Professional Master's Degree

Therapeutic Pilates

tech global university

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Professional Master's Degree

Therapeutic Pilates

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Global University**
- Credits: **60 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Website: www.techtitute.com/us/medicine/professional-master-degree/master-therapeutic-pilates

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01

Introduction

The existing scientific literature highlights the benefits of Therapeutic Pilates, especially in the treatment of Musculoskeletal Disorders. This support has led to encouraging the practice of this type of physical activity in people seeking to relieve muscle pain or improve certain pathologies of the locomotor system. In this sense, TECH has designed a 100% online qualification, which provides the medical professional with an update on the most effective exercises for each ailment, the elements for their execution, the prevention of injuries, and the approach to overtraining monitors and professionals. All this, in addition, is from a program that offers a theoretical-practical approach and the best multimedia didactic material so that the graduate can carry out an effective update in only 12 months.

A Professional Master's Degree that provides you with the most recent scientific evidence on the benefits of Therapeutic Pilates in the approach of pathologies of the locomotor system"

The work of breathing, muscle contraction, and flexibility, in coordination with a controlled and fluid execution of each body movement, is the basis of the Pilates method. Scientific studies, some of them longitudinal, have shown the benefits of its practice in patients with musculoskeletal problems.

Undoubtedly, its effectiveness makes it necessary for medical professionals to be aware of the exercises used in rehabilitation centers to address certain pathologies, including neurological ones, the methodology used, and the equipment used. In this line, TECH has designed this Professional Master's Degree in Therapeutic Pilates in only 12 months.

An advanced syllabus that focuses on physical activity as a tool for the management of painful conditions and the catalog of appropriate exercises according to the affected anatomy or the orientation towards strengthening or muscle elasticity. Likewise, this program includes recent therapeutic areas based on new evidence and experiences of the faculty that make up this academic option.

All this, in addition to a dynamic pace that provides videos in detail, video summaries of each topic, specialized readings, and simulation scenarios developed by the teaching team. The flexibility of this program also makes it even more attractive to doctors. The graduate only needs a digital device to access the content hosted on the virtual platform at any time of the day. Therefore, with an exclusively online methodology and without scheduled classes, students have greater freedom to self-manage their time in this avant-garde academic proposal.

This **Professional Master's Degree in Therapeutic Pilates** contains the most complete and updated scientific program on the market. Its most outstanding features are:

- The development of practical cases presented by experts in Physiotherapy and specialists in Pilates
- The graphic, schematic, and 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

An academic institution that adapts to you and designs a program that will allow you to balance your daily activities with a high-quality qualification"

Get up-to-date on the latest debates in the therapeutic field about Pilates with this qualification that takes an in-depth look at its benefits and contraindications"

Do you want to keep up to date with advances in neurological Pilates? Do it through this university program designed by TECH.

An academic journey that will take you from Classical Pilates to Therapeutic and Rehabilitative Pilates.

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

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

02

Objectives

The evolution of the methodologies and work tools of the Pilates Method has allowed this set of techniques to achieve greater and better therapeutic approaches to various pathologies. Currently, its benefits in the development of pregnancy, childbirth, and recovery after delivery are well known. Likewise, its potential in the rehabilitation of stroke patients is increasingly analyzed by the medical community. Through this Professional Master's Degree, TECH graduates will be able to access all this knowledge, adapting it holistically to their daily practice.

Boost your professional career with the academic advantages that TECH provides through the Relearning method"

General Objectives

- Enhance knowledge and professional skills in the practice and teaching of Pilates exercises 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

Module 1. The Pilates Method
- Delve into the background of Pilates
- Delve into the history of Pilates
- Describe the Pilates methodology

Module 2. Fundamentals of the Pilates Method
- Delve into fundamentals of Pilates
- Identify the most relevant exercises
- Explain the Pilates positions to be avoided

Module 3. The Pilates gym
- Describe the space where Pilates is performed
- Be aware of the machines to do Pilates
- Expose protocols and exercise progressions

Module 4. Methodology in the practice of the Pilates Method
- Systematize sessions based on the Pilates Method
- Define types of sessions based on the Pilates Method
- Delve into the controversies and the well applied Pilates Method

Module 5. Pilates in Spine disorders
- 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

Module 6. Pilates in Upper Limb disorders
- Identify the pathologies of the Shoulder and their management
- Develop knowledge about the pathology of the Elbow and its approach
- Delve into the pathology of the Wrist and its approach

Module 7. Pilates in Lower Limb disorders
- Detect distinctive characteristics of each injury
- Address the alterations through exercises based on the Pilates Method
- Adapt specific exercise protocols for the injury recovery process

Module 8. General pathology and its treatment with Pilates
- Master the characteristics of each pathology
- Identify the main alterations of each pathology
- Address the alterations through exercises based on the Pilates Method

Module 9. Pilates during Pregnancy, Childbirth, and Postpartum
- Differentiate the different phases of pregnancy
- Determine specific exercises for each phase
- Orient the woman during pregnancy, childbirth, and postpartum

Module 10. Pilates in sports
- Identify the most frequent injuries in each sport
- Indicate the risk factors predisposing to injury
- Select exercises based on the Pilates Method adapted to each sport

03

Skills

Through this program, students will be able to delve into innovative therapeutic approaches that combine exercises to strengthen muscles and improve flexibility in people affected by various disorders. In this way, each graduate will acquire a solid corpus of abilities that, when incorporated into their daily practice, will serve as the foundation for a distinguished professional career. By incorporating the disruptive exercises discussed in the syllabus, you will be equipped with the most excellent skills to optimize the recovery process of the people in your care.

