

# Postgraduate Diploma

## Pathologies Treated with Therapeutic Yoga for Nursing



## Postgraduate Diploma Pathologies Treated with Therapeutic Yoga for Nursing

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

Website: [www.techtitute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-pathologies-treated-therapeutic-yoga-nursing](http://www.techtitute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-pathologies-treated-therapeutic-yoga-nursing)

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# 01

# Introduction

In the search for healthier and less invasive alternatives to treat chronic diseases or muscle injuries, the benefits of Therapeutic Yoga have been discovered. This discipline has become a highly demanded option for patients who wish to improve their physical well-being. For this reason, TECH has designed a program focused on updating nurses about the routines that allow them to treat pathologies through this type of therapy. All this, thanks to a syllabus that is developed 100% online and that will qualify them through multimedia resources of great didactic value, which detail in depth the factors of this field.





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*With the update you will receive on the most modern practices of Therapeutic Yoga, you will offer an integral treatment to patients with different types of illnesses”*



Currently, the health sector has implemented Yoga as a technique capable of working as a treatment for diseases that generate severe pain or bad postures, which is why this field is constantly advancing. For this reason, it is essential that the professionals responsible for providing therapy sessions have a broad and up-to-date knowledge that allows them to implement the techniques in a proper way, avoiding any type of injury.

In this context, this Postgraduate Diploma seeks to provide a global education in the different Yoga techniques that help to improve pathologies of various kinds. In addition, it delves into the clinical practices that are most frequently used in this field, so that nurses are fully prepared to deal with cases of varying severity and typology.

All this, through a syllabus consisting of 3 modules full of multimedia resources detailing the health conditions that occur most frequently and that can be treated with Yoga. Also, technical aspects on the structure of the spine and limbs of the body, as well as the fascial system will be addressed, in order for the student to develop a solid criterion on the most effective approaches when exercising these areas.

This **Postgraduate Diploma in Pathologies Treated with Therapeutic Yoga for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Pathologies Treated with Therapeutic Yoga for Nursing
- ♦ 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



*The treatment of diseases with Therapeutic Yoga requires specialized knowledge which you will get thanks to this program"*

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*With this Postgraduate Diploma you will delve into all the techniques in Therapeutic Yoga to treat diseases such as arthritis and osteoarthritis”*

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.

*Thanks to the Relearning methodology you will be able to study all the contents of this program from the comfort of your home and without the need to go to a learning center.*

*Learn at your own pace and enhance your skills in the field of Therapeutic Yoga 100% online with TECH.*



# 02

# Objectives

The purpose of this Postgraduate Diploma is to offer the nurse the latest developments in the treatment of common pathologies through Therapeutic Yoga. Thanks to this, you will be able to provide an alternative non-pharmacological treatment for conditions such as Scoliosis, Sciatica, knee injuries, shoulder and other bones and joints. All this, after 450 hours of intensive online study that includes high-quality multimedia resources that will enhance learning and make this a much more efficient process.







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*With the knowledge you will acquire about the fascial system, spine, limbs and their most common pathologies, you will be able to design effective Yoga sessions adapted to the needs of each patient”*



## General Objectives

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- ♦ 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 their injuries
- ♦ Delve into studies on biomechanics and its application to the asanas of Therapeutic Yoga
- ♦ Describe the adaptation of Yoga asanas to the pathologies of each person
- ♦ Delve into the Neurophysiological bases of the existing meditative and relaxation techniques



*With TECH you will be able to stand out with great skill in this field. Don't wait any longer and specialize with this Postgraduate Diploma"*





## Specific Objectives

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### Module 1. Spine and Limbs

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

### Module 2. Most Common Pathologies

- ♦ Identify the most common spinal pathologies and how to adapt the practice of yoga to avoid injury
- ♦ Delve into degenerative diseases and how yoga practice can help in their management and symptom reduction
- ♦ Delve into lumbago and sciatica and how to apply therapeutic yoga to relieve pain and improve mobility
- ♦ Identify scoliosis and how to adapt yoga practice to improve posture and reduce discomfort
- ♦ Recognize knee malalignments and injuries and how to adapt the yoga practice to prevent them and improve recovery
- ♦ Identify shoulder injuries and how to adapt yoga practice to reduce pain and improve mobility
- ♦ Delve into wrist and shoulder pathologies and how to adapt yoga practice to prevent injury and reduce discomfort
- ♦ Delve into postural basics and how to apply biomechanics to improve posture and prevent injury
- ♦ Identify autoimmune diseases and how yoga practice can help in their management and symptom reduction

