



**Postgraduate Certificate**  
Pilates during Pregnancy  
and Postpartum for Nursing



## Postgraduate Certificate Pilates during Pregnancy and Postpartum for Nursing

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

Website: [www.techtitute.com/in/nursing/postgraduate-certificate/pilates-during-pregnancy-postpartum-nursing](http://www.techtitute.com/in/nursing/postgraduate-certificate/pilates-during-pregnancy-postpartum-nursing)

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# 01

# Introduction

Pregnancy is a period in which numerous physiological, anatomical, hormonal and psychological changes occur. These changes can cause a great physical and mental impact, so maintaining a good physical condition during this process is essential for health. The Pilates method helps pregnant women to avoid several pathologies during the gestation period and in the postpartum stage. According to that and to the importance that the discipline has taken and its integration in this type of situations, this academic program has been opened providing the professional with first level material related to the problems in pregnancy and its approach through the Pilates Method. Accompanied by multimedia resources of high standards that will help the students in the dynamism of the academic process.



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*TECH will provide you with first hand material in the field of pelvic static-prolapse change, in addition to multimedia support of the highest level"*

Throughout pregnancy, symptoms of low back pain develop and may interfere with the quality of life of the pregnant woman. In addition, there is a weakening of the pelvic floor and weakening of the stabilizing muscles of the abdominal region. Accordingly, the patient will orient the physical exercise not only in muscle strengthening, as they can also run sessions focused on breathing to improve and control pain management. The nursing professionals will be in charge of health promotion and education, so their role is fundamental in pregnant women in order to avoid complications through this exercise practice.

In this way, studies in this area of knowledge have continued to advance and implement the Pilates Method in the different stages of pregnancy, making it clear that professionals in Therapeutic Pilates must be up to date in this field.

That is why this Postgraduate Certificate will provide the professionals with updates related to differentiate the different phases of pregnancy and determine specific exercises for each phase.

The graduates will expand their skills in detailed aspects concerning the dilation and expulsion phase, recommendations and contraindications, investigating and delving into concepts such as the anatomy involved and the pathophysiology, which are directly related to urinary incontinence and the pelvic floor. A program that integrates a specialized teaching team along with quality multimedia content that offers dynamism and convenience with the online modality.

In this sense, TECH thinks in comfort and excellence, that is why this program provides the highest quality innovations, being a program of great flexibility by only needing a device with an Internet connection to easily access the Virtual Platform from the comfort of the place where you are.

This **Postgraduate Certificate in Pilates during Pregnancy and Postpartum for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Physiotherapy and Pilates specialists
- ♦ 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 the self-assessment process can be carried out 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



*Get into postpartum alterations with TECH and update your skills in just 6 weeks"*

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*This Postgraduate Certificate will lead you to apply the fundamental pillars in Abdominal Diastasis through 100% online study"*

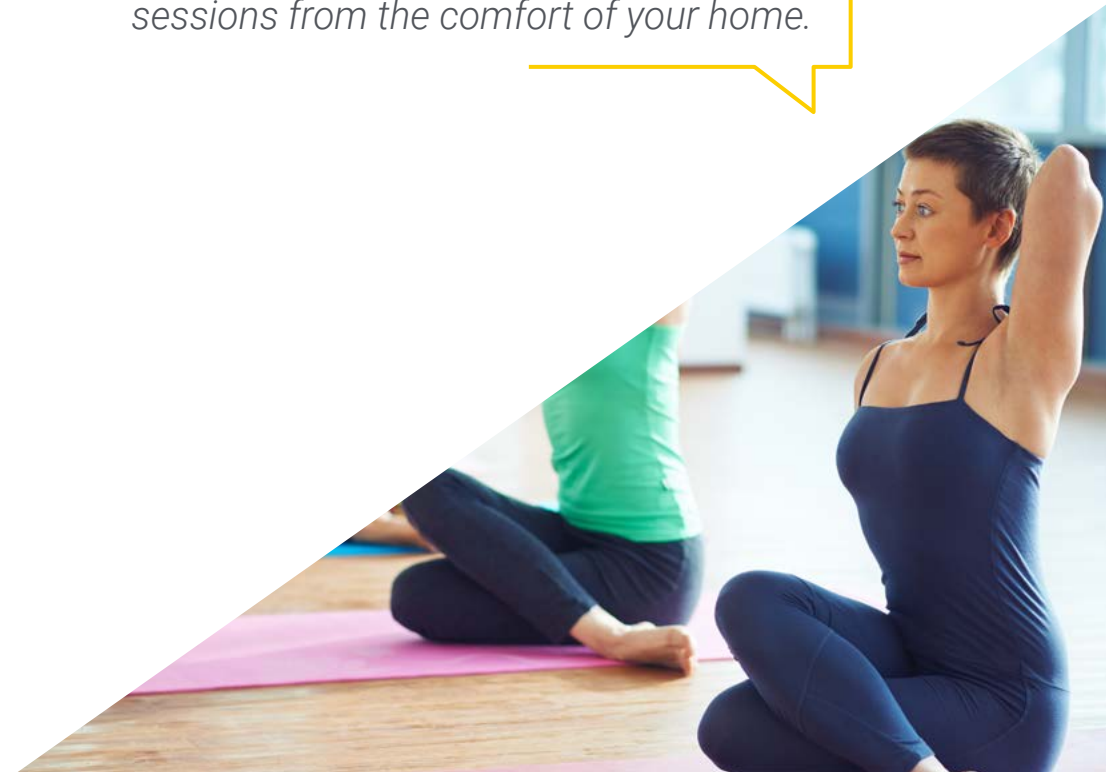
The program's teaching staff includes professionals from the industry who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive 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 students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will reinforce your knowledge in specific areas related to the exercises indicated in the first pregnancy through 150 hours of the best theoretical and practical content.*