The skills you will develop through this program will enable you to achieve a holistic and up-to-date praxis of the use of Pilates as a therapeutic strategy during pregnancy, childbirth, and postpartum"

General Skills

- To update knowledge and professional skills in the practice and teaching of Pilates exercises on mats, different machines and with implements
- Establish an exercise protocol adapted to the symptomatology and pathology of each personal situation
- Discern clearly between a Pilates exercise done well and a Pilates exercise done poorly
- Attending to and preventing burn out in Pilates instructors
- Expand capabilities for the care of professionals who have overtrained in Pilates
- Promote health care by applying Pilates exercises correctly

A program that will allow you to increase your skills in implementing specific exercises to help women overcome pelvic floor disorders through the Pilates Method"

Specific Skills

- Adapt machine loads to the objective pursued with a given exercise in a specific patient
- Apply both strength and stretching pilates techniques to address various injuries
- Identify the main injuries caused by an incorrect practice of Pilates in non-professionals
- Exercise guidelines for people with osteoporosis or incontinence conditions
- Continue with research-oriented to delve into Pilates
- Establish protocols to perform exercises indicated in MATT
- Address problems produced in Upper and Lower Limbs through Pilates
- Recommend specific Pilates exercises to prevent muscular pathologies

04

Course Management

TECH's philosophy is to produce advanced and quality content. To this end, it integrates its programs with distinguished professionals with a wide background in its sector. In this sense, students will have at their disposal an advanced syllabus elaborated by authentic experts, precursors of Pilates, and extensive knowledge in the field of Medicine and Physical Activity Sciences. A unique opportunity for updating through the best specialists

You are in front of a Professional Master's Degree integrated by pioneer specialists in the Pilates method"

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.

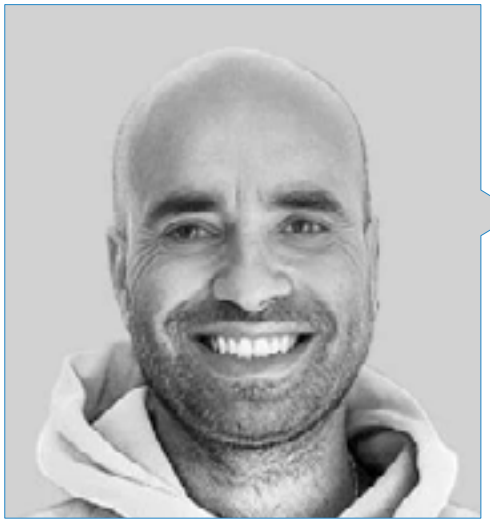
In addition, he has been a key element in renowned sporting events, such as the Winter Olympics (2002) in Salt Lake City and the Chicago Marathon, providing quality medical care. Add to this his dedication to outreach, which has been reflected in his extensive work in creating academic resources, including 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. Edward Laskowski

- 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

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

Professors

Ms. Cortés Lorenzo, Laura

- Physiotherapist in Fiosiomon clinic and the Madrid Hockey Federation
- Physiotherapist at Fiosiomon Clinic
- Physiotherapist in the Technification Center of the Hockey Federation of Madrid
- Physiotherapist in companies through Fisiowork S.L.
- Traumatology physiotherapist in Artros Clinic
- Physiotherapist in Club SPV51 and Club Valdeluz Hockey Club
- Diploma in Physiotherapy. Complutense University of Madrid

Ms. Díaz Águila, Estrella

- Physiotherapist at H3
- Physiotherapist at Physiotherapy Castilla Clinic
- Physiotherapist at Fiosiomagna Clinic
- Physiotherapist at CEMAJ Medical Center
- Master's Degree in Osteopathy at Alcalá University
- Musculoskeletal ultrasound course for physiotherapists at MV Clinic
- PHL Back School Course: Therapeutic Pilates, hypopressive and functional exercise at the College of Physiotherapists of Andalusia
- Postgraduate Certificate in Physiotherapy at the University of Alcalá

Mr. Pérez Costa, Eduardo

- CEO of Move2Be Physiotherapy and Readaptation
- Independent physiotherapist, home treatment in Madrid
- Physiotherapist Natal Clinic San Sebastian de los Reyes
- Sports readaptor of Club Baloncesto Zona Press
- Physiotherapist in the UD Sanse's subsidiary team
- Physiotherapist on the field with the Marcet Foundation.
- Physiotherapist at Pascual & Muñoz Clinic
- Physiotherapist at the Fisio Life Plus clinic
- Master in Manual Physiotherapy in the locomotor apparatus at the University of Alcalá
- Degree in Physiotherapy at the University of Alcalá

Ms. García Ibáñez, Marina

- Physiotherapist at Foundation Multiple Sclerosis of Madrid and private consultation at home
- Physiotherapist for home treatment in pediatrics and adults with neurological pathology
- Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- Physiotherapist and Psychologist in Kinés Clinic
- Physiotherapist in San Nicolás Clinic
- Master's Degree in Neurological Physiotherapy: Techniques of Assessment and Treatment at the European University of Madrid.
- Expert in Neurological Physiotherapy at the European University of Madrid
- Degree in Psychology from the National University of Distance Education

Ms. Parra Nebreda, Virginia

- Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- Pelvic Floor Physiotherapist at Letfisio Clinic
- Physiotherapist at Orpea Nursing Home
- Master's Degree in Physiotherapy in Pelviperineology at the University of Castilla La Mancha
- Functional Ultrasound Training in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT
- Hypopressive training at LOW PRESSURE FITNES
- Degree in Physiotherapy from the Complutense University of Madrid

A unique, key, and decisive educational experience to boost your professional development"

05

Structure and Content

Thanks to the Relearning methodology, based on the continuous reiteration of the most relevant content of this program, the professional will be able to consolidate the concepts in a simple way, thus reducing the hours of study. In this way, you will complete an effective 12-month update course in Therapeutic Pilates.This is an update that will acquire greater dynamism with multimedia content, clinical case studies, and literature available in the extensive Virtual Library of this Professional Master's Degree.