### Module 3. Fascial System

- ♦ Delve into the history and concept of fascia, and its importance in yoga practice
- ♦ Delve into the different types of fascial mechanoreceptors and how to apply them in different styles of yoga
- ♦ Point out the need to apply the term fascia in yoga classes for a more effective and conscious practice
- ♦ Explore the origin and development of the term tensegrity, and its application in yoga practice
- ♦ Identify the different myofascial pathways and the specific postures for each of the chains
- ♦ Apply the biomechanics of fascia in yoga practice to improve mobility, strength and flexibility
- ♦ Identify the main postural imbalances and how to correct them through yoga practice and fascia biomechanics

03

# Course Management

TECH has selected the best specialists in Therapeutic Yoga for this program.

Professionals with decades of experience and international scope that will offer the nurse a new and up-to-date knowledge about the most appropriate postures to treat pathologies of the skeletal and fascial system. All this, from the creation of first-class didactic resources that include the latest scientific postulates and research in the field. A great opportunity to learn from the best, 100% online and with the academic endorsement of TECH Technological University.







“

*Learn from the best professionals and take the opportunity to elevate your career and become a cutting edge nurse specialized in Therapeutic Yoga”*



## International Guest Director

As the **Director of Teachers** and Head of Instructor Education 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 mainly **therapeutic yoga**, with more than 6,000 documented hours of teaching and continuing education.

In this way, her work has been to tutor, develop protocols and teaching criteria and provide continuing education to the instructors of the Integral Yoga Institute. She combines this work with her role as a therapist and instructor at 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 assessing the challenges that may arise. Throughout her career she has worked with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults and even war veterans with a range of physical and mental health issues.

For each of them she performs careful and customized work, having treated people with osteoporosis, recovering from heart surgery or post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome and obesity. She has several certifications, most notably the E-RYT 500 from Yoga Alliance, Basic Life Support (BLS) from American Health Training and Certified Exercise Instructor from the Somatic Movement Center.



## Ms. Galliano, Dianne

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- Yoga Therapy 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
- B.A. in Elementary Education from the State University of New York
- Master's Degree in Yoga Therapy from the University of Maryland

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*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)
- ◆ Therapeutic Yoga Trainer
- ◆ Degree in Biological Sciences from the Autonomous University of Madrid.
- ◆ Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga, Yoga and Cancer Teaching Course
- ◆ Floor Pilates Instructor Course
- ◆ Phytotherapy and Nutrition Course
- ◆ Meditation Teaching Course

## 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

Therapeutic Yoga is an alternative for the treatment of bone, muscle and nervous system pathologies that diminish the patient's quality of life and generate affectations such as chronic pain. Therefore, the syllabus of this program provides a complete overview of the main pathologies that compromise these areas of the human anatomy and how, through the techniques of Therapeutic Yoga, their symptoms and incidence in the patient's daily life can be reduced.







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*A syllabus that will allow you to know in depth the structure of the human skeletal, muscular and nervous system in order to treat pathologies more accurately through Therapeutic Yoga”*

## Module 1. Spine and Limbs

- 1.1. The Muscular System
  - 1.1.1. Muscle: Functional unit
  - 1.1.2. Types of muscles
  - 1.1.3. Tonic and phasic muscles
  - 1.1.4. Isometric and isotonic contraction and its relevance in the styles of Yoga
- 1.2. Nervous system
  - 1.2.1. Neurons: Functional unit
  - 1.2.2. Central Nervous System: Brain and Spinal Cord
  - 1.2.3. Somatic peripheral nervous system: Nerves
  - 1.2.4. Autonomic peripheral nervous system: Sympathetic and Parasympathetic
- 1.3. Skeletal System
  - 1.3.1. Osteocyte: Functional unit
  - 1.3.2. Axial and appendicular skeleton
  - 1.3.3. Tendons
  - 1.3.4. Ligaments
- 1.4. Spine
  - 1.4.1. Evolution of the spine and functions
  - 1.4.2. Structure
  - 1.4.3. Vertebra type
  - 1.4.4. Spine movements
- 1.5. Cervical and Dorsal Region
  - 1.5.1. Cervical vertebrae: typical and atypical
  - 1.5.2. Dorsal vertebrae
  - 1.5.3. Major muscles of the cervical region
  - 1.5.4. Major muscles of the dorsal region
- 1.6. Lumbar Region
  - 1.6.1. Lumbar vertebrae
  - 1.6.2. Sacrum
  - 1.6.3. Coccyx
  - 1.6.4. Major muscles

