

# Postgraduate Certificate Pilates in Upper Limb Disorders for Nursing



## Postgraduate Certificate Pilates in Upper Limb Disorders for Nursing

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

Website: [www.techtute.com/pk/nursing/postgraduate-certificate/pilates-upper-limb-disorders-nursing](http://www.techtute.com/pk/nursing/postgraduate-certificate/pilates-upper-limb-disorders-nursing)

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# 01

# Introduction

The shoulder and shoulder girdle are the joints with the greatest range of motion in the body, making this set the most complex and also where most injuries occur. All these conditions lead to significant joint instability, favoring the continued progression of this pathological condition. Therefore, the importance of rehabilitation in this area of the body. That is why, according to the relevance that this field has taken in the health care sector, this program has been opened with the purpose of providing the professional with first level material regarding the development of knowledge on elbow pathology and its approach. 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 solid knowledge to achieve the goals you have set in your professional area with the most current content in Pilates in Upper Limb Disorders”*

The Pilates technique teaches an effective way of movement, which not only intervenes in the treatment, but also participates in the prevention of other injuries that compromise the joint and limit the activities of daily living. The benefits of Pilates go beyond increasing joint ranges and gaining muscle strength.

And is that rehabilitation with this method seeks to reintegrate the activities of daily living and functional of the person with some type of injury of the muscle and joint group of the upper part.

In this way, studies in this area of knowledge have continued to advance, achieving the execution of different exercises focused on physical rehabilitation, making it clear that professionals in Therapeutic Pilates must remain at the forefront in this field of study. For this reason, this Postgraduate Certificate will offer the professionals updates regarding the identification of shoulder, elbow and wrist pathologies and their respective management.

The specialists will enhance their skills in various areas related to the updating of Pilates treatments applicable to the different pathologies. This is a program that integrates a specialized teaching team, in addition to being supported with quality multimedia content that offers dynamism and comfort with the online mode.

Also, TECH thinks in comfort and excellence, that is why this program offers the most complete and high quality update, 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 in Upper Limb 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 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



*Experts have conducted a series of researches implementing new methods in physical rehabilitation in patients and with TECH, you will not be left behind"*

“

*With TECH and this Postgraduate Certificate you will get the necessary tools to be at the forefront in the field of Therapeutic Pilates"*

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.

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, it will be assisted by an innovative interactive video system created by renowned experts.

*Delve into your knowledge and become an expert in Therapeutic Pilates in just 12 weeks.*

*With this Postgraduate Certificate you will expand your knowledge from nerve entrapment in the upper limb through 150 hours of diverse content.*



# 02 Objectives

This Postgraduate Certificate in Pilates in Upper Limb Disorders for Nursing will provide the experts with important innovations in the field of Therapeutic Pilates that will help them in practice as a valuable complement in their professional career. In this way, TECH provides essential tools in the course of the academic process, ensuring the successful development of the program. Therefore, at the end of the program, the students will have nurtured their knowledge in MATT and machine functional exercises.





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*With TECH you will further your competences in relevant concepts such as Brachial Plexus and Peripheral Nerves”*



## General Objectives

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- Differentiate the applications of Pilates exercises and the adaptations to be made for each patient
- 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





## Specific Objectives

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- ◆ Identify the pathologies of the shoulder and their management
- ◆ Develop knowledge of the pathology of the elbow and its approach
- ◆ Delve into the pathology of the Wrist and its approach



*You will achieve your objectives thanks to our didactic tools and in the process you will be accompanied by the best professionals"*



# 03

# Course Management

TECH is at the forefront of education and, therefore, offers elite teaching for students pursuing their qualifications along with didactic resources that successfully carry out the development of each of its academic programs. In this way, the graduates will have access to important material developed by an experienced and highly qualified faculty in the prevention and treatment of sports injuries, various physiotherapy and tecartherapy techniques and the most advanced techniques for rehabilitation. Their robust experience and extensive background in the field will provide a solid knowledge to the students who take this program.





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*Do you want to be the best? Then succeed with experts and update the skills you need with world-class education"*

## 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 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. Cortés Lorenzo, Laura