An academic journey of 1,500 teaching hours with the most current content on the Pilates Method and its application to treat elbow pathologies and other alterations in the Upper Limbs"

Module 1. Pilates Method

1.1. Joseph Pilates
- 1.1.1. Joseph Pilates
- 1.1.2. Books and postulates
- 1.1.3. Legacy
- 1.1.4. Origin of customized exercise

1.2. Background of the Pilates Method
- 1.2.1. References
- 1.2.2. Evolution
- 1.2.3. Current Situation
- 1.2.4. Conclusions

1.3. Method Evolution
- 1.3.1. Improvements and modifications
- 1.3.2. Contributions to the Pilates method
- 1.3.3. Therapeutic Pilates
- 1.3.4. Pilates and Physical Activity

1.4. Principles Pilates Method
- 1.4.1. Definition of Principles
- 1.4.2. Evolution of Principles
- 1.4.3. Progression levels
- 1.4.4. Conclusions

1.5. Classical versus Contemporary/Modern Pilates
- 1.5.1. Key points in Classical Pilates
- 1.5.2. Modern/Classical Pilates Analysis
- 1.5.3. Contributions of Modern Pilates
- 1.5.4. Conclusions

1.6. Pilates on the Floor and Pilates on Machines
- 1.6.1. Fundamentals of Floor Pilates
- 1.6.2. Evolution of Pilates on floor
- 1.6.3. Fundamentals of Pilates on Machines
- 1.6.4. Evolution of Pilates on Machines

1.7. Scientific Evidence
- 1.7.1. Scientific journals related to Pilates
- 1.7.2. Doctoral thesis on Pilates
- 1.7.3. Pilates Publications
- 1.7.4. Pilates applications

1.8. Orientations of the Pilates Method
- 1.8.1. National trends
- 1.8.2. International trends
- 1.8.3. Trend Analysis
- 1.8.4. Conclusions

1.9. Schools
- 1.9.1. Pilates Training Schools
- 1.9.2. Magazines
- 1.9.3. Evolution of pilates schools
- 1.9.4. Conclusions

1.10. Pilates Associations and Federations
- 1.10.1. Definitions
- 1.10.2. Benefits
- 1.10.3. Objectives
- 1.10.4. PMA

Module 2. Fundamentals of the Pilates Method

2.1. The different concepts of the method
- 2.1.1. The concepts according to Joseph Pilates
- 2.1.2. Evolution of Concepts
- 2.1.3. Subsequent generations
- 2.1.4. Conclusions

2.2. Breathing
- 2.2.1. The different types of breathing
- 2.2.2. Analysis of types of breathing
- 2.2.3. The Effects of breathing
- 2.2.4. Conclusions

2.3. Pelvis as the core of stability and movement
- 2.3.1. The Joseph Pilates Core
- 2.3.2. The Scientific Core
- 2.3.3. Anatomical basis
- 2.3.4. Core in recovery processes

2.4. The organization of the shoulder girdle
- 2.4.1. Anatomical Review
- 2.4.2. Shoulder Girdle Biomechanics
- 2.4.3. Pilates applications
- 2.4.4. Conclusions

2.5. The organization of lower limb movement
- 2.5.1. Anatomical Review
- 2.5.2. Biomechanics the Lower Limb
- 2.5.3. Pilates applications
- 2.5.4. Conclusions

2.6. The articulation of the spine
- 2.6.1. Anatomical Review
- 2.6.2. Biomechanics of the Spine
- 2.6.3. Pilates applications
- 2.6.4. Conclusions

2.7. Body segment alignments
- 2.7.1. Posture
- 2.7.2. Posture in Pilates
- 2.7.3. Segmental alignments
- 2.7.4. Muscle and fascial chains

2.8. Functional integration
- 2.8.1. Concept of functional Integration
- 2.8.2. Implications on different activities
- 2.8.3. The task
- 2.8.4. The Context

2.9. Fundamentals of Therapeutic Pilates
- 2.9.1. History of Therapeutic Pilates
- 2.9.2. Concepts in Therapeutic Pilates
- 2.9.3. Criteria in Therapeutic Pilates
- 2.9.4. Examples of injuries or pathologies

2.10. Pilates clásico y Pilates terapéutico
- 2.10.1. Differences between both methods
- 2.10.2. Justification
- 2.10.3. Progressions
- 2.10.4. Conclusions

Module 3. The gym/Pilates studio

3.1. The Reformer
- 3.1.1. Introduction to the Reformer
- 3.1.2. Reformer Benefits
- 3.1.3. Main exercises on the Reformer
- 3.1.4. Main errors on the Reformer

3.2. The Cadillac or Trapeze table
- 3.2.1. Introduction to Cadillac
- 3.2.2. Cadillac Benefits
- 3.2.3. Main exercises on the Cadillac
- 3.2.4. Main errors on the Cadillac

3.3. The chair
- 3.3.1. Introduction to the chair
- 3.3.2. Chair benefits
- 3.3.3. Main exercises on the chair
- 3.3.4. Main Errors on the chair

3.4. The Barrel
- 3.4.1. Introduction to the Barrel
- 3.4.2. Barrel Benefits
- 3.4.3. Main exercises on the Barrel
- 3.4.4. Main errors on the Barrel

3.5. "Combo" models
- 3.5.1. Introduction to the Combo model
- 3.5.2. Combo model benefits
- 3.5.3. Main exercises on the Combo model
- 3.5.4. main errors in the Combo model

