Hospital. Specialist in Anesthesiology and Resuscitation Infanta Leonor UH
- ♦ Master's Degree in Update on Anesthesiology and Resuscitation CEU Cardenal Herrera University
- ♦ Degree in Medicine. Faculty of Medicine. Complutense University of Madrid
- ♦ Best Oral Communication Award at the National Congress of the Pediatric Anesthesia Section of the Spanish Society of Anesthesiology, Resuscitation, and Pain Therapy. SEDAR
- ♦ Member of the Spanish Group of Multimodal Rehabilitation. (GERM)



*Take the step to get up to date on the latest developments in Sports Podiatry and Orthopedology"*

# 04

# Structure and Content

The structure of the syllabus has been designed by a team of professionals knowledgeable about the implications of specialization in sports podiatry and orthopodology, aware of the current relevance of knowledge and committed to quality teaching through new educational technologies.





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*This Postgraduate Diploma in Sports Podiatry and Orthopodology, contains the most complete and up-to-date scientific program on the market”*

### Module 1. Advances in Biomechanics Applied to Podiatry

- 1.1. Modern Biomechanical Terminology
- 1.2. Strength
- 1.3. Mechanics
- 1.4. A.S.A Rotational Equilibrium Model
- 1.5. Tissue Stress Theory and its Clinical Application
- 1.6. Biomechanical Examination of the Foot and Ankle
- 1.7. Biomechanics and Gait Pathology: The Abductor Gyrus

### Module 2. Sports Podiatry

- 2.1. Biomechanical Exploration of the Athlete
- 2.2. Sports Footwear
- 2.3. Neuromuscular Bandages
- 2.4. Dynamic Tape
- 2.5. Biomechanics of Soccer
- 2.6. Biomechanics of Running
- 2.7. Biomechanics of Cycling: Bikefitting
- 2.8. Interpretation of Pressure Platforms
- 2.9. Optical Capture Techniques in Sports Assessment

### Module 3. Advances in Orthopodology

- 3.1. History of Orthopodology
- 3.2. Mechanisms of Action of Plantar Orthoses
- 3.3. Casting
- 3.4. Shoe Therapy
- 3.5. Manufacturing Processes for Plantar Orthoses
- 3.6. Splints and Prosthetics and Digital Orthosiology
- 3.7. Orthotic Treatment of Highly Prevalent Pathologies





#### Module 4. Posturology

- 4.1. Basis of Posturology
- 4.2. Posturodynamics
- 4.3. Normal and Pathological Posture
- 4.4. Proprioceptive Insoles
- 4.5. Posture and Sport
- 4.6. Osteopathy the Lower Limb

#### Module 5. Diagnostic Imaging Tests in Podiatry

- 5.1. Radiological Protection: Radiological and Radiobiology Protection
- 5.2. Radiology and Ultrasound

#### Module 6. Anesthesia and Pharmacology Applied to Podiatry

- 6.1. Local Anesthetics
- 6.2. Conscious Sedation
- 6.3. Manual of Recommendations for the Handling of Cytostatic Medications
- 6.4. Antibiotherapy, Analgesia, and Anti-inflammatory Drugs
  - 6.4.1. Analgesics
  - 6.4.2. Antibiotics
- 6.5. Anticoagulated Patient. Antithrombotic Prophylaxis
- 6.6. Diabetic Foot
- 6.7. Ulcer and Wound Care
- 6.8. Magistral Formulas



