

Postgraduate Certificate

Pilates in Spinal Disorders for Nursing



Postgraduate Certificate Pilates in Spinal Disorders for Nursing

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

Website: www.techtute.com/us/nursing/postgraduate-certificate/pilates-in-spinal-disorders-nursing

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01

Introduction

The Pilates Method is more than an activity to get in shape, it also has a very positive effect on the back, especially in the lumbar region, which is the area that causes the most pain and discomfort among the population. For this reason, the practice of Pilates as a rehabilitation technique is effective and is one of the most widely used. Due to the importance of this discipline, this university program has been designed to provide the nursing professionals with the necessary tools in this field of study with an exclusive content on the main problems of the spine and its approach. This will be supported by audiovisual material that will give dynamism to the program and with the convenience of the 100% online format.





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TECH will provide you with first hand material in the field of Therapeutic Pilates, in addition to audiovisual support of the highest level"

Lumbar spine pathology is one of the first causes of chronic pain. In this sense, most of the cases are caused by vertebral pain due to bad postures or wrong movements in the execution of some action. And this is where the professional nurses intervene, who will resort to the most current and innovative techniques and methodologies for the treatment of this type of discomfort, all this through the Pilates Method. In this way, the rehabilitation interventions in the lumbar area will have an optimal recovery effectiveness and in which the patient will have a guide for the realization of the exercises through the knowledge and supervision of the specialist.

For this reason, the studies, tests and research carried out have been developed with great success, implementing a discipline as a mechanism for recovery in patients. Therefore, the professionals in this area of knowledge must be up to date with the updates on the sector to be treated. In this way, the present Postgraduate Certificate will provide the professionals with competences and innovative tools on the application of protocols in specific exercises for the process of recovery from injuries.

The graduates will broaden their skills in different aspects according to the updating of knowledge on the main back problems and their approach. In that sense, this program has a teaching staff with extensive experience in the field and a broad background, in addition to having the resources of audiovisual content in high quality and a load of 180 hours that can be distributed in any way to access the Virtual Platform at any time.

That is why TECH coordinates efficiency and comfort in the best way, so this program provides the most innovative innovations, positioning its students with the best academic standards at the end of the program. The students will only need an electronic device with Internet coverage, obtaining time flexibility and comfort wherever they are.

This **Postgraduate Certificate in Pilates in Spinal Disorders 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 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



You will implement the most innovative mechanisms in rehabilitation through the Pilates Method in only 6 weeks"

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This Postgraduate Certificate will lead you to apply the fundamental pillars in joint and muscle pathology through a 100% online modality"

The program's teaching staff includes professionals from the field who contribute their work experience to this educational 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.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will strengthen your knowledge in specific areas related to cervical syndromes through 180 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 in Spinal Disorders for Nursing will allow the graduates to acquire the main skills of the best professionals in this area, acquiring the most indispensable innovations for the profession and the challenges that the profession has to face. In this way, students will have at their disposal different tools of the highest standards, ensuring the success of the program. At the end of the program, they will have reinforced their knowledge according to the frequent pathologies susceptible to treatment with Pilates.



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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

- ♦ Establish an exercise protocol adapted to the symptoms and pathology of each patient
- ♦ Delimit the progressions and regressions of the exercises according to the different phases in the recovery process of an injury
- ♦ Avoiding exercises that are contraindicated according to the previous assessment of patients and clients
- ♦ 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 destined to Pilates exercise





Specific Objectives

- ◆ Inquire into the main problems of the Spine and their approach
- ◆ Update knowledge on the main problems of the Back and their approach
- ◆ Apply specific exercise protocols for the injury recovery process

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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 at the forefront of education, offering the highest level of teaching for students who take its programs with the support of Technological tools that successfully achieve the development of each of its programs. In this sense, the graduates will have access to a content designed by an experienced professional team specialized in Osteology, Biomechanics and Myology of the spine. Their robust experience and extensive background in the sector will allow the professionals to solve all kinds of questions generated in the development of the course.