3.6. The flexible ring
- 3.6.1. Introduction to flexible ring
- 3.6.2. Flexible ring benefits
- 3.6.3. Main exercises on the flexible ring
- 3.6.4. Main Errors on the flexible ring

3.7. The Spine Corrector
- 3.7.1. Introduction to Spine corrector
- 3.7.2. Spine corrector benefits
- 3.7.3. Main exercises on the Spine corrector
- 3.7.4. Main Errors on the Spine corrector

3.8. Implements adapted to the method
- 3.8.1. Foam roller
- 3.8.2. Fit Ball
- 3.8.4. Elastic bands
- 3.8.5. Bosu

3.9. The Space
- 3.9.1. Equipment preferences
- 3.9.2. The Pilates space
- 3.9.3. Pilates instruments
- 3.9.4. Best practices in terms of space

3.10. The Environment
- 3.10.1. Environment concept
- 3.10.2. Characteristics of different environments
- 3.10.3. Environment choice
- 3.10.4. Conclusions

Module 4. Methodology in the practice of the Pilates Method

4.1. The initial session
- 4.1.1. Initial Assessment
- 4.1.2. Informed Consent
- 4.1.3. Words and commands related to Pilates
- 4.1.4. Onset on the Pilates Method

4.2. Initial Assessment
- 4.2.1. Postural assessment
- 4.2.2. Flexibility assessment
- 4.2.3. Evaluación coordinativa
- 4.2.4. Session planning. Pilates card

4.3. Pilates class
- 4.3.1. Initial exercises
- 4.3.2. Student groupings
- 4.3.3. Positioning, voice, corrections
- 4.3.4. Resting

4.4. Student-patients
- 4.4.1. Pilates student typology
- 4.4.2. Personalized commitment
- 4.4.3. Student objectives
- 4.4.4. The choice of method

4.5. Exercise progressions and regressions
- 4.5.1. Introduction to progressions and regressions
- 4.5.2. Progressions
- 4.5.3. Regressions
- 4.5.4. The evolution of treatment

4.6. General protocol
- 4.6.1. A basic generalized protocol
- 4.6.2. Respect Pilates fundamentals
- 4.6.3. Protocol analysis
- 4.6.4. Protocol functions

4.7. Indications of the exercises
- 4.7.1. Characteristics of initial position
- 4.7.2. Contraindications of the exercises
- 4.7.3. Verbal, tactile aids
- 4.7.4. Class scheduling

4.8. The teacher/monitor
- 4.8.1. Student analysis
- 4.8.2. Types of teachers
- 4.8.3. Generation of an adequate environment
- 4.8.4. Student follow-up

4.9. The basic program
- 4.9.1. Pilates for beginners
- 4.9.2. Pilates for intermediates
- 4.9.3. Pilates for experts
- 4.9.4. Professional Pilates

4.10. Software for pilates studio
- 4.10.1. Main pilates studio software
- 4.10.2. Application for pilates practicing
- 4.10.3. Latest technology in the pilates studio
- 4.10.4. Most significant advances in Pilates studio

Module 5. Pilates in Spine disorders

5.1. Basic anatomical recall
- 5.1.1. Osteology of the Spine
- 5.1.2. Spinal myology
- 5.1.3. Biomechanics of the Spine
- 5.1.4. Conclusions

5.2. Frequent pathologies susceptible to treatment with Pilates
- 5.2.1. Growth pathologies
- 5.2.2. Pathologies in elderly patients
- 5.2.3. Pathologies in the sedentary person
- 5.2.4. Pathologies in the athlete

5.3. Exercises indicated in MATT, on Machines, and with Implements. General protocol
- 5.3.1. Stretching exercises
- 5.3.2. Core stabilization exercises
- 5.3.3. Joint mobilization exercises
- 5.3.4. Strengthening exercises
- 5.3.5. Functional exercises

5.4. Disk Pathology
- 5.4.1. Pathomechanics
- 5.4.2. Disc syndromes
- 5.4.3. Differences between types of pathologies
- 5.4.4. Good Practices

5.5. Articular Pathology
- 5.5.1. Pathomechanics
- 5.5.2. Joint syndromes
- 5.5.3. types of pathologies
- 5.5.4. Conclusions

5.6. Muscular Pathology
- 5.6.1. Pathomechanics
- 5.6.2. Muscle syndromes
- 5.6.3. Types of pathologies
- 5.6.4. Conclusions

5.7. Cervical spine pathology
- 5.7.1. Symptoms
- 5.7.2. Cervical syndromes
- 5.7.3. Specific protocols
- 5.7.4. Conclusions

5.8. Dorsal Spine Pathology
- 5.8.1. Symptoms
- 5.8.2. Dorsal syndromes
- 5.8.3. Specific protocols
- 5.8.4. Conclusions

5.9. Lumbar Spine Pathology
- 5.9.1. Symptoms
- 5.9.2. Lumbar syndromes
- 5.9.3. Specific protocols
- 5.9.4. Conclusions

5.10. Sacroiliac Pathology
- 5.10.1. Symptoms
- 5.10.2. Lumbar syndromes
- 5.10.3. Specific protocols
- 5.10.4. Conclusions

Module 6. Pilates in Upper Limb disorders

6.1. Basic anatomical recall
- 6.1.1. Osteology of the Upper Limb
- 6.1.2. Myology of the Upper Limb
- 6.1.3. Biomechanics of the Upper Limb
- 6.1.4. Good Practices

6.2. Stabilization exercises
- 6.2.1. Introduction to stabilization exercise
- 6.2.2. MATT stabilization exercises
- 6.2.3. Machine stabilization exercises
- 6.2.4. Best stabilization exercises