*At TECH you have a qualification with great flexibility, without a fixed schedule and you will be able to present your sessions from the comfort of your home.*



# 02 Objectives

This Postgraduate Certificate in Pilates during Pregnancy and Postpartum for Nursing will allow the graduates to acquire the most essential competencies of the best professionals in this area, perfecting the most indispensable innovations for the profession and the challenges that the profession has to face. Therefore, students will have at their disposal different tools of the highest standards, ensuring the success of the program. At the end of the program, students will have strengthened their knowledge of counseling women during pregnancy, childbirth and postpartum.





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*One of TECH's objectives is to guarantee your professional growth through the implementation of the most innovative material in the sector"*



## General Objectives

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- ♦ Avoiding exercises that are contraindicated according to the previous assessment of patients and clients
- ♦ Perform correctly and analytically the exercises based on the Pilates Method
- ♦ Analyze the physiological and postural changes that affect the pregnant woman
- ♦ Design exercises adapted to the woman in the course of pregnancy until delivery





## Specific Objectives

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- ◆ Differentiate the different phases of pregnancy
- ◆ Determine specific exercises for each phase
- ◆ Orient the woman during pregnancy, childbirth and postpartum



*You will achieve your objectives thanks to audiovisual tools, where you will also be accompanied by the best specialists in the field of study"*

# 03

## Course Management

TECH is up to date with the best education, offering the highest level of teaching for the students who take their qualifications with the support of innovative tools that successfully achieve the development of each of its academic programs. In this sense, the graduates will have access to a content developed by an experienced and specialized teaching staff in recovery techniques and pelvic floor rehabilitation, pelvipereineology and biomechanics applied to the assessment of damage and advanced techniques in physiotherapy. Their strong experience and extensive background in the field will allow students to progress in the solution of problems presented in the course of the program.





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*This program has a teaching staff of great experience with an emphasis on more advanced techniques for rehabilitation from the Therapeutic Pilates”*

## Management



### Mr. Sergio González Arganda

- ♦ Physiotherapist of Atlético Madrid Football Club
- ♦ CEO Physio Domicilio Madrid
- ♦ Professor in the Professional Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- ♦ Professor in the Postgraduate Diploma in Clinical Pilates
- ♦ Professor in the Professional Master's Degree in Biomechanics and Sports Physiotherapy
- ♦ Professional Master's Degree in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- ♦ Postgraduate Diploma in Pilates and Rehabilitation by the Royal Spanish Gymnastics Federation
- ♦ Professional Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ♦ Graduate in Physiotherapy from the Comillas Pontifical University

## Professors

### Ms. Parra Nebreda, Virginia

- ♦ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ♦ Pelvic Floor Physiotherapist at Letfisio Clinic
- ♦ Physiotherapist at Orpea Elderly Care Home
- ♦ Professional Master's Degree of Physiotherapy in Pelviperineology at the University of Castilla-la Mancha
- ♦ Training in Functional Ultrasound in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT Formation
- ♦ Training in Hypopressive in LOW PRESSURE FITNES
- ♦ Graduate in Physiotherapy by the Complutense University of Madrid



04

# Structure and Content

This academic program integrates a syllabus that offers excellent content in Pilates during Pregnancy and Postpartum for Nursing through recent studies in the field of Therapeutic Pilates. This Postgraduate Certificate has the purpose of providing the student with exclusive material on deep abdominal musculature alterations. All this by means of multiple multimedia tools that offer dynamism to the university qualification.





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*A syllabus designed with the purpose of approaching and delving deeper into the benefits of physical preparation during pregnancy search”*

## Module 1. Pilates during Pregnancy, Delivery and Postpartum

- 1.1. First Trimester
  - 1.1.1. Changes in the First Quarter
  - 1.1.2. Benefits and Objectives
  - 1.1.3. Indicated Exercises
  - 1.1.4. Contraindications
- 1.2. Second Trimester
  - 1.2.1. Changes in the Second Trimester
  - 1.2.2. Benefits and Objectives
  - 1.2.3. Indicated Exercises
  - 1.2.4. Contraindications
- 1.3. Third Trimester
  - 1.3.1. Changes in the Third Trimester
  - 1.3.2. Benefits and Objectives
  - 1.3.3. Indicated Exercises
  - 1.3.4. Contraindications
- 1.4. Birth
  - 1.4.1. Dilation and Delivery Phase
  - 1.4.2. Benefits and Objectives
  - 1.4.3. Recommendations
  - 1.4.4. Contraindications
- 1.5. Immediate Postpartum
  - 1.5.1. Recovery and Postpartum
  - 1.5.2. Benefits and Objectives
  - 1.5.3. Indicated Exercises
  - 1.5.4. Contraindications
- 1.6. Urinary Incontinence and Pelvic Floor
  - 1.6.1. Anatomy Involved
  - 1.6.2. Pathophysiology
  - 1.6.3. Indicated Exercises
  - 1.6.4. Contraindications