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This program has a highly qualified teaching staff with emphasis on Biomechanics applied to Injury Assessment"

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. Laskowski, Edward

- ♦ *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*

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Thanks to TECH, you will be able to learn with the best professionals in the world”

Management



Mr. Sergio González Arganda

- ◆ Physiotherapist of Atlético de Madrid Football Club (2005-2023)
- ◆ CEO Físio Domicilio Madrid
- ◆ Teacher in the Master's Degree in Physical Preparation and Sports Readaptation in Football
- ◆ Teacher in the Postgraduate Diploma in Clinical Pilates
- ◆ Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- ◆ Master's Degree in Osteopathy of the Locomotor System from the Madrid School of Osteopathy
- ◆ Expert in Pilates and Rehabilitation from the Royal Spanish Gymnastics Federation
- ◆ Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ◆ Graduate in Physiotherapy from the Universidad Pontificia de Comillas



04

Structure and Content

This university program implements a syllabus that provides excellent content in Pilates in Spinal Disorders for Nursing through recent studies in the field of Therapeutic Pilates. The purpose of this Postgraduate Certificate is to provide the students with unique material related to Sacroiliac Pathology, its symptomatology and specific protocols. All this through the Relearning system that offers a great dynamism of learning and a greater attractiveness to this university qualification.



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A syllabus designed with the purpose of studying in depth Exercises indicated in MATT, on machines and with implements"

Module 1. Pilates in Spinal Disorders

- 1.1. Basic Anatomical Recall
 - 1.1.1. Osteology of the Spine
 - 1.1.2. Myology of the Spine
 - 1.1.3. Biomechanics of the Spine
 - 1.1.4. Conclusions
- 1.2. Frequent Pathologies Suitable for Treatment with Pilates
 - 1.2.1. Growth Pathologies
 - 1.2.2. Pathologies in the Elderly Patient
 - 1.2.3. Pathologies in the Sedentary Patient
 - 1.2.4. Pathologies in the Athlete
- 1.3. Exercises Indicated in MATT, on Machines and with Implements. General Protocol
 - 1.3.1. Lengthening Exercises
 - 1.3.2. Central Stabilization Exercises
 - 1.3.3. Joint Mobilization Exercises
 - 1.3.4. Strengthening Exercises
 - 1.3.5. Functional Exercises
- 1.4. Disk Pathology
 - 1.4.1. Pathomechanics
 - 1.4.2. Disc Syndromes
 - 1.4.3. Differences Between Types of Pathologies
 - 1.4.4. Good Practices
- 1.5. Joint Pathology
 - 1.5.1. Pathomechanics
 - 1.5.2. Joint Syndromes
 - 1.5.3. Types of Pathology
 - 1.5.4. Conclusions
- 1.6. Muscular Pathology
 - 1.6.1. Pathomechanics
 - 1.6.2. Muscle Syndromes
 - 1.6.3. Types of Pathology
 - 1.6.4. Conclusions





- 1.7. Cervical Spine Pathology
 - 1.7.1. Symptoms
 - 1.7.2. Cervical Syndromes
 - 1.7.3. Specific Protocols
 - 1.7.4. Conclusions
- 1.8. Dorsal Spine Pathology
 - 1.8.1. Symptoms
 - 1.8.2. Dorsal Syndromes
 - 1.8.3. Specific Protocols
 - 1.8.4. Conclusions
- 1.9. Lumbar Spine Pathology
 - 1.9.1. Symptoms
 - 1.9.2. Lumbar Syndromes
 - 1.9.3. Specific Protocols
 - 1.9.4. Conclusions
- 1.10. Sacroiliac Pathology
 - 1.10.1. Symptoms
 - 1.10.2. Lumbar Syndromes
 - 1.10.3. Specific Protocols
 - 1.10.4. Conclusions

“*A program created by highly distinguished faculty and with a focus on core stabilization and joint mobilization exercises”*

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 in Spinal Disorders for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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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 **Postgraduate Certificate in Pilates in Spinal Disorders for Nursing** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra (**official bulletin**). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Pilates in Spinal Disorders for Nursing**

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Duration: **6 weeks**

Accreditation: **6 ECTS**



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



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