6.3. Joint mobilization exercises
- 6.3.1. Introduction to joint mobility exercises
- 6.3.2. Joint mobility exercises MATT
- 6.3.3. Joint mobility exercises on machine
- 6.3.4. Best joint mobility exercises

6.4. Strengthening exercises
- 6.4.1. Introduction to strengthen exercises
- 6.4.2. MATT strengthen exercises
- 6.4.3. Machine strengthen exercises
- 6.4.4. Best strengthen exercises

6.5. Functional exercises
- 6.5.1. Introduction to functional exercises
- 6.5.2. MATT functional exercises
- 6.5.3. Machine stabilization exercises
- 6.5.4. Best functional exercises

6.6. Shoulder Pathology Specific protocols
- 6.6.1. Painful Shoulder
- 6.6.2. Frozen shoulder
- 6.6.3. Shoulder hypomobility
- 6.6.4. Shoulder exercises

6.7. Elbow pathology Specific protocols
- 6.7.1. Articular Pathology
- 6.7.2. Muscle--tendon Pathology
- 6.7.3. Post-traumatic or post-surgical elbow
- 6.7.4. Elbow Exercises

6.8. Wrist Pathology
- 6.8.1. Main syndromes
- 6.8.2. Wrist pathology types
- 6.8.3. Wrist Exercises
- 6.8.4. Conclusions

6.9. Pathology of the Hand
- 6.9.1. Main syndromes
- 6.9.2. Hand pathology types
- 6.9.3. Hand Exercises
- 6.9.4. Conclusions

6.10. Nerve entrapments in the upper limb
- 6.10.1. Brachial Plexus
- 6.10.2. Peripheral Nerves
- 6.10.3. Types of pathologies
- 6.10.4. Exercises for nerve entrapments in the Upper Limb

Module 7. Pilates in Lower Limb disorders

7.1. Basic anatomical recall
- 7.1.1. Osteology of the Lower Limb
- 7.1.2. Myology of the Lower Limb
- 7.1.3. Biomechanics of the Lower Limb
- 7.1.4. Good Practices

7.2. Frequent pathologies susceptible to treatment with Pilates
- 7.2.1. Growth pathologies
- 7.2.2. Pathologies in the athlete
- 7.2.3. Other Types of Pathologies
- 7.2.4. Conclusions

7.3. Exercises indicated on Mat, Machines, and Implements. General protocol
- 7.3.1. Dissociation exercises
- 7.3.2. Mobilization exercises
- 7.3.3. Strengthening exercises
- 7.3.4. Functional exercises

7.4. Hip Pathology
- 7.4.1. Articular Pathology
- 7.4.2. Muscle-tendon Pathology
- 7.4.3. Surgical pathology. Prosthesis
- 7.4.4. Hip Exercises

7.5. Knee Pathology
- 7.5.1. Articular Pathology
- 7.5.2. Muscle-tendon Pathology
- 7.5.3. Surgical pathology. Prosthesis
- 7.5.4. Knee Exercises

7.6. Ankle Pathology
- 7.6.1. Articular Pathology
- 7.6.2. Muscle-tendon Pathology
- 7.6.3. Surgical pathology
- 7.6.4. Ankle Exercises

7.7. Foot Pathology
- 7.7.1. Joint and fascial pathology
- 7.7.2. Muscle-tendon Pathology
- 7.7.3. Surgical pathology
- 7.7.4. Foot Exercises

7.8. Nerve entrapments in the Lower limb
- 7.8.1. Brachial Plexus
- 7.8.2. Peripheral Nerves
- 7.8.3. Types of pathologies
- 7.8.4. Exercises for nerve entrapments in the Lower Limb

7.9. Analysis of the anterolateral chain of the lower limb.
- 7.9.1. What is the anterolateral chain, and how important is it for the patient?
- 7.9.2. Important aspects for assessment
- 7.9.3. The relationship of the chain with pathology already described
- 7.9.4. Exercises for training of the anterolateral chain

7.10. Analysis of the posterior-medial chain of the lower limb.
- 7.10.1. What is the posterior-medial chain, and how important is it for the patient?
- 7.10.2. Important aspects for assessment
- 7.10.3. The relationship of the complex with pathology already described
- 7.10.4. Exercises for posterior-medial chain

Module 8. General pathology and its treatment with Pilates

8.1. Nervous system
- 8.1.1. Central Nervous System
- 8.1.2. Peripheral Nervous System
- 8.1.3. Brief description of neural pathways
- 8.1.4. Benefits of Pilates in neurological pathology

8.2. Neurological assessment focused on Pilates
- 8.2.1. Medical History
- 8.2.2. Strength and tone assessment
- 8.2.3. Sensitivity assessment
- 8.2.4. Tests and scales

8.3. Most prevalent neurological pathologies and scientific evidence in Pilates
- 8.3.1. Brief description of the pathologies
- 8.3.2. Basic principles of Pilates in neurological pathology
- 8.3.3. Adaptation of Pilates positions
- 8.3.4. Adaptation of Pilates Exercises

8.4. Multiple Sclerosis
- 8.4.1. Pathology description
- 8.4.2. Assessment of the patient's capabilities
- 8.4.3. Adaptation of Pilates exercises on floor
- 8.4.4. Adaptation of Pilates exercises with elements

8.5. Stroke
- 8.5.1. Pathology description
- 8.5.2. Assessment of the patient's capabilities
- 8.5.3. Adaptation of Pilates exercises on floor
- 8.5.4. Adaptation of Pilates exercises with elements

8.6. Parkinson's Disease
- 8.6.1. Pathology description
- 8.6.2. Assessment of the patient's capabilities
- 8.6.3. Adaptation of Pilates exercises on floor
- 8.6.4. Adaptation of Pilates exercises with elements

