

# Postgraduate Certificate

## Spine, Instability and Injuries





## Postgraduate Certificate Spine, Instability and Injuries

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

Website: [www.techtute.com/in/nursing/postgraduate-certificate/spine-instability-injuries](http://www.techtute.com/in/nursing/postgraduate-certificate/spine-instability-injuries)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

Therapeutic Yoga has gained momentum in recent years as a complementary or alternative therapy. A study published in the journal *Complementary Therapies in Medicine* showed that Yoga Therapy can be useful to improve balance, flexibility and quality of life in people with multiple sclerosis. In this way, it has become essential to address different pathologies, especially in the spine and limbs. Thinking about this, TECH has developed a program focused on this branch of Yoga, where nurses can delve into topics such as the lumbar vertebrae, diaphragms of breathing and peripheral nervous system; all this, in a high-quality multimedia material and which can be reviewed at any time they want.



“

*Delve into the relevance of the Core and the meaning of Yoga as a medical complement"*



Therapeutic Yoga has proven to be effective in the recovery of patients suffering from spine and limb problems. The adaptability of the sessions and its complementarity with medical treatments make it an essential option for nursing professionals to put into practice.

In order to provide nurses with an update on Therapeutic Yoga in Spine and Limbs, a 100% online Postgraduate Certificate has been developed and designed by specialized instructors in this discipline. The program includes a theoretical-practical perspective, numerous additional resources and a syllabus that promise to bring the nurse up to date in these complementary techniques.

This program also includes the participation of an international expert in Yoga Therapy, which demonstrates the consolidation of this program as a guaranteed option to delve into the subject. The materials, lectures and fundamentals taught in the classroom are based on solid scientific support, allowing students to be up to date with the latest knowledge.

This program is tailored to the needs of nursing professionals, who are looking to stay up to date through a flexible and convenient program. Access only requires a digital device with an Internet connection, making it ideal for those who need to reconcile their most demanding daily activities with a cutting-edge update.

This **Postgraduate Certificate in Spine, Instability and Injuries** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Case studies presented by Yoga experts
- ♦ 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



*A unique syllabus with which you will delve into the different movements of the spine and relative postures in Therapeutic Yoga"*

“

*Get up to date on the efficacy of Yoga Therapy in the recovery of patients suffering from spine and limb problems”*

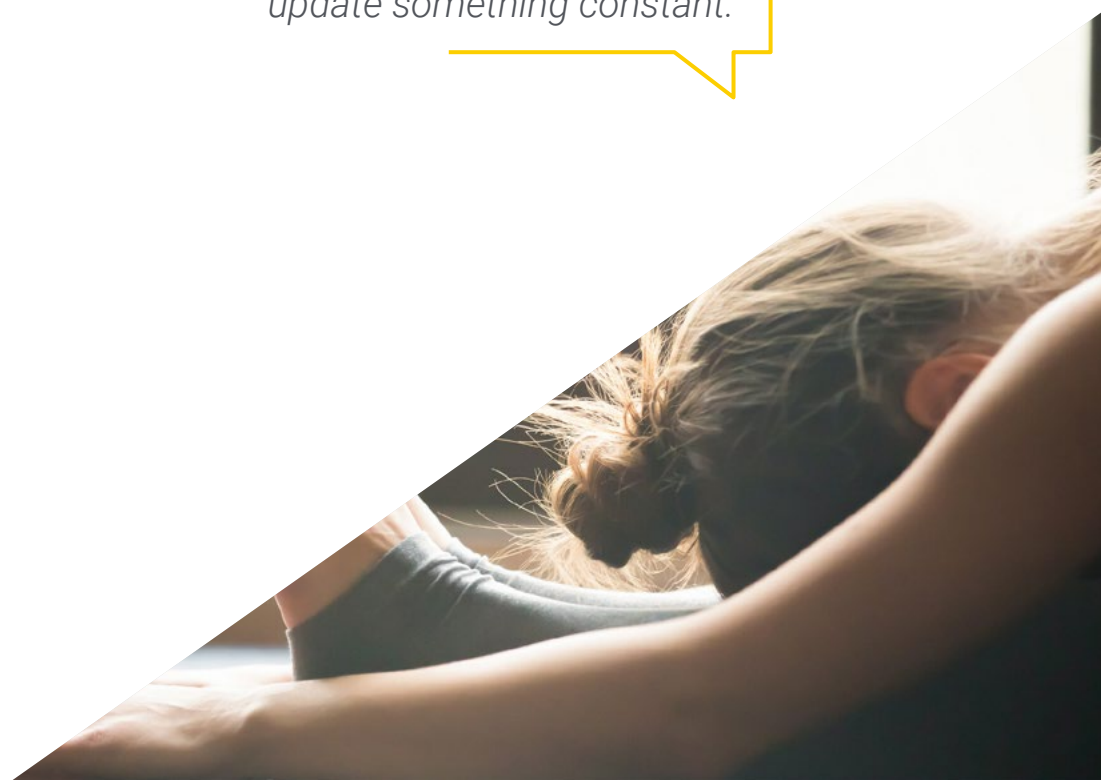
The program’s teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*Get up to date with the latest techniques in Yoga Therapy and apply them in treatments for the Spine and Limbs.*

*You will have access to the most complete virtual library, to make your professional update something constant.*



# 02 Objectives

This Postgraduate Certificate in Spine, Instability and Injuries has been developed with the objective that the nursing professional can update their knowledge on the application of Therapeutic Yoga in the areas of the Spine and Limbs. With this, they will be prepared to adapt the practice of this activity to the different pathologies presented by the patient, thereby satisfying their specific requirements of strengthening, mobility or elasticity.