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



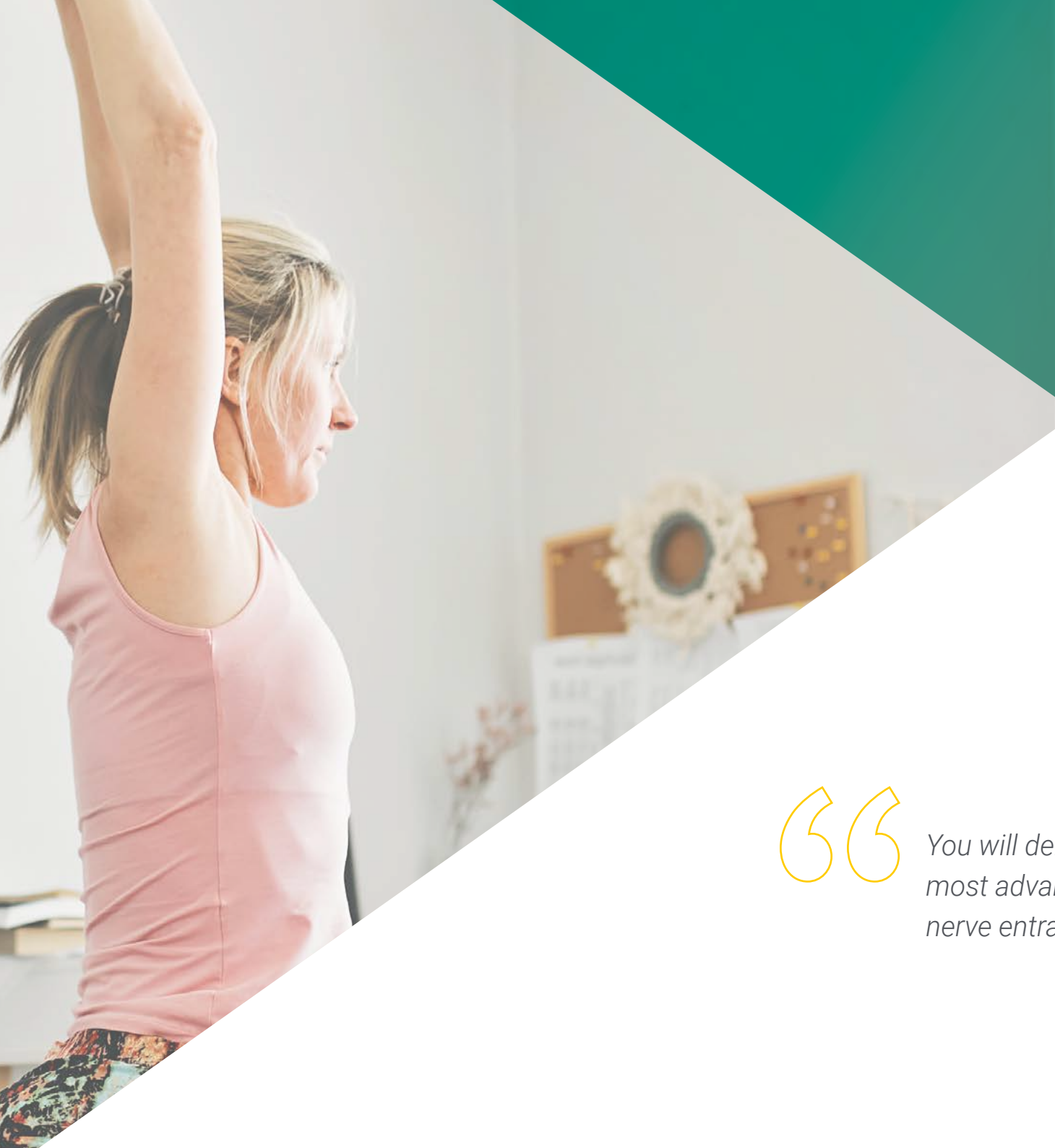
# 04

# Structure and Content

This academic program provides a prestigious syllabus that provides an exclusive content in Pilates in Upper Limb Disorders for Nursing, according to the most current research studies in the field of Therapeutic Pilates. This Postgraduate Certificate is focused on providing the students with elite material related to musculo-tendinous pathology and post-traumatic or post-surgical elbow. All this through a variety of multimedia tools that offer dynamism and a greater attractiveness to this university program.







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*You will delve into the novelties of the most advanced tools on exercises for nerve entrapment in the upper limb"*

## Module 1. Pilates in Upper Limb Disorders

- 1.1. Basic Anatomical Recall
  - 1.1.1. Osteology of the Upper Limb
  - 1.1.2. Myology of the Upper Limb
  - 1.1.3. Biomechanics of the Upper Limb
  - 1.1.4. Good Practices
- 1.2. Stabilization Exercises
  - 1.2.1. Introduction to Stabilization Exercises
  - 1.2.2. MATT Stabilization Exercises
  - 1.2.3. Stabilization Exercises in Machine
  - 1.2.4. Best Stabilization Exercises
- 1.3. Joint Mobilization Exercises
  - 1.3.1. Introduction to Joint Mobility Exercises
  - 1.3.2. MATT Joint Mobility Exercises
  - 1.3.3. Joint Mobility Exercises on Machines
  - 1.3.4. Best Joint Mobility Exercises
- 1.4. Strengthening Exercises
  - 1.4.1. Introduction to Strengthening Exercises
  - 1.4.2. MATT Strengthening Exercises
  - 1.4.3. Strengthening Exercises on a Machine
  - 1.4.4. Best Strengthening Exercises
- 1.5. Functional Exercises
  - 1.5.1. Introduction to Functional Exercises
  - 1.5.2. MATT Functional Exercises
  - 1.5.3. Functional Exercises in Machine
  - 1.5.4. Best Functional Exercises
- 1.6. Shoulder Pathology. Specific Protocols
  - 1.6.1. Painful Shoulder
  - 1.6.2. Frozen Shoulder
  - 1.6.3. Hypomobile Shoulder
  - 1.6.4. Shoulder Exercises