8.7. Cerebral Palsy
- 8.7.1. Pathology description
- 8.7.2. Assessment of the patient's capabilities
- 8.7.3. Adaptation of Pilates exercises on floor
- 8.7.4. Adaptation of Pilates exercises with elements

8.8. Older adults
- 8.8.1. Age-related pathologies
- 8.8.2. Assessment of the patient's capabilities
- 8.8.3. Indicated exercises
- 8.8.4. Contraindicated exercises

8.9. Osteoporosis
- 8.9.1. Pathology description
- 8.9.2. Assessment of the patient's capabilities
- 8.9.3. Indicated exercises
- 8.9.4. Contraindicated exercises

8.10. Pelvic Floor Disorders: urinary incontinence
- 8.10.1. Pathology description
- 8.10.2. Incidence and Prevalence
- 8.10.3. Indicated exercises
- 8.10.4. Contraindicated exercises

Module 9. Pilates during Pregnancy, Childbirth, and Postpartum

9.1. First Trimester
- 9.1.1. Changes in the first quarter
- 9.1.2. Benefits and objectives
- 9.1.3. Indicated exercises
- 9.1.4. Contraindications

9.2. Second quarter
- 9.2.1. Changes in the Second quarter
- 9.2.2. Benefits and objectives
- 9.2.3. Indicated exercises
- 9.2.4. Contraindications

9.3. Third Trimester
- 9.3.1. Changes in the third quarter
- 9.3.2. Benefits and objectives
- 9.3.3. Indicated exercises
- 9.3.4. Contraindications

9.4. Birth
- 9.4.1. Dilation and delivery phase
- 9.4.2. Benefits and objectives
- 9.4.3. Recommendations
- 9.4.4. Contraindications

9.5. Immediate Postpartum
- 9.5.1. Recovery and puerperium
- 9.5.2. Benefits and objectives
- 9.5.3. Indicated exercises
- 9.5.4. Contraindications

9.6. Urinary Incontinence and Pelvic Floor
- 9.6.1. Anatomy involved
- 9.6.2. Pathophysiology
- 9.6.3. Indicated exercises
- 9.6.4. Contraindications

9.7. Problems in pregnancy and approach through the Pilates Method
- 9.7.1. Body statics change
- 9.7.2. Most Frequent Problems
- 9.7.3. Indicated exercises
- 9.7.4. Contraindications

9.8. Pregnancy preparation
- 9.8.1. Benefits of physical training during pregnancy
- 9.8.2. Recommended physical activity
- 9.8.3. Indicated exercises for the first pregnancy
- 9.8.4. Preparation during the search for the second and subsequent

9.9. Late Postpartum
- 9.9.1. Long-term anatomical changes
- 9.9.2. Preparation for the return to physical activity
- 9.9.3. Indicated exercises
- 9.9.4. Contraindications

9.10. Post-partum alterations
- 9.10.1. Abdominal diastasis
- 9.10.2. Static pelvic-prolapse shift
- 9.10.3. Alterations of deep abdominal musculature
- 9.10.4. Indications and contraindications in cesarean section

Module 10. Pilates in sports

10.1. Soccer
- 10.1.1. Most Common Injuries
- 10.1.2. Pilates as treatment and prevention
- 10.1.3. Benefits and objectives
- 10.1.4. Example in elite athletes

10.2. Racquet Sports
- 10.2.1. Most Common Injuries
- 10.2.2. Pilates as treatment and prevention
- 10.2.3. Benefits and objectives
- 10.2.4. Example in elite athletes

10.3. Basketball
- 10.3.1. Most Common Injuries
- 10.3.2. Pilates as treatment and prevention
- 10.3.3. Benefits and objectives
- 10.3.4. Example in elite athletes

10.4. Handball
- 10.4.1. Most Common Injuries
- 10.4.2. Pilates as treatment and prevention
- 10.4.3. Benefits and objectives
- 10.4.4. Example in elite athletes

10.5. Golf
- 10.5.1. Most Common Injuries
- 10.5.2. Pilates as treatment and prevention
- 10.5.3. Benefits and objectives
- 10.5.4. Example in elite athletes

10.6. Swimming
- 10.6.1. Most Common Injuries
- 10.6.2. Pilates as treatment and prevention
- 10.6.3. Benefits and objectives
- 10.6.4. Example in elite athletes

10.7. Athletics
- 10.7.1. Most Common Injuries
- 10.7.2. Pilates as treatment and prevention
- 10.7.3. Benefits and objectives
- 10.7.4. Example in elite athletes

10.8. Dance and performing arts
- 10.8.1. Most Common Injuries
- 10.8.2. Pilates as treatment and prevention
- 10.8.3. Benefits and objectives
- 10.8.4. Example in elite athletes

10.9. Roller Hockey
- 10.9.1. Most Common Injuries
- 10.9.2. Pilates as treatment and prevention
- 10.9.3. Benefits and objectives
- 10.9.4. Example in elite athletes

10.10. Rugby
- 10.10.1. Most Common Injuries
- 10.10.2. Pilates as treatment and prevention
- 10.10.3. Benefits and objectives
- 10.10.4. Example in elite athletes

A program designed to keep you up to date with the most effective Pilates exercises for patients with back and spine injuries"

06

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:

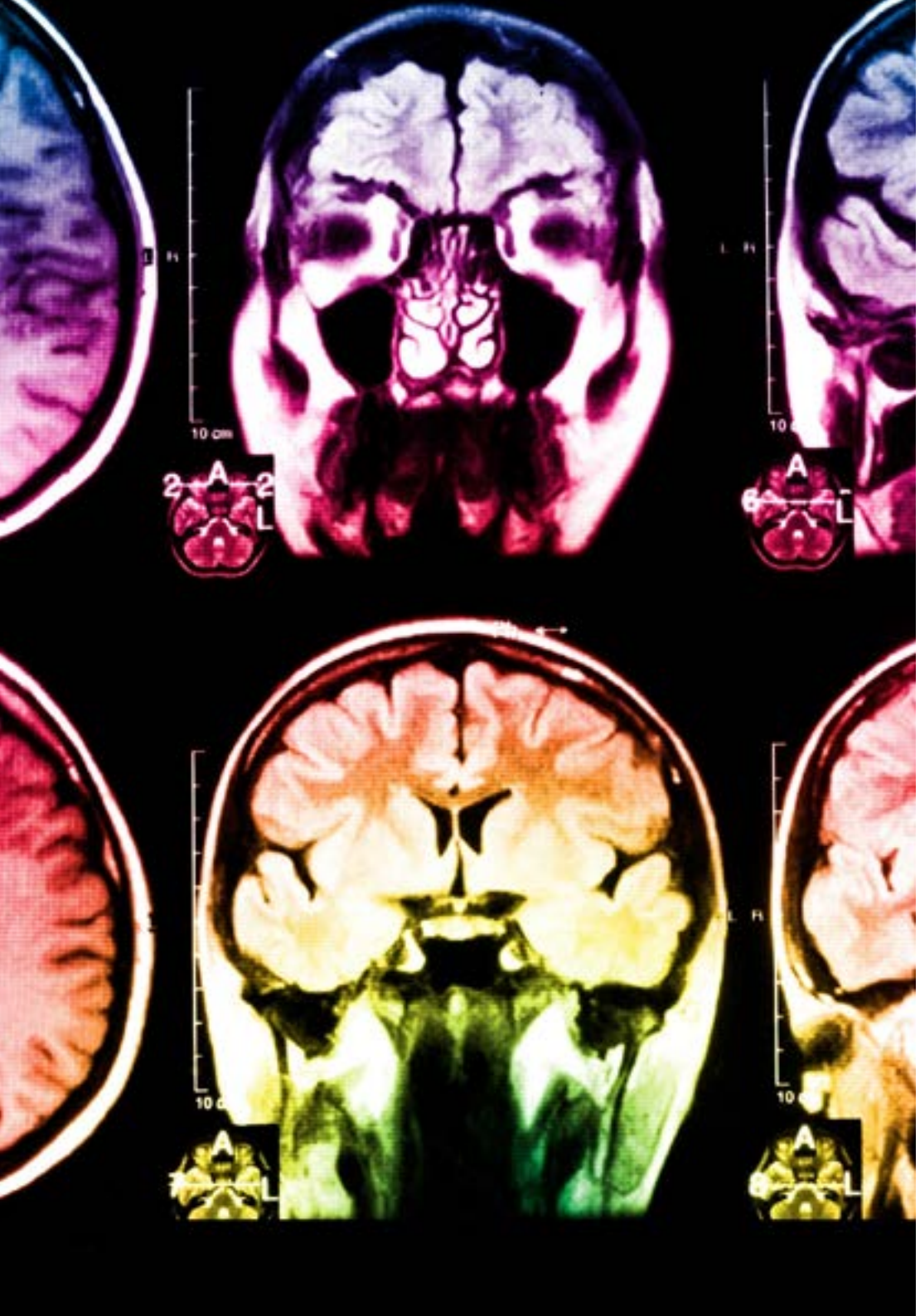
1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better 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.

