

# Professional Master's Degree Therapeutic Pilates for Nursing





## Professional Master's Degree Therapeutic Pilates for Nursing

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/nursing/professional-master-degree/master-therapeutic-pilates-nursing](http://www.techtitute.com/pk/nursing/professional-master-degree/master-therapeutic-pilates-nursing)

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# 01

# Introduction

The effectiveness of the Pilates Method has led to increasing integration in healthcare settings. Its interest in the therapeutic field is due to the wide range of pathologies that can be treated and the adaptation of these techniques to pregnant patients. There is a wide range of actions from which the nursing professional can act. For this reason, TECH has developed this 100% online degree, which provides an intensive tour of the progress and various types of existing methods, the indications and contraindications of certain exercises, and technological advances applied in this area. All this, through high-quality content, prepared by an excellent teaching team experts in this field.





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*You are in front of a Master's Degree that will allow you to be up to date in Therapeutic Pilates through a 100% online methodology"*

The scientific study of the Pilates Method has led various health areas to integrate it, given its benefits for working with certain patients on muscle strengthening, flexibility, and mobility. A therapy that improves musculoskeletal and neurological pathologies in women who are pregnant or have postpartum issues.

In this context, the nurse with mastery of the different exercises of this discipline contributes significantly to the recovery phase of the patient. For this reason, TECH has designed this degree in Therapeutic Pilates with an exclusively online methodology and the best didactic material of the current academic panorama.

It is a program that will allow the graduate to keep updated on the evolution of this physical activity, the most sophisticated equipment used at present, and the incorporation of new technologies for monitoring the postures performed by the patient. All of this is supported by video summaries of each topic, videos in detail, specialized readings, and case studies.

In addition, thanks to the Relearning method, based on the continuous reiteration of key concepts, the graduate will not have to invest many hours of study and memorization since, with this system, they will be able to consolidate them in a much easier way.

A qualification that acquires a greater attraction by facilitating access to its content conveniently whenever and wherever the student wishes. Only a digital device with Internet connection (mobile, Tablet, or computer) is needed to view the syllabus hosted on the virtual platform. Undoubtedly, it is a unique academic experience oriented to give real answers to nursing professionals.

This **Professional Master's Degree in Therapeutic Pilates 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 specialists in Pilates
- ♦ 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 for experts, discussion forums on controversial issues and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*TECH adapts to your schedule That's why a flexible program has been created with content accessible 24 hours a day"*

“ *Inquire in this qualification about the improvement of Machine Pilates equipment*”

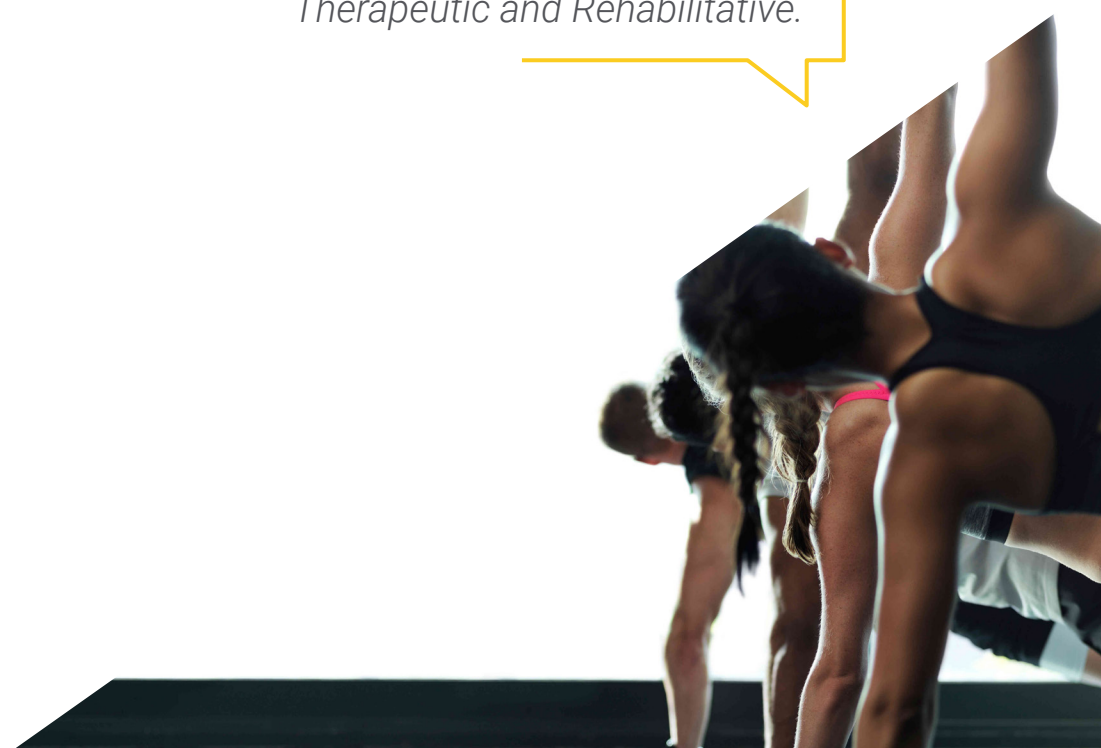
The program's teaching staff includes professionals from the sector who bring to this training the experience of their work, as well as renowned specialists from reference societies and prestigious universities.

Its 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 an 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 student will be assisted by an innovative interactive video system created by renowned experts.

*Thanks to the specialized readings, you will be able to keep up to date with the scientific evidence on Pilates in neurological patients.*

*Delve whenever you wish into the evolution of the Pilates Method from Classical to Therapeutic and Rehabilitative.*



# 02 Objectives

This academic proposal has been designed to offer nursing professionals the most current and scientifically rigorous information on Therapeutic Pilates. Therefore, at the end of the 12 months of this qualification, the graduate will have obtained an up-to-date knowledge of the approach to multiple pathologies through this discipline. In this way, you will be able to increase your capacity for the care of patients requiring rehabilitation or preparation of their bodies for sports competitions or childbirth.