- 1.7. Elbow Pathology. Specific Protocols
  - 1.7.1. Joint Pathology
  - 1.7.2. Muscle-Tendon Pathology
  - 1.7.3. Post-Traumatic or Post-Surgical Elbow
  - 1.7.4. Elbow Exercises
- 1.8. Wrist Pathology
  - 1.8.1. Main Syndromes
  - 1.8.2. Type of Wrist Pathology
  - 1.8.3. Wrist Exercises
  - 1.8.4. Conclusions
- 1.9. Hand Pathology
  - 1.9.1. Main Syndromes
  - 1.9.2. Type of Hand Pathology
  - 1.9.3. Hand Exercises
  - 1.9.4. Conclusions
- 1.10. Nerve Entrapments in the Upper Limb
  - 1.10.1. Brachial Plexus
  - 1.10.2. Peripheral Nerves
  - 1.10.3. Types of Pathology
  - 1.10.4. Exercises for Nerve Entrapments in the Upper Limb

“With TECH you will be able to access the virtual platform at any time, since it offers you time flexibility with a 100% online modality”

# 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.



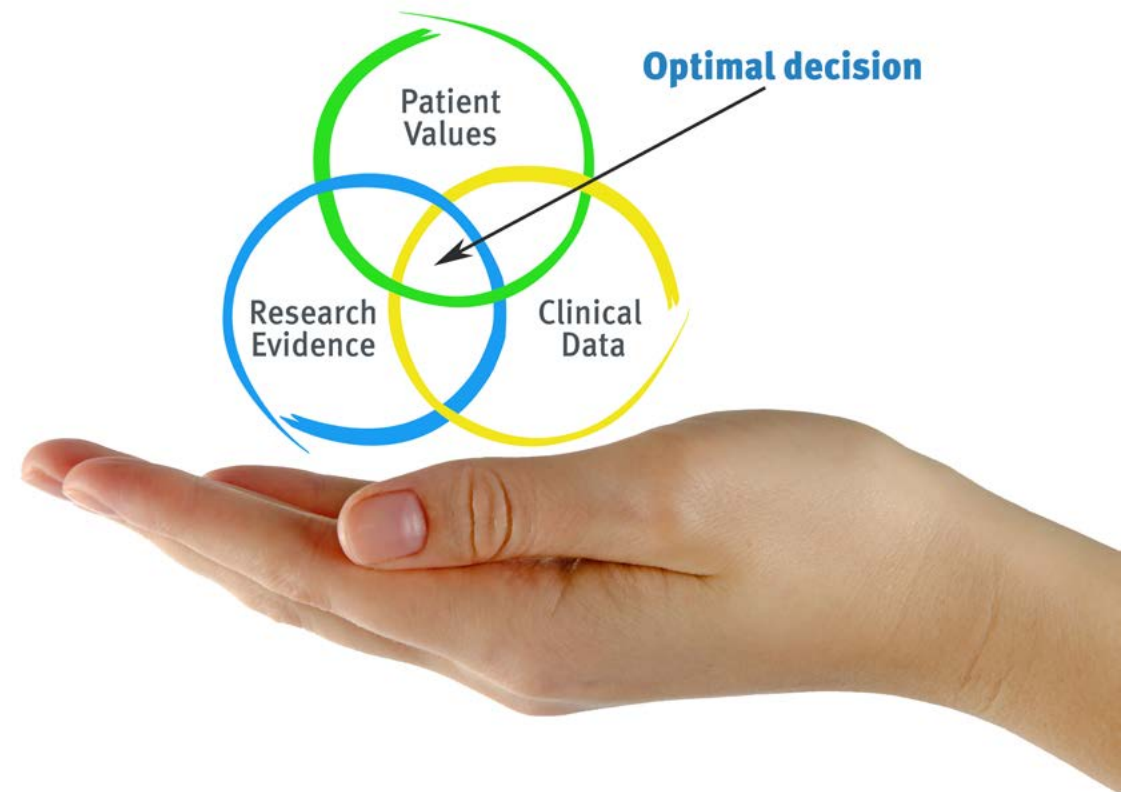
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Upper Limb Disorders 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 in Upper Limb Disorders 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 in Upper Limb Disorders 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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