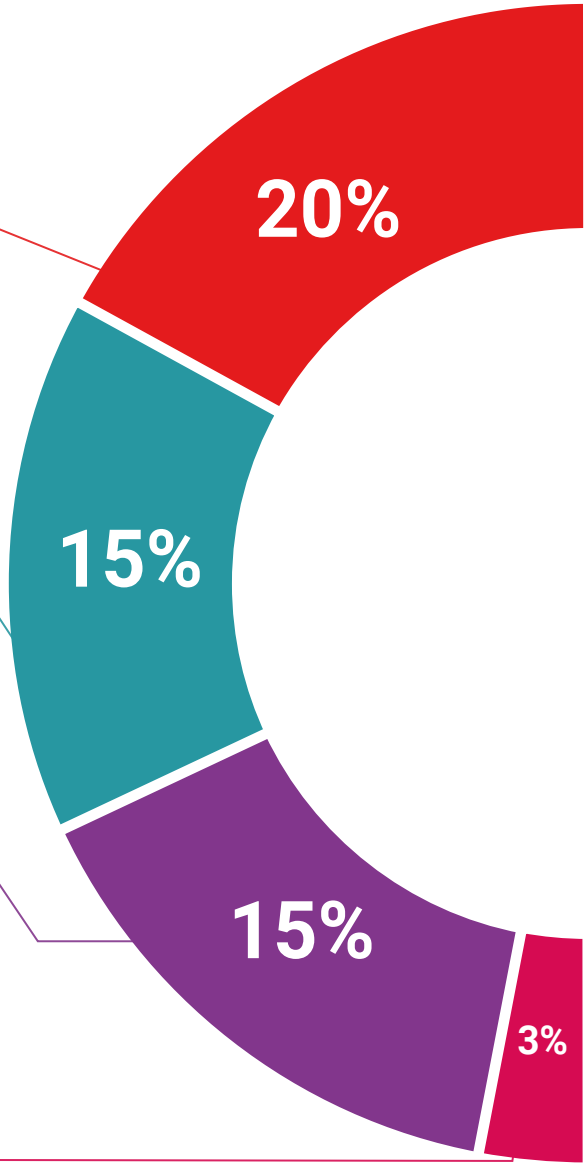
Interactive Summaries

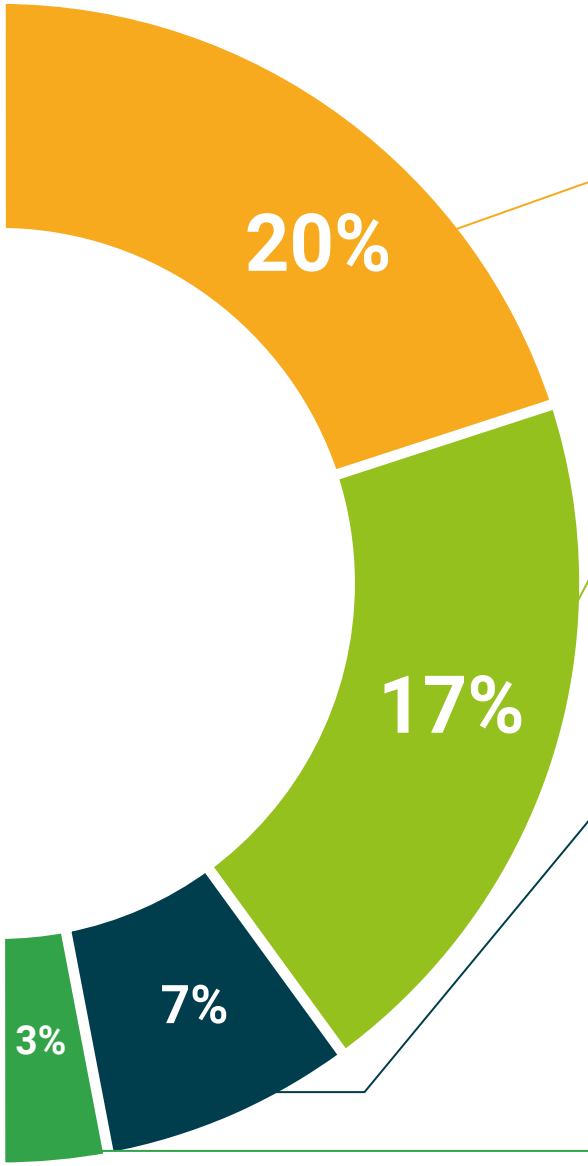
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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.

07

Certificate

The Professional Master's Degree in Therapeutic Pilates guarantees, in addition to the most rigorous and up-to-date scientific, access to a Professional Master's Degree issued by TECH Global University.

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 **Professional Master's Degree diploma in Therapeutic Pilates** 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: **Professional Master's Degree in Therapeutic Pilates**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**

tech global university

Mr./Ms. _____, with identification document _____
has successfully passed and obtained the title of:

Professional Master's Degree in Therapeutic Pilates

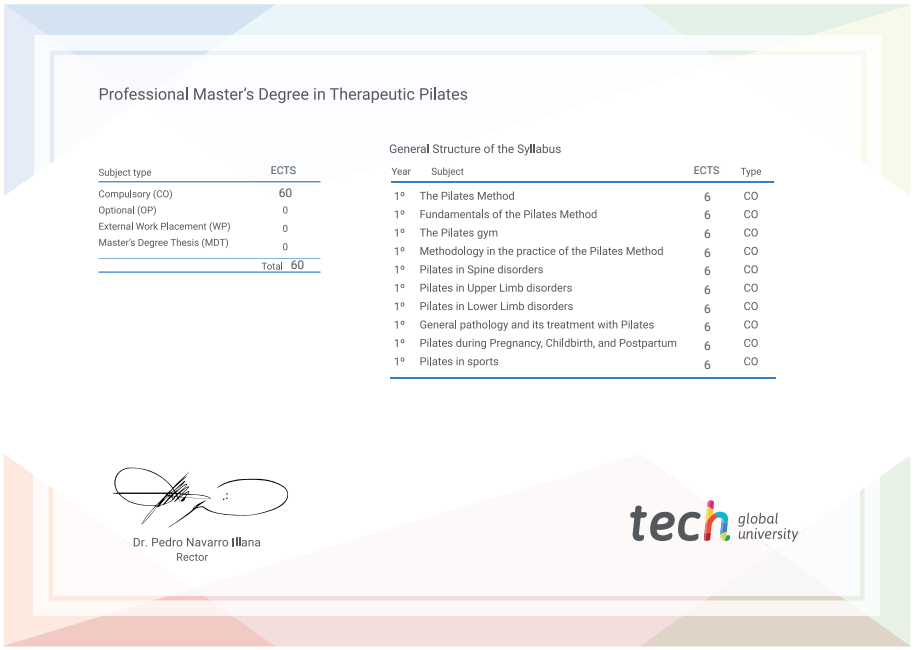
This is a program of 1,500 hours of duration equivalent to 60 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Rector

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates



Professional Master's Degree in Therapeutic Pilates

Subject type	ECTS
Compulsory (CO)	60
Optional (OP)	0
External Work Placement (WP)	0
Master's Degree Thesis (MDT)	0
Total	60

General Structure of the Syllabus

Year	Subject	ECTS	Type
1º	The Pilates Method	6	CO
1º	Fundamentals of the Pilates Method	6	CO
1º	The Pilates gym	6	CO
1º	Methodology in the practice of the Pilates Method	6	CO
1º	Pilates in Spine disorders	6	CO
1º	Pilates in Upper Limb disorders	6	CO
1º	Pilates in Lower Limb disorders	6	CO
1º	General pathology and its treatment with Pilates	6	CO
1º	Pilates during Pregnancy, Childbirth, and Postpartum	6	CO
1º	Pilates in sports	6	CO

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Rector

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*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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Professional Master's Degree

Therapeutic Pilates

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Global University**
- Credits: **60 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Professional Master's Degree

Therapeutic Pilates

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