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*In just 12 months you will achieve your goal of updating your skills in Therapeutic Pilates thanks to the quality didactic content offered by TECH”*



## General Objectives

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- ♦ Enhance knowledge and professional skills in the practice and teaching of Pilates exercises on the floor, on different machines, and with implements
- ♦ Differentiate the applications of Pilates exercises and the adaptations to be made for each patient
- ♦ Establish an exercise protocol adapted to the symptomatology and pathology of each patient
- ♦ Delineate the progressions and regressions of exercises according to the different phases in the process of recovery from an injury
- ♦ Avoid contraindicated exercises based on prior assessment of patients and clients.
- ♦ Handle in-depth the apparatus used in the Pilates Method
- ♦ To 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 for Pilates exercise
- ♦ Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method
- ♦ Perform correctly and analytically exercises based on the Pilates Method
- ♦ Analyze the physiological and postural changes that affect pregnant women
- ♦ Design exercises adapted to the woman in the course of pregnancy until delivery
- ♦ Describe the application of the Pilates Method in high-level athletes





## Specific Objectives

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### Module 1. The Pilates Method

- ♦ Delve into the background of Pilates
- ♦ Delve into the history of Pilates
- ♦ Describe the Pilates methodology

### Module 2. Fundamentals of the Pilates Method

- ♦ Delve into fundamentals of Pilates
- ♦ Identify the most relevant exercises
- ♦ Explain the Pilates positions to be avoided

### Module 3. The Pilates gym

- ♦ Describe the space where Pilates is performed
- ♦ Be aware of the machines to do Pilates
- ♦ Expose protocols and exercise progressions

### Module 4. Methodology in the practice of the Pilates Method

- ♦ Systematize sessions based on the Pilates Method
- ♦ Define types of sessions based on the Pilates Method
- ♦ Delve into the controversies and the well applied Pilates Method

### Module 5. Pilates in Spine disorders

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

### Module 6. Pilates in Upper Limb disorders

- ♦ Identify the pathologies of the Shoulder and their management
- ♦ Develop knowledge about the pathology of the Elbow and its approach
- ♦ Delve into the pathology of the Wrist and its approach

### Module 7. Pilates in Lower Limb disorders

- ♦ Detect distinctive characteristics of each injury
- ♦ Address the alterations through exercises based on the Pilates Method
- ♦ Adapt specific exercise protocols for the injury recovery process

### Module 8. General pathology and its treatment with Pilates

- ♦ Master the characteristics of each pathology
- ♦ Identify the main alterations of each pathology
- ♦ Address the alterations through exercises based on the Pilates Method

### Module 9. Pilates during Pregnancy, Childbirth, and Postpartum

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

### Module 10. Pilates in sports

- ♦ Identify the most frequent injuries in each sport
- ♦ Indicate the risk factors predisposing to injury
- ♦ Select exercises based on the Pilates Method adapted to each sport

# 03 Skills

This university qualification was created with the aim of increasing the competencies and capabilities of healthcare professionals in the inclusion of Therapeutic Pilates in clinical care. To this end, the specialized faculty that teaches this program has created content with a theoretical-practical perspective that will favor the improvement of care praxis in patients requiring rehabilitation. In this sense, TECH provides numerous pedagogical tools, including clinical case studies, that will put the graduate in a situation where they will be faced with different cases.



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*Increase your skills for optimal Pilates exercises for pregnant women”*



## General Skills

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- ♦ Update knowledge and professional skills in the practice and teaching of Pilates exercises on mats, different machines and with implements
- ♦ Establish an exercise protocol adapted to the symptomatology and pathology of each personal situation
- ♦ Discern clearly between a Pilates exercise done well and a Pilates exercise done poorly
- ♦ Attending to and preventing *burn out* in Pilates instructors
- ♦ Expand capabilities for the care of professionals who have overtrained in Pilates
- ♦ Promote health care by applying Pilates exercises correctly

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*The case studies will give you a close-up view of situations in which you can apply Pilates techniques in patient care"*





## Specific Skills

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- ◆ Adapt machine loads to the objective pursued with a given exercise in a specific patient
- ◆ Apply both strength and stretching pilates techniques to address various injuries
- ◆ Identify the main injuries caused by an incorrect practice of Pilates in non-professionals
- ◆ Exercise guidelines for people with osteoporosis or incontinence conditions
- ◆ Continue with research-oriented to delve into Pilates
- ◆ Establish protocols to perform exercises indicated in MATT
- ◆ Address problems produced in Upper and Lower Limbs through Pilates
- ◆ Recommend specific Pilates exercises to prevent muscular pathologies

# 04

# Course Management

One of the elements that distinguishes this qualification is the faculty in charge of developing its advanced content. In this way, TECH guarantees students access to exhaustive and rigorous information developed by experts in Physiotherapy and the Pilates Method. In addition, thanks to their proximity, students will be able to resolve any doubts that may arise regarding the content of this program throughout the 12-month duration.





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*Outstanding professional Physiotherapists  
will provide you with this complete update  
on Therapeutic Pilates"*

## Management



### Mr. González Arganda, Sergio

- ◆ Physiotherapist of Atlético de Madrid Football Club
- ◆ CEO Físio Domicilio Madrid
- ◆ Lecturer in the Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- ◆ Lecturer in the University Expert in Clinical Pilates
- ◆ Lecturer in the Master of Biomechanics and Sports Physiotherapy
- ◆ Master in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- ◆ Expert in Pilates Rehabilitation by the Royal Spanish Gymnastics Federation
- ◆ Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ◆ Physiotherapy Graduate at Comillas Pontifical in University

## Professors

### Ms. Cortés Lorenzo, Laura

- ◆ Physiotherapist in Fiosiomon clinic and the Madrid Hockey Federation
- ◆ Physiotherapist at Fiosiomon Clinic
- ◆ Physiotherapist in the Technification Center of the Hockey Federation of Madrid
- ◆ Physiotherapist in companies through Fisiowork S.L
- ◆ Traumatology physiotherapist in Artros Clinic
- ◆ Physiotherapist in Club SPV51 and Club Valdeluz Hockey Club
- ◆ Diploma in Physiotherapy. Complutense University of Madrid