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

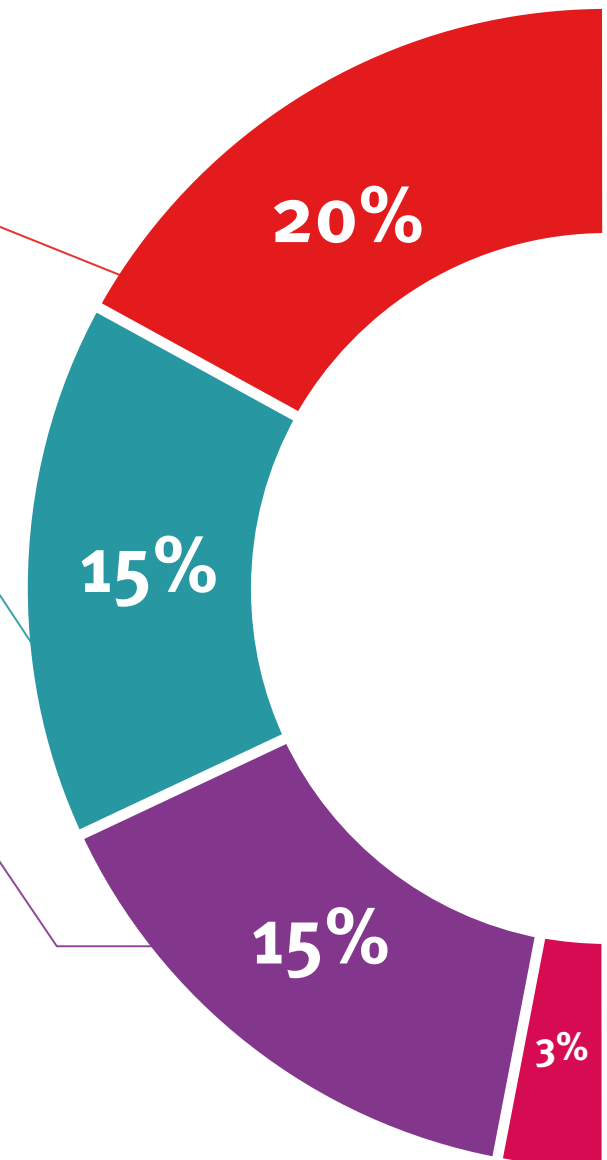
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

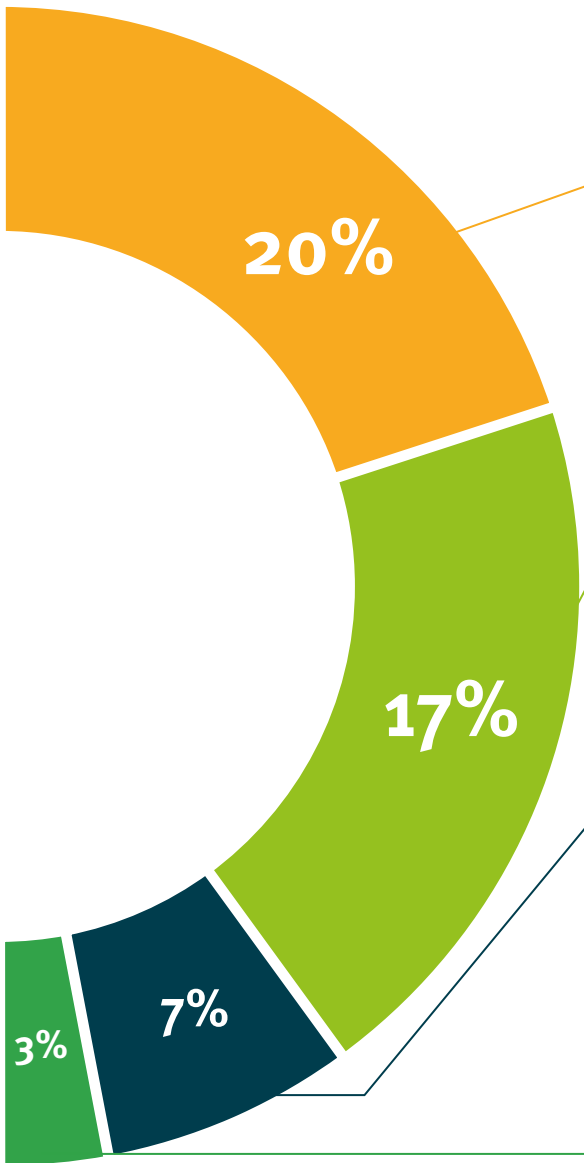
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Diploma in Sports Podiatry and Orthopodology guarantees you, in addition to the most rigorous and updated training, access to a Postgraduate Diploma issued by TECH Technological University.



The image features two black graduation caps (mortarboards) against a bright blue sky with light, wispy clouds. One cap is in the foreground on the left, and another is slightly behind it on the right. The caps are tilted upwards. The bottom right corner of the image transitions into a white diagonal shape that contains the text.

“

*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*



This **Postgraduate Diploma in Sports Podiatry and Orthopodology** contains the most complete and updated scientific program on the market.

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

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Sports Podiatry and Orthopodology**

Official N° of hours: **600 h.**

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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

**tech** technological  
university

**Postgraduate Diploma**  
Sports Podiatry  
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- » Modality: online
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- » Dedication: 16h/week
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