- 1.7. Problems in Pregnancy and Approach Using the Pilates Method
  - 1.7.1. Static Body Change
  - 1.7.2. Most Frequent Problems
  - 1.7.3. Indicated Exercises
  - 1.7.4. Contraindications
- 1.8. Pregnancy Preparation
  - 1.8.1. Benefits of Physical Preparation during Pregnancy
  - 1.8.2. Recommended Physical Activity
  - 1.8.3. Indicated Exercises in the First Pregnancy
  - 1.8.4. Preparation during the Search for the Second and Subsequent Pregnancies
- 1.9. Late Postpartum
  - 1.9.1. Long-Term Anatomical Changes
  - 1.9.2. Preparation for Return to Physical Activity
  - 1.9.3. Indicated Exercises
  - 1.9.4. Contraindications
- 1.10. Postpartum Alterations
  - 1.10.1. Abdominal Diastasis
  - 1.10.2. Pelvic Static Change-Prolapse
  - 1.10.3. Deep Abdominal Musculature Alterations
  - 1.10.4. Indications and Contraindications in Cesarean Section



*A program created by highly distinguished faculty and with a focus on indications and contraindications for cesarean section"*

# 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.



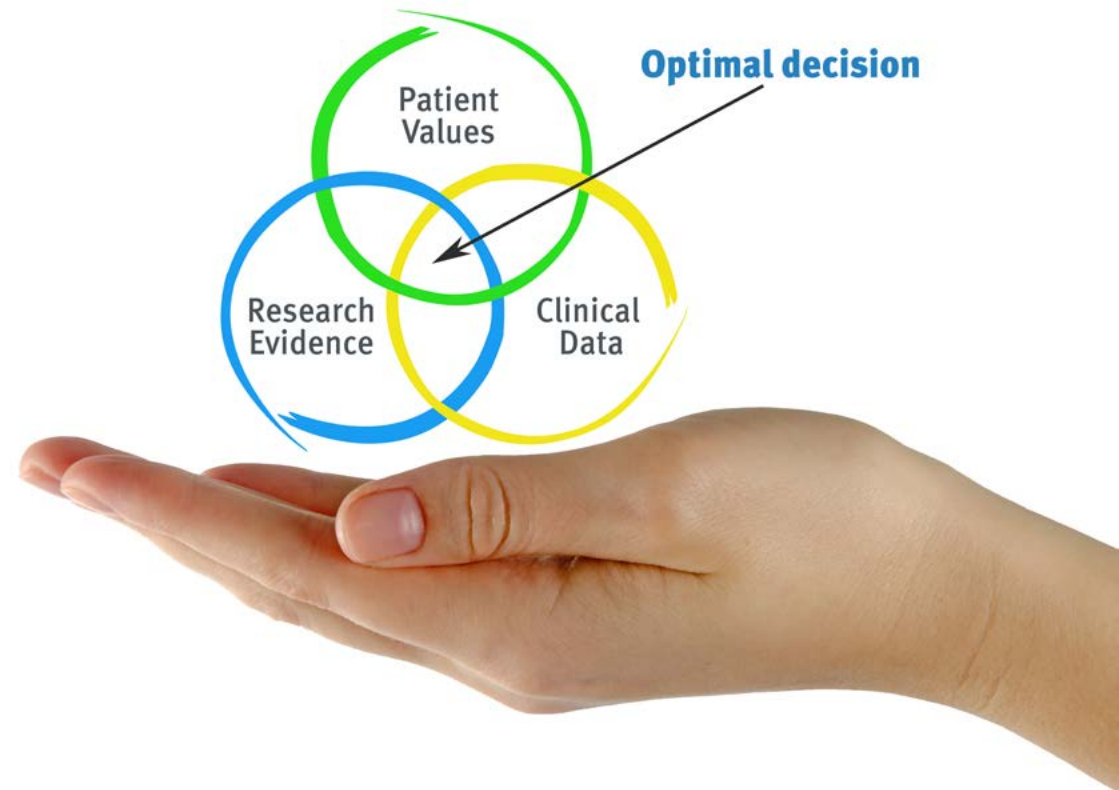
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses 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 nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse 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 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All 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 them as many times as you want.



### 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 suggesting that observing third-party experts can be useful.  
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Pilates during Pregnancy and Postpartum for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Pilates during Pregnancy and Postpartum for Nursing** contains the most complete and up-to-date scientific on the market.

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

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

Title: **Postgraduate Certificate in Pilates during Pregnancy and Postpartum for Nursing**

Official N° of Hours: **150 h.**



\*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.



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