### Ms. Díaz Águila, Estrella

- ◆ Physiotherapist at H3
- ◆ Physiotherapist at Physiotherapy Castilla Clinic
- ◆ Physiotherapist at Fiosiomagna Clinic
- ◆ Physiotherapist at CEMAJ Medical Center
- ◆ Master's Degree in Osteopathy at Alcalá University
- ◆ Musculoskeletal ultrasound course for physiotherapists at MV Clinic
- ◆ PHL Back School Course: Therapeutic Pilates, hypopressive and functional exercise at the College of Physiotherapists of Andalusia
- ◆ Postgraduate Certificate in Physiotherapy at the University of Alcalá

**Mr. Pérez Costa, Eduardo**

- ◆ CEO of Move2Be Physiotherapy and Readaptation
- ◆ Independent physiotherapist, home treatment in Madrid
- ◆ Physiotherapist Natal Clinic San Sebastian de los Reyes
- ◆ Sports readaptor of Club Baloncesto Zona Press
- ◆ Physiotherapist in the UD Sanse's subsidiary team
- ◆ Physiotherapist on the field with the Marcet Foundation.
- ◆ Physiotherapist at Pascual & Muñoz Clinic
- ◆ Physiotherapist at the Fisisio Life Plus clinic
- ◆ Master in Manual Physiotherapy in the locomotor apparatus at the University of Alcalá
- ◆ Degree in Physiotherapy at the University of Alcalá

**Ms. García Ibáñez, Marina**

- ◆ Physiotherapist at Foundation Multiple Sclerosis of Madrid and private consultation at home
- ◆ Physiotherapist for home treatment in pediatrics and adults with neurological pathology
- ◆ Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ◆ Physiotherapist and Psychologist in Kinés Clinic
- ◆ Physiotherapist in San Nicolás Clinic
- ◆ Master's Degree in Neurological Physiotherapy: Techniques of Assessment and Treatment at the European University of Madrid
- ◆ Expert in Neurological Physiotherapy at the European University of Madrid
- ◆ Degree in Psychology from the National University of Distance Education

**Ms. Parra Nebreda, Virginia**

- ◆ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ◆ Pelvic Floor Physiotherapist at Letfisio Clinic
- ◆ Physiotherapist at Orpea Nursing Home
- ◆ Master's Degree in Physiotherapy in Pelviperineology at the University of Castilla-La Mancha
- ◆ Functional Ultrasound Training in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT
- ◆ Hypopressive training at LOW PRESSURE FITNES
- ◆ Degree in Physiotherapy from the Complutense University of Madrid



*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*

# 05

## Structure and Content

Thanks to the numerous didactic contents that make up this Professional Master's Degree, the nursing professional will obtain a complete update on the evolution and development of the Pilates Method and its application to the approach of patients with various pathologies. All this through a syllabus prepared by health specialists with extensive experience in this area. In addition, the availability of this material is absolute through TECH's virtual platform, accessible 24 hours a day, 7 days a week.





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*A complete curriculum of 1,500 intensive hours with the most up-to-date content on Therapeutic Pilates for Nursing”*

## Module 1. Pilates Method

- 1.1. Joseph Pilates
  - 1.1.1. Joseph Pilates
  - 1.1.2. Books and postulates
  - 1.1.3. Legacy
  - 1.1.4. Origin of customized exercise
- 1.2. Background of the Pilates Method
  - 1.2.1. References
  - 1.2.2. Evolution
  - 1.2.3. Current Situation
  - 1.2.4. Conclusions
- 1.3. Method Evolution
  - 1.3.1. Improvements and modifications
  - 1.3.2. Contributions to the Pilates method
  - 1.3.3. Therapeutic Pilates
  - 1.3.4. Pilates and Physical Activity
- 1.4. Principles Pilates Method
  - 1.4.1. Definition of Principles
  - 1.4.2. Evolution of Principles
  - 1.4.3. Progression levels
  - 1.4.4. Conclusions
- 1.5. Classical versus Contemporary/Modern Pilates
  - 1.5.1. Key points in Classical Pilates
  - 1.5.2. Modern/Classical Pilates Analysis
  - 1.5.3. Contributions of Modern Pilates
  - 1.5.4. Conclusions
- 1.6. Pilates on the Floor and Pilates on Machines
  - 1.6.1. Fundamentals of Floor Pilates
  - 1.6.2. Evolution of Pilates on the floor
  - 1.6.3. Fundamentals of Pilates on Machines
  - 1.6.4. Evolution of Pilates on Machines



- 1.7. Scientific Evidence
    - 1.7.1. Scientific journals related to Pilates
    - 1.7.2. Doctoral thesis on Pilates
    - 1.7.3. Pilates Publications
    - 1.7.4. Pilates applications
  - 1.8. Orientations of the Pilates Method
    - 1.8.1. National trends
    - 1.8.2. International trends
    - 1.8.3. Trend Analysis
    - 1.8.4. Conclusions
  - 1.9. Schools
    - 1.9.1. Pilates Training Schools
    - 1.9.2. Magazines
    - 1.9.3. Evolution of Pilates Schools
    - 1.9.4. Conclusions
  - 1.10. Pilates Associations and Federations
    - 1.10.1. Definitions
    - 1.10.2. Benefits
    - 1.10.3. Objectives
    - 1.10.4. PMA
- Module 2. Fundamentals of the Pilates Method**
- 2.1. The different concepts of the method
    - 2.1.1. The concepts according to Joseph Pilates
    - 2.1.2. Evolution of Concepts
    - 2.1.3. Subsequent generations
    - 2.1.4. Conclusions
  - 2.2. Breathing
    - 2.2.1. The different types of breathing
    - 2.2.2. Analysis of types of breathing
    - 2.2.3. The Effects of breathing
    - 2.2.4. Conclusions
  - 2.3. Pelvis as the core of stability and movement
    - 2.3.1. The Joseph Pilates Core
    - 2.3.2. The Scientific Core
    - 2.3.3. Anatomical basis
    - 2.3.4. Core in recovery processes
  - 2.4. The organization of the shoulder girdle
    - 2.4.1. Anatomical Review
    - 2.4.2. Shoulder Girdle Biomechanics
    - 2.4.3. Pilates applications
    - 2.4.4. Conclusions
  - 2.5. The organization of lower limb movement
    - 2.5.1. Anatomical Review
    - 2.5.2. Biomechanics the Lower Limb
    - 2.5.3. Pilates applications
    - 2.5.4. Conclusions
  - 2.6. The articulation of the spine
    - 2.6.1. Anatomical Review
    - 2.6.2. Biomechanics of the Spine
    - 2.6.3. Pilates applications
    - 2.6.4. Conclusions
  - 2.7. Body segment alignments
    - 2.7.1. Posture
    - 2.7.2. Posture in Pilates
    - 2.7.3. Segmental alignments
    - 2.7.4. Muscle and fascial chains
  - 2.8. Functional integration
    - 2.8.1. Concept of functional Integration
    - 2.8.2. Implications on different activities
    - 2.8.3. The task
    - 2.8.4. The Context