- 1.7. Pelvis
  - 1.7.1. Anatomy: Difference between male and female pelvis
  - 1.7.2. Two key concepts: Anteversion and retroversion
  - 1.7.3. Major muscles
  - 1.7.4. Pelvic floor
- 1.8. Upper Limbs
  - 1.8.1. Shoulder joint
  - 1.8.2. Rotator cuff muscles
  - 1.8.3. Arm, elbow and forearm
  - 1.8.4. Major muscles
- 1.9. Lower Limbs
  - 1.9.1. Coxofemoral joint
  - 1.9.2. Knee: Tibiofemoral and patellofemoral joint
  - 1.9.3. Knee ligaments and meniscus
  - 1.9.4. Major muscles of the leg
- 1.10. Diaphragm and core
  - 1.10.1. Anatomy of the diaphragm
  - 1.10.2. Diaphragm and breathing
  - 1.10.3. Core muscles
  - 1.10.4. Core and its importance in Yoga

## Module 2. Most Common Pathologies

- 2.1. Spine Pathologies 1
  - 2.1.1. Protusions
  - 2.1.2. Hernias
  - 2.1.3. Hyperlordosis
  - 2.1.4. Rectifications
- 2.2. Degenerative Diseases
  - 2.2.1. Arthrosis
  - 2.2.2. Muscular dystrophy
  - 2.2.3. Osteoporosis
  - 2.2.4. Spondylosis



- 2.3. Lumbago and Sciatica
  - 2.3.1. Low back pain
  - 2.3.2. Sciatica
  - 2.3.3. Pyramidal syndrome
  - 2.3.4. Trochanteritis
- 2.4. Scoliosis
  - 2.4.1. Understanding scoliosis
  - 2.4.2. Types
  - 2.4.3. What to do
  - 2.4.4. Things to avoid
- 2.5. Knee malalignment
  - 2.5.1. *Genu Valgum*
  - 2.5.2. *Genu Varum*
  - 2.5.3. *Genu Flexum*
  - 2.5.4. *Genu Recurvatum*
- 2.6. Shoulder and Elbow
  - 2.6.1. Bursitis
  - 2.6.2. Subacromial syndrome
  - 2.6.3. Epicondylitis
  - 2.6.4. Golfer's elbow
- 2.7. Knees
  - 2.7.1. Patellofemoral pain
  - 2.7.2. Chondropathy
  - 2.7.3. Meniscus tears
  - 2.7.4. Goosefoot tendinitis
- 2.8. Wrists and Ankles
  - 2.8.1. Carpal Tunnel
  - 2.8.2. Sprains
  - 2.8.3. Bunions
  - 2.8.4. Flat foot and cavus foot



- 2.9. Postural bases
  - 2.9.1. Different planes
  - 2.9.2. Plumb technique
  - 2.9.3. Upper crossed syndrome
  - 2.9.4. Lower crossed syndrome
- 2.10. Autoimmune Diseases
  - 2.10.1. Definition
  - 2.10.2. Lupus
  - 2.10.3. Crohn's Disease
  - 2.10.4. Arthritis

### Module 3. Fascial System

- 3.1. Fascia
  - 3.1.1. History
  - 3.1.2. Fascia vs. Aponeurosis
  - 3.1.3. Types
  - 3.1.4. Functions
- 3.2. Types of mechanoreceptors and their importance in the different styles of Yoga
  - 3.2.1. Importance
  - 3.2.2. Golgi
  - 3.2.3. Paccini
  - 3.2.4. Ruffini
- 3.3. Myofascial Chains
  - 3.3.1. Definition
  - 3.3.2. Importance in Yoga
  - 3.3.3. Concept of tensegrity
  - 3.3.4. The 3 diaphragms
- 3.4. SBL: Superficial Back Line
  - 3.4.1. Definition
  - 3.4.2. Anatomical pathways
  - 3.4.3. Passive postures
  - 3.4.4. Active postures