“

*Delve into one of the most widely used complementary treatments at international level"*



## General Objectives

---

- ◆ Incorporate the knowledge and skills that are necessary for the correct development and application of Therapeutic Yoga techniques from a clinical point of view.
- ◆ Create a Yoga program designed and based on scientific evidence.
- ◆ Delve into the most appropriate asanas according to the characteristics of the person and the injuries that present
- ◆ Delve into studies on biomechanics and its application to the asanas of Yoga Therapy
- ◆ Describe the adaptation of Yoga asanas to the pathologies of each person
- ◆ Delve into the neurophysiological basis of existing meditative and relaxation technique





## Specific Objectives

---

- ♦ Describe the muscular, nervous and skeletal system
- ♦ Delve into the anatomy and functions of the spine
- ♦ Delve into the physiology of the hip
- ♦ Describe the morphology of the upper and lower extremity
- ♦ Delve into the Diaphragm and Core

“

*Delve into isometric and isotonic contractions and their relevance in the different styles of Yoga”*

# 03

## Course Management

Being consistent with its commitment to provide high-quality university programs, TECH has carefully selected the instructors who are part of this program. In this way, those professionals in the field of nursing, who decide to take this educational alternative, will get the update they want in relation to the Spine, Instability and Injuries using Yoga Therapy, through a content designed by leading experts in this discipline. The program is accompanied by an international professional who will give the most up-to-date guidelines in the field of Yoga Therapy applied to the spine and limbs.







“

*Update yourself with the academic company of experts with a great trajectory in Yoga Therapy”*



## International Guest Director

As the Director of Teachers and Head of Instructor Training at the Integral Yoga Institute in New York, Dianne Galliano is positioned as one of the most important figures in the field internationally. Her academic focus has been primarily **therapeutic yoga**, with over 6,000 documented hours of teaching and continuing education

In this way, her work has been to mentor, develop training protocols and criteria, and provide continuing education to Integral Yoga Institute instructors. She balances this work with her role as a therapist and instructor in other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa or the Educational Alliance: Center for Balanced Living

Her work also extends to **creating and directing yoga programs**, developing exercises and evaluating challenges that may arise. She has worked throughout her career with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults, and even veterans with a range of physical and mental health issues

For each one of them she performs a careful and personalized work, having treated people with osteoporosis, in the process of recovery from heart surgery or post-breast cancer, vertigo, back pain, irritable bowel syndrome and obesity. She has several certifications, including E-RYT 500 by Yoga Alliance, Basic Life Support (BLS) by American Health Training and Certified Exercise Instructor by the Somatic Movement Center



## Ms. Galliano, Dianne

---

- Director of Teachers at Integral Yoga Institute - New York, USA
- Therapeutic Yoga Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa in New York City
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Degree in Primary School Education from the State University of New York
- Master's Degree in Yoga Therapy from the University of Maryland

“

*Thanks to TECH you will be able to learn with the best professionals in the world"*

## Management



### Ms. Escalona García, Zoraida

- ♦ Vice President of the Spanish Association of Therapeutic Yoga
- ♦ Founder of the *Air Core* method (classes that combine TRX and Functional Training with Yoga)
- ♦ Trainer in Therapeutic Yoga
- ♦ Degree in Biological Sciences from the Autonomous University of Madrid
- ♦ Course teacher in: Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga and Yoga and Cancer
- ♦ Course in Floor Pilates Instructor
- ♦ Course in Phytotherapy and Nutrition
- ♦ Course in Meditation Teacher

## Professors

### Ms. García, Mar

- ♦ Director and Instructor of the Satnam Yoga Center
- ♦ Vinyasa Yoga Teacher
- ♦ Special Yoga Instructor
- ♦ Yoga instructor for children and families





# 04

# Structure and Content

The syllabus of this Postgraduate Certificate includes a wide variety of concepts related to the anatomy and functioning of the spine and limbs, from the muscular, nervous and skeletal system, to the different regions of the body, such as the pelvis and the upper and lower limbs. All this, gathered in a series of multimedia materials and 100% online, to be able to access in and out of lessons, and in this way, the students will have the necessary elements to be completely up to date in this subject.







“

*You will have access to the best syllabus on issues related to Yoga Therapy and its use in the lumbar area"*

## Module 1. Spine, Instability and Injuries

- 1.1. Conceptual Aspects of the Movement Control System and its Dysfunctions in the Lumbopelvic and Cervico-Scapular Regions
- 1.2. Muscle Dysfunction
- 1.3. Proprioceptive Dysfunctions and Neuroplastic Changes at the CNS Level
- 1.4. Dysfunctions in Precision, Dissociation and Movement Quality
- 1.5. Association between Motor Control Dysfunctions and Sports Injuries
- 1.6. Lumbopelvic Rhythm and Lumbar Instability Tests
- 1.7. Analysis of Movement Control by Observation
- 1.8. Muscle Activation Patterns Assessment Test and Muscle Endurance Test
- 1.9. Sensorimotor Test
- 1.10. Integration and Clinical Reasoning





“

*You will have the required update when attending a Yoga therapy”*



# 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.





“

*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.

“

*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 Spine, Instability and Injuries guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





“

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

This **Postgraduate Certificate in Spine, Instability and Injuries** contains the most complete and up-to-date scientific program 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 Spine, Instability and Injuries**

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.



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



## Postgraduate Certificate Spine, Instability and Injuries

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

# Postgraduate Certificate

## Spine, Instability and Injuries