- 2.9. Fundamentals of Therapeutic Pilates
  - 2.9.1. History of Therapeutic Pilates
  - 2.9.2. Concepts in Therapeutic Pilates
  - 2.9.3. Criteria in Therapeutic Pilates
  - 2.9.4. Examples of injuries or pathologies
- 2.10. Pilates clásico y Pilates terapéutico
  - 2.10.1. Differences between both methods
  - 2.10.2. Justification
  - 2.10.3. Progressions
  - 2.10.4. Conclusions

### Module 3. The gym/Pilates studio

- 3.1. The Reformer
  - 3.1.1. Introduction to the Reformer
  - 3.1.2. Reformer Benefits
  - 3.1.3. Main exercises on the Reformer
  - 3.1.4. Main errors on the Reformer
- 3.2. The Cadillac or Trapeze table
  - 3.2.1. Introduction to Cadillac
  - 3.2.2. Cadillac Benefits
  - 3.2.3. Main exercises on the Cadillac
  - 3.2.4. Main errors on the Cadillac
- 3.3. The chair
  - 3.3.1. Introduction to the chair
  - 3.3.2. Chair benefits
  - 3.3.3. Main exercises on the chair
  - 3.3.4. Main Errors on the chair
- 3.4. The Barrel
  - 3.4.1. Introduction to the Barrel
  - 3.4.2. Barrel Benefits
  - 3.4.3. Main exercises on the Barrel
  - 3.4.4. Main errors on the Barrel

- 3.5. "Combo" models
  - 3.5.1. Introduction to the Combo model
  - 3.5.2. Combo model benefits
  - 3.5.3. Main exercises on the Combo model
  - 3.5.4. main errors in the Combo model
- 3.6. The flexible ring
  - 3.6.1. Introduction to flexible ring
  - 3.6.2. Flexible ring benefits
  - 3.6.3. Main exercises on the flexible ring
  - 3.6.4. Main Errors on the flexible ring
- 3.7. The Spine Corrector
  - 3.7.1. Introduction to Spine corrector
  - 3.7.2. Spine corrector benefits
  - 3.7.3. Main exercises on the Spine corrector
  - 3.7.4. Main Errors on the Spine corrector
- 3.8. Implements adapted to the method
  - 3.8.1. Foam roller
  - 3.8.2. Fit Ball
  - 3.8.3. Elastic bands
  - 3.8.4. Bosu
- 3.9. The Space
  - 3.9.1. Equipment preferences
  - 3.9.2. The Pilates space
  - 3.9.3. Pilates Instruments
  - 3.9.4. Best practices in terms of space
- 3.10. The Environment
  - 3.10.1. Environment concept
  - 3.10.2. Characteristics of different environments
  - 3.10.3. Environment choice
  - 3.10.4. Conclusions



## Module 4. Methodology in the practice of the Pilates Method

- 4.1. The initial session
  - 4.1.1. Initial Assessment
  - 4.1.2. Informed Consent
  - 4.1.3. Words and commands related to Pilates
  - 4.1.4. Onset on the Pilates Method
- 4.2. Initial Assessment
  - 4.2.1. Postural assessment
  - 4.2.2. Flexibility assessment
  - 4.2.3. Coordinative assessment
  - 4.2.4. Session planning. Pilates card
- 4.3. Pilates class
  - 4.3.1. Initial exercises
  - 4.3.2. Student groupings
  - 4.3.3. Positioning, voice, corrections
  - 4.3.4. Resting
- 4.4. Student-patients
  - 4.4.1. Pilates student typology
  - 4.4.2. Personalized commitment
  - 4.4.3. Student objectives
  - 4.4.4. The choice of method
- 4.5. Exercise progressions and regressions
  - 4.5.1. Introduction to progressions and regressions
  - 4.5.2. Progressions
  - 4.5.3. Regressions
  - 4.5.4. The evolution of treatment
- 4.6. General protocol
  - 4.6.1. A basic generalized protocol
  - 4.6.2. Respect Pilates fundamentals
  - 4.6.3. Protocol analysis
  - 4.6.4. Protocol functions

- 4.7. Indications of the exercises
  - 4.7.1. Characteristics of initial position
  - 4.7.2. Contraindications of the exercises
  - 4.7.3. Verbal, tactile aids
  - 4.7.4. Class scheduling
- 4.8. The teacher/monitor
  - 4.8.1. Student analysis
  - 4.8.2. Types of teachers
  - 4.8.3. Generation of an adequate environment
  - 4.8.4. Student follow-up
- 4.9. The basic program
  - 4.9.1. Pilates for beginners
  - 4.9.2. Pilates for intermediates
  - 4.9.3. Pilates for experts
  - 4.9.4. Professional Pilates
- 4.10. Software for pilates studio
  - 4.10.1. Main pilates studio software
  - 4.10.2. Application for pilates practicing
  - 4.10.3. Latest technology in the pilates studio
  - 4.10.4. Most significant advances in Pilates studio