- 3.5. SFL: Superficial Front Line
  - 3.5.1. Definition
  - 3.5.2. Anatomical pathways
  - 3.5.3. Passive postures
  - 3.5.4. Active postures
- 3.6. LL: Lateral Line
  - 3.6.1. Definition
  - 3.6.2. Anatomical pathways
  - 3.6.3. Passive postures
  - 3.6.4. Active postures
- 3.7. SL: Spiral Line
  - 3.7.1. Definition
  - 3.7.2. Anatomical pathways
  - 3.7.3. Passive postures
  - 3.7.4. Active postures
- 3.8. Functional Lines
  - 3.8.1. Definition
  - 3.8.2. Anatomical pathways
  - 3.8.3. Passive postures
  - 3.8.4. Active postures
- 3.9. Arm Lines
  - 3.9.1. Definition
  - 3.9.2. Anatomical pathways
  - 3.9.3. Passive postures
  - 3.9.4. Active postures
- 3.10. Main Imbalances
  - 3.10.1. Ideal pattern
  - 3.10.2. Flexion and stretching group
  - 3.10.3. Opening and closing group
  - 3.10.4. Inspiratory and expiratory pattern



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.

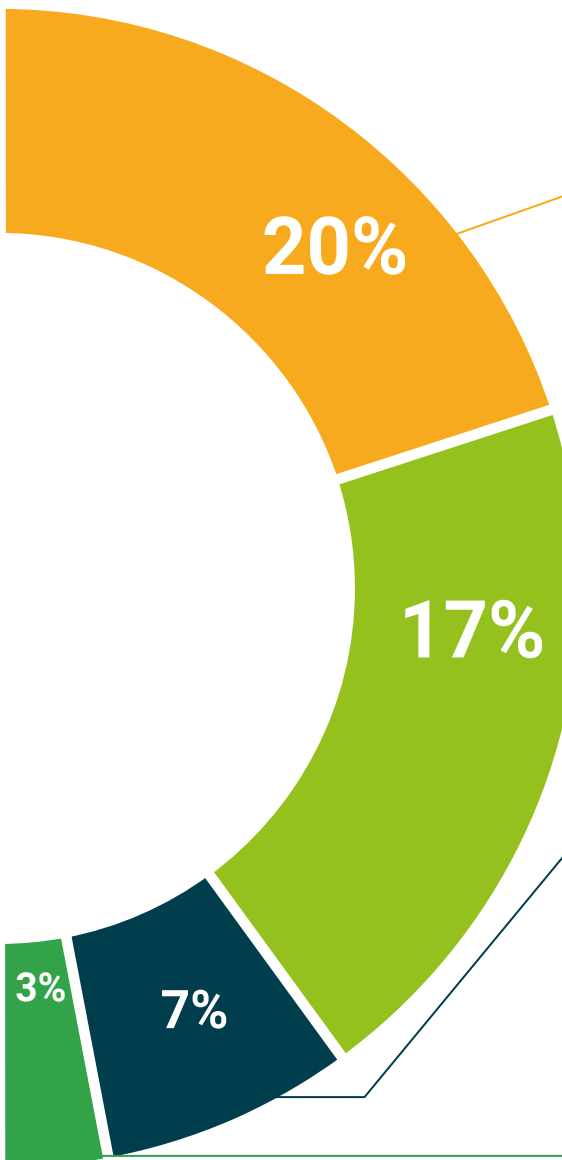
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Diploma in Pathologies Treated with Therapeutic Yoga for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Pathologies Treated with Therapeutic Yoga 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 Diploma issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Diploma in Pathologies Treated with Therapeutic Yoga for Nursing**

Official N° of Hours: **450 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 languages  
virtual classroom



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Pathologies Treated with  
Therapeutic Yoga for Nursing

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



# Postgraduate Diploma

## Pathologies Treated with Therapeutic Yoga for Nursing