## Module 5. Pilates in Spine disorders

- 5.1. Basic anatomical recall
  - 5.1.1. Osteology of the Spine
  - 5.1.2. Spinal myology
  - 5.1.3. Biomechanics of the Spine
  - 5.1.4. Conclusions
- 5.2. Frequent pathologies susceptible to treatment with Pilates
  - 5.2.1. Growth pathologies
  - 5.2.2. Pathologies in elderly patients
  - 5.2.3. Pathologies in the sedentary person
  - 5.2.4. Pathologies in the athlete

- 5.3. Exercises indicated in MATT, on Machines, and with Implements. General protocol
  - 5.3.1. Stretching exercises
  - 5.3.2. Core stabilization exercises
  - 5.3.3. Joint mobilization exercises
  - 5.3.4. Strengthening exercises
  - 5.3.5. Functional exercises
- 5.4. Disk Pathology
  - 5.4.1. Pathomechanics
  - 5.4.2. Disc syndromes
  - 5.4.3. Differences between types of pathologies
  - 5.4.4. Good Practices
- 5.5. Articular Pathology
  - 5.5.1. Pathomechanics
  - 5.5.2. Joint syndromes
  - 5.5.3. types of pathologies
  - 5.5.4. Conclusions
- 5.6. Muscular Pathology
  - 5.6.1. Pathomechanics
  - 5.6.2. Muscle syndromes
  - 5.6.3. Types of pathologies
  - 5.6.4. Conclusions
- 5.7. Cervical spine pathology
  - 5.7.1. Symptoms
  - 5.7.2. Cervical syndromes
  - 5.7.3. Specific protocols
  - 5.7.4. Conclusions
- 5.8. Dorsal Spine Pathology
  - 5.8.1. Symptoms
  - 5.8.2. Dorsal syndromes
  - 5.8.3. Specific protocols
  - 5.8.4. Conclusions

- 5.9. Lumbar Spine Pathology
  - 5.9.1. Symptoms
  - 5.9.2. Lumbar syndromes
  - 5.9.3. Specific protocols
  - 5.9.4. Conclusions
- 5.10. Sacroiliac Pathology
  - 5.10.1. Symptoms
  - 5.10.2. Lumbar syndromes
  - 5.10.3. Specific protocols
  - 5.10.4. Conclusions

## Module 6. Pilates in Upper Limb disorders

- 6.1. Basic anatomical recall
  - 6.1.1. Osteology of the Upper Limb
  - 6.1.2. Myology of the Upper Limb
  - 6.1.3. Biomechanics of the Upper Limb
  - 6.1.4. Good Practices
- 6.2. Stabilization exercises
  - 6.2.1. Introduction to stabilization exercise
  - 6.2.2. MATT stabilization exercises
  - 6.2.3. Machine stabilization exercises
  - 6.2.4. Best stabilization exercises
- 6.3. Joint mobilization exercises
  - 6.3.1. Introduction to joint mobility exercises
  - 6.3.2. Joint mobility exercises MATT
  - 6.3.3. Joint mobility exercises on machine
  - 6.3.4. Best joint mobility exercises
- 6.4. Strengthening exercises
  - 6.4.1. Introduction to strengthen exercises
  - 6.4.2. MATT strengthen exercises
  - 6.4.3. Machine strengthen exercises
  - 6.4.4. Best strengthen exercises

- 6.5. Functional exercises
  - 6.5.1. Introduction to functional exercises
  - 6.5.2. MATT functional exercises
  - 6.5.3. Machine stabilization exercises
  - 6.5.4. Best functional exercises
- 6.6. Shoulder Pathology Specific protocols
  - 6.6.1. Painful Shoulder
  - 6.6.2. Frozen shoulder
  - 6.6.3. Shoulder hypomobility
  - 6.6.4. Shoulder exercises
- 6.7. Elbow pathology Specific protocols
  - 6.7.1. Articular Pathology
  - 6.7.2. Muscle-tendon Pathology
  - 6.7.3. Post-traumatic or post-surgical elbow
  - 6.7.4. Elbow Exercises
- 6.8. Wrist Pathology
  - 6.8.1. Main syndromes
  - 6.8.2. Wrist pathology types
  - 6.8.3. Wrist Exercises
  - 6.8.4. Conclusions
- 6.9. Pathology of the Hand
  - 6.9.1. Main syndromes
  - 6.9.2. Hand pathology types
  - 6.9.3. Hand Exercises
  - 6.9.4. Conclusions
- 6.10. Nerve entrapments in the upper limb
  - 6.10.1. Brachial Plexus
  - 6.10.2. Peripheral Nerves
  - 6.10.3. Types of pathologies
  - 6.10.4. Exercises for nerve entrapments in the Upper Limb

## Module 7. Pilates in Lower Limb disorders

- 7.1. Basic anatomical recall
  - 7.1.1. Osteology of the Lower Limb
  - 7.1.2. Myology of the Lower Limb
  - 7.1.3. Biomechanics of the Lower Limb
  - 7.1.4. Good Practices
- 7.2. Frequent pathologies susceptible to treatment with Pilates
  - 7.2.1. Growth pathologies
  - 7.2.2. Pathologies in the athlete
  - 7.2.3. Other Types of Pathologies
  - 7.2.4. Conclusions
- 7.3. Exercises indicated on Mat, Machines, and Implements. General protocol
  - 7.3.1. Dissociation exercises
  - 7.3.2. Mobilization exercises
  - 7.3.3. Strengthening exercises
  - 7.3.4. Functional exercises
- 7.4. Hip Pathology
  - 7.4.1. Articular Pathology
  - 7.4.2. Muscle-tendon Pathology
  - 7.4.3. Surgical pathology. Prosthesis
  - 7.4.4. Hip Exercises
- 7.5. Knee Pathology
  - 7.5.1. Articular Pathology
  - 7.5.2. Muscle-tendon Pathology
  - 7.5.3. Surgical pathology. Prosthesis
  - 7.5.4. Knee Exercises
- 7.6. Ankle Pathology
  - 7.6.1. Articular Pathology
  - 7.6.2. Muscle-tendon Pathology
  - 7.6.3. Surgical pathology
  - 7.6.4. Ankle Exercises

- 7.7. Foot Pathology
  - 7.7.1. Joint and fascial pathology
  - 7.7.2. Muscle-tendon Pathology
  - 7.7.3. Surgical pathology
  - 7.7.4. Foot Exercises
- 7.8. Nerve entrapments in the Lower limb
  - 7.8.1. Brachial Plexus
  - 7.8.2. Peripheral Nerves
  - 7.8.3. Types of pathologies
  - 7.8.4. Exercises for nerve entrapments in the Lower Limb
- 7.9. Analysis of the anterolateral chain of the lower limb
  - 7.9.1. What is the anterolateral chain, and how important is it for the patient?
  - 7.9.2. Important aspects for assessment
  - 7.9.3. The relationship of the chain with pathology already described
  - 7.9.4. Exercises for training of the anterolateral chain
- 7.10. Analysis of the posterior-medial chain of the lower limb
  - 7.10.1. What is the posterior-medial chain, and how important is it for the patient?
  - 7.10.2. Important aspects for assessment
  - 7.10.3. The relationship of the complex with pathology already described
  - 7.10.4. Exercises for posterior-medial chain

## Module 8. General pathology and its treatment with Pilates

- 8.1. Nervous system
  - 8.1.1. Central Nervous System
  - 8.1.2. Peripheral Nervous System
  - 8.1.3. Brief description of neural pathways
  - 8.1.4. Benefits of Pilates in neurological pathology
- 8.2. Neurological assessment focused on Pilates
  - 8.2.1. Medical History
  - 8.2.2. Strength and tone assessment
  - 8.2.3. Sensitivity assessment
  - 8.2.4. Tests and scales

- 8.3. Most prevalent neurological pathologies and scientific evidence in Pilates
  - 8.3.1. Brief description of the pathologies
  - 8.3.2. Basic principles of Pilates in neurological pathology
  - 8.3.3. Adaptation of Pilates positions
  - 8.3.4. Adaptation of Pilates Exercises
- 8.4. Multiple Sclerosis
  - 8.4.1. Pathology description
  - 8.4.2. Assessment of the patient's capabilities
  - 8.4.3. Adaptation of Pilates exercises on floor
  - 8.4.4. Adaptation of Pilates exercises with elements
- 8.5. Stroke
  - 8.5.1. Pathology description
  - 8.5.2. Assessment of the patient's capabilities
  - 8.5.3. Adaptation of Pilates exercises on floor
  - 8.5.4. Adaptation of Pilates exercises with elements
- 8.6. Parkinson's Disease
  - 8.6.1. Pathology description
  - 8.6.2. Assessment of the patient's capabilities
  - 8.6.3. Adaptation of Pilates exercises on floor
  - 8.6.4. Adaptation of Pilates exercises with elements
- 8.7. Cerebral Palsy
  - 8.7.1. Pathology description
  - 8.7.2. Assessment of the patient's capabilities
  - 8.7.3. Adaptation of Pilates exercises on floor
  - 8.7.4. Adaptation of Pilates exercises with elements
- 8.8. Older adults
  - 8.8.1. Age-related pathologies
  - 8.8.2. Assessment of the patient's capabilities
  - 8.8.3. Indicated exercises
  - 8.8.4. Contraindicated exercises

- 8.9. Osteoporosis
  - 8.9.1. Pathology description
  - 8.9.2. Assessment of the patient's capabilities
  - 8.9.3. Indicated exercises
  - 8.9.4. Contraindicated exercises
- 8.10. Pelvic Floor Disorders: urinary incontinence
  - 8.10.1. Pathology description
  - 8.10.2. Incidence and Prevalence
  - 8.10.3. Indicated exercises
  - 8.10.4. Contraindicated exercises

## Module 9. Pilates during Pregnancy, Childbirth, and Postpartum

- 9.1. First Trimester
  - 9.1.1. Changes in the first quarter
  - 9.1.2. Benefits and objectives
  - 9.1.3. Indicated exercises
  - 9.1.4. Contraindications
- 9.2. Second quarter
  - 9.2.1. Changes in the Second quarter
  - 9.2.2. Benefits and objectives
  - 9.2.3. Indicated exercises
  - 9.2.4. Contraindications
- 9.3. Third Trimester
  - 9.3.1. Changes in the third quarter
  - 9.3.2. Benefits and objectives
  - 9.3.3. Indicated exercises
  - 9.3.4. Contraindications
- 9.4. Birth
  - 9.4.1. Dilation and delivery phase
  - 9.4.2. Benefits and objectives
  - 9.4.3. Recommendations
  - 9.4.4. Contraindications
- 9.5. Immediate Postpartum
  - 9.5.1. Recovery and puerperium
  - 9.5.2. Benefits and objectives
  - 9.5.3. Indicated exercises
  - 9.5.4. Contraindications
- 9.6. Urinary Incontinence and Pelvic Floor
  - 9.6.1. Anatomy involved
  - 9.6.2. Pathophysiology
  - 9.6.3. Indicated exercises
  - 9.6.4. Contraindications
- 9.7. Problems in pregnancy and approach through the Pilates Method
  - 9.7.1. Body statics change
  - 9.7.2. Most Frequent Problems
  - 9.7.3. Indicated exercises
  - 9.7.4. Contraindications
- 9.8. Pregnancy preparation
  - 9.8.1. Benefits of physical training during pregnancy
  - 9.8.2. Recommended physical activity
  - 9.8.3. Indicated exercises for the first pregnancy
  - 9.8.4. Preparation during the search for the second and subsequent
- 9.9. Late Postpartum
  - 9.9.1. Long-term anatomical changes
  - 9.9.2. Preparation for the return to physical activity
  - 9.9.3. Indicated exercises
  - 9.9.4. Contraindications
- 9.10. Post-partum alterations
  - 9.10.1. Abdominal diastasis
  - 9.10.2. Static pelvic-prolapse shift
  - 9.10.3. Alterations of deep abdominal musculature
  - 9.10.4. Indications and contraindications in cesarean section

## Module 10. Pilates in sports

- 10.1. Soccer
  - 10.1.1. Most Common Injuries
  - 10.1.2. Pilates as treatment and prevention
  - 10.1.3. Benefits and objectives
  - 10.1.4. Example in elite athletes
- 10.2. Racquet Sports
  - 10.2.1. Most Common Injuries
  - 10.2.2. Pilates as treatment and prevention
  - 10.2.3. Benefits and objectives
  - 10.2.4. Example in elite athletes
- 10.3. Basketball
  - 10.3.1. Most Common Injuries
  - 10.3.2. Pilates as treatment and prevention
  - 10.3.3. Benefits and objectives
  - 10.3.4. Example in elite athletes
- 10.4. Handball
  - 10.4.1. Most Common Injuries
  - 10.4.2. Pilates as treatment and prevention
  - 10.4.3. Benefits and objectives
  - 10.4.4. Example in elite athletes
- 10.5. Golf
  - 10.5.1. Most Common Injuries
  - 10.5.2. Pilates as treatment and prevention
  - 10.5.3. Benefits and objectives
  - 10.5.4. Example in elite athletes
- 10.6. Swimming
  - 10.6.1. Most Common Injuries
  - 10.6.2. Pilates as treatment and prevention
  - 10.6.3. Benefits and objectives
  - 10.6.4. Example in elite athletes





- 10.7. Athletics
  - 10.7.1. Most Common Injuries
  - 10.7.2. Pilates as treatment and prevention
  - 10.7.3. Benefits and objectives
  - 10.7.4. Example in elite athletes
- 10.8. Dance and performing arts
  - 10.8.1. Most Common Injuries
  - 10.8.2. Pilates as treatment and prevention
  - 10.8.3. Benefits and objectives
  - 10.8.4. Example in elite athletes
- 10.9. Roller Hockey
  - 10.9.1. Most Common Injuries
  - 10.9.2. Pilates as treatment and prevention
  - 10.9.3. Benefits and objectives
  - 10.9.4. Example in elite athletes
- 10.10. Rugby
  - 10.10.1. Most Common Injuries
  - 10.10.2. Pilates as treatment and prevention
  - 10.10.3. Benefits and objectives
  - 10.10.4. Example in elite athletes

“ Thanks to this qualification, you will be up to date on the indications and contraindications of certain Pilates exercises for patients with Osteoporosis”

06

# 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.







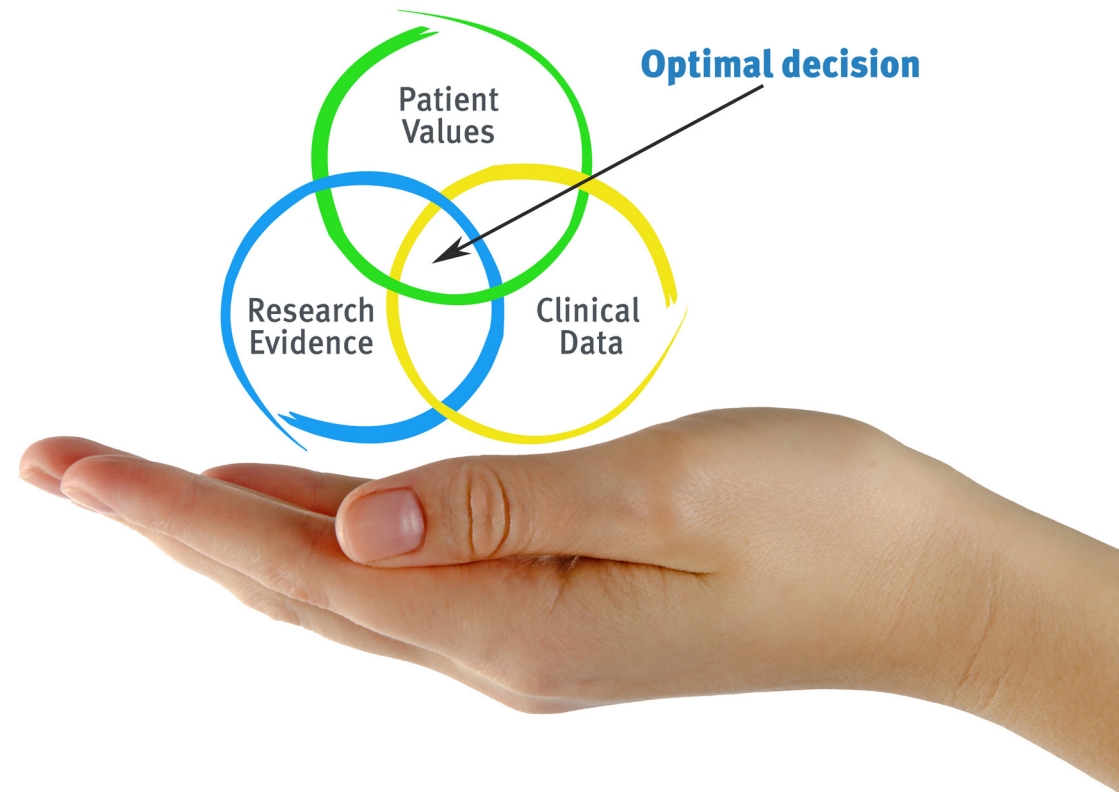
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

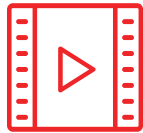
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

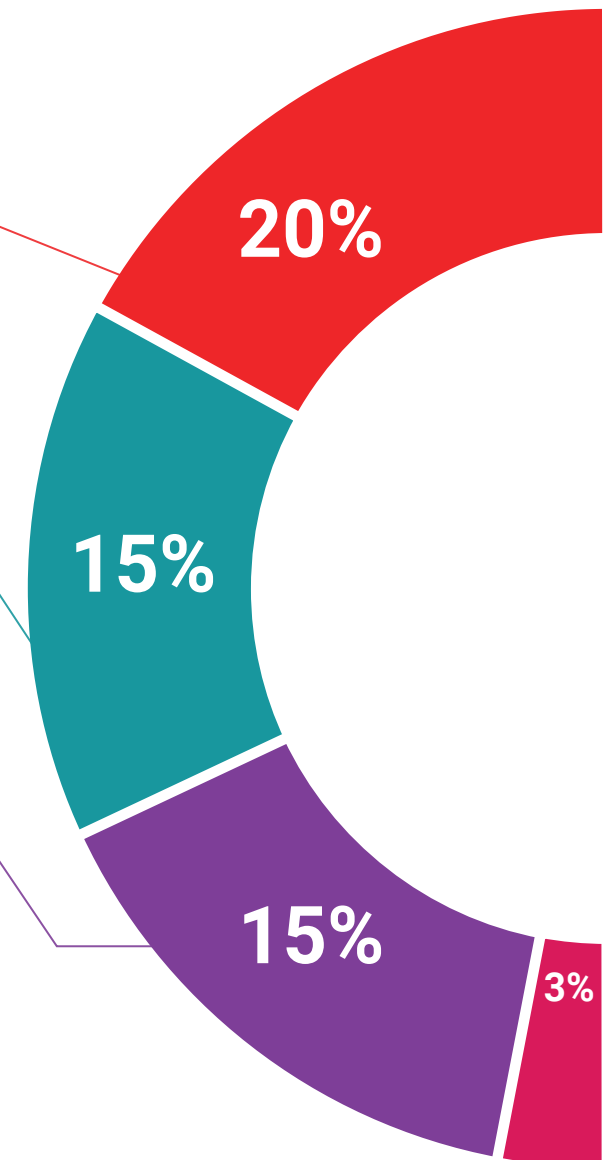
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

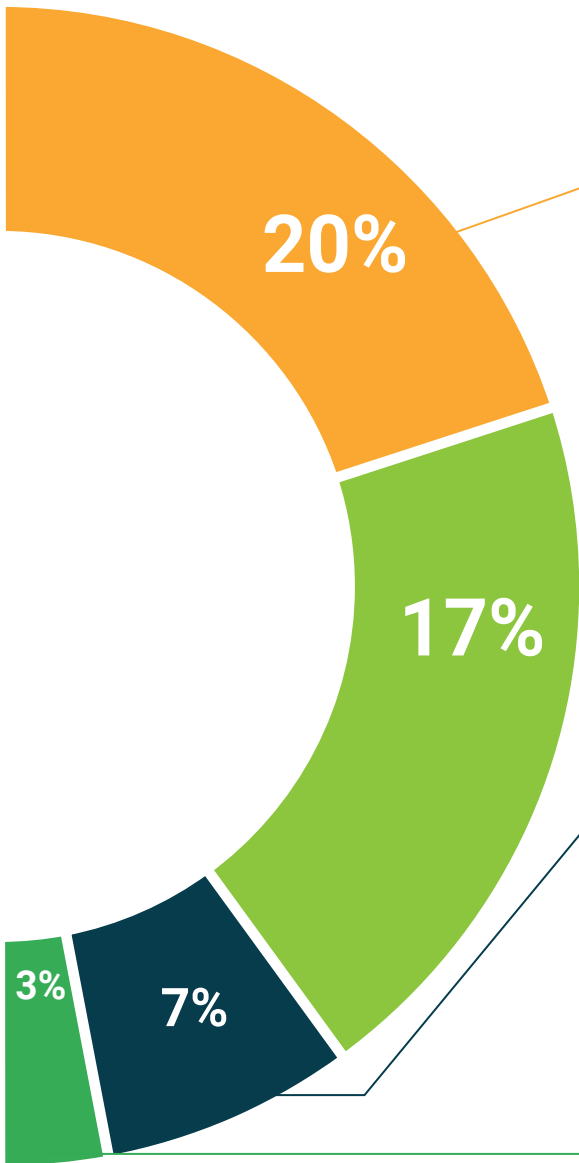
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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.



07

# Certificate

The Professional Master's Degree in Therapeutic Pilates for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree 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”*

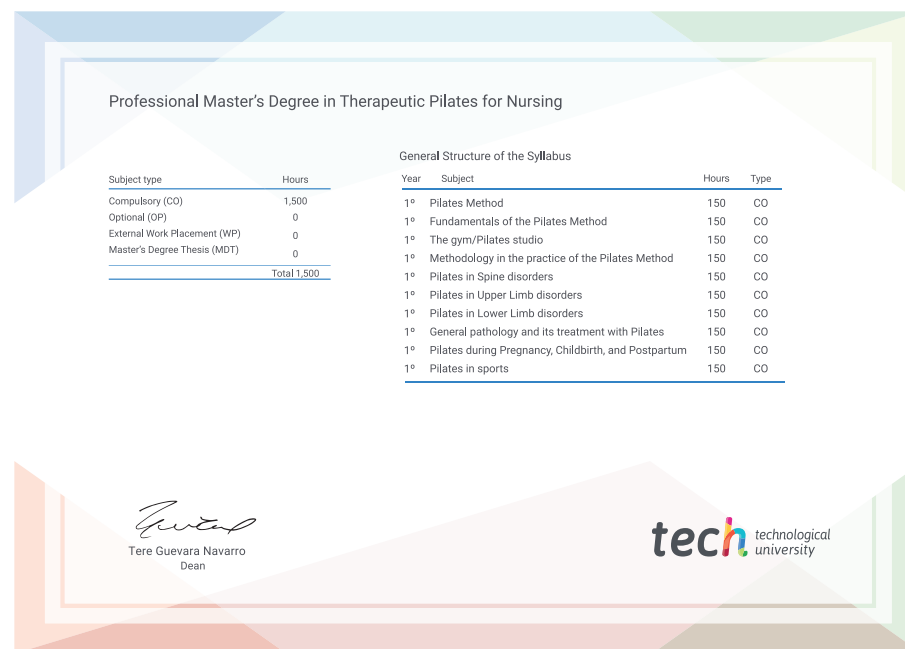
This **Professional Master's Degree in Therapeutic Pilates for Nursing** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery.

The certificate issued by **TECH University** will reflect the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Program: **Professional Master's Degree in Therapeutic Pilates for Nursing**

Official No. of Hours: **1,500 hours.**



\*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.



## Professional Master's Degree Therapeutic Pilates for Nursing

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree Therapeutic Pilates for Nursing

