

# Postgraduate Certificate

## Phytotherapy of Locomotor System Disorders



## Postgraduate Certificate

### Phytotherapy of Locomotor System Disorders

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

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/phytotherapy-locomotor-system-disorders](http://www.techtute.com/us/nutrition/postgraduate-certificate/phytotherapy-locomotor-system-disorders)

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# 01

# Introduction

Since ancient times, different cultures have used medicinal plants to treat ailments of the Locomotor System. However, with scientific advances, a better understanding of the active principles of plants and their impact on the organism has been achieved. This makes the nutritionist feel attracted to these natural techniques that, combined with a proper treatment, can considerably improve the health of their patients. This is why TECH created a 100% online program, which provides the specialist the opportunity to delve in concepts such as Phytotherapy in the treatment of rheumatism and gout. This degree includes multimedia resources that can be found in a virtual library that you can access 24 hours a day without time restrictions.





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*With TECH you will broaden your knowledge in Phytotherapy and its application in diseases affecting the Locomotor System"*

The Phytotherapy of Locomotor System affections applied in Nutrition has solved several problems. One of them is the relief of pain and inflammation in conditions such as arthritis and osteoarthritis. Also, some medicinal plants, such as turmeric, ginger and white willow, contain compounds with anti-inflammatory properties that can help reduce inflammation and improve joint mobility. In addition, research has shown that these herbs are useful in promoting the regeneration and strengthening of Locomotor System tissues.

Consequently, it is increasingly necessary for the Nutrition professional to be constantly updated in this area. In this context, TECH has developed a program that will provide the specialist with the most cutting-edge knowledge in the field of Phytotherapy. In this way, you will delve into plant species with analgesic or anti-inflammatory action, treatments with medicinal plants for rheumatism and remineralizing healing herbs.

This program is presented in 100% online mode and implements one of the most revolutionary and rigorous methods, Relearning. This will make it easier for the expert to catch up, as they will be able to remember concepts more efficiently without having to invest long hours of study. This will allow the Nutrition expert to achieve a quality education under the highest standards of the academic environment.

This **Postgraduate Certificate in Phytotherapy of Locomotor System Disorders** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ◆ Practical case studies are presented by experts in Phytotherapy
- ◆ The graphic, schematic, and practical contents with which they are created, compile scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*You will delve in the study of plant species that have analgesic and anti-inflammatory properties, and their application in the field of Nutrition"*

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*You will have video summaries that will allow you to explore medicinal plants with analgesic and anti-inflammatory properties applied topically”*

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.

*With this 100% online program, you will implement rheumatism treatments through the application of Phytotherapy in Nutrition.*

*In just 6 weeks you will acquire the necessary skills to use uricosuric plants effectively in the treatment of gout.*



# 02

# Objectives

This program aims to provide the nutritionist with the most innovative knowledge and skills in the field of Phytotherapy applied to the Locomotor System. In this way, the professional will identify improvements in their treatments and dietary plans and will include the use of medicinal plants to improve the quality of life of their patients. To achieve this, a program has been designed that will be 100% online and that provides the student with total freedom to coordinate their personal, work and updating activities, since they will not have to adjust to a fixed schedule.





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*Throughout this program you will be able to include the innovative techniques in Phytotherapy for the treatment of sarcopenia"*



## General Objectives

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- ◆ Define the therapeutic limits of Phytotherapy and identify the cases in which it can be used safely
- ◆ Describe the use of Phytotherapy oriented to the satisfaction of the needs derived from the patient's health problems and the prevention of complications, guaranteeing a safe and quality practice
- ◆ Solve cases related to the field of phytotherapy
- ◆ Explain the use and indication of medical devices, food supplements and/or drugs, assessing the expected benefits and associated risks
- ◆ Apply theoretical knowledge in daily practice



*You will thoroughly explore the power of remineralizing medicinal plants and their impact on the health of the Locomotor System through proper nutrition"*





## Specific Objectives

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- ◆ Define the usefulness of Phytotherapy in the treatment of arthritis
- ◆ Define the usefulness of phytotherapy in the treatment of arthrosis
- ◆ Define the usefulness of Phytotherapy in the treatment of joint pain
- ◆ Identify muscle that act as relaxant medicinal plants for the treatment of muscle contractions
- ◆ Define the usefulness of phytotherapy in the treatment of arthrosis
- ◆ Identify and classify remineralizing medicinal plants
- ◆ Explain the phytotherapy treatments and therapeutic limits in locomotor system disorders

03

# Course Management

The direction of this program is in charge of a group of experts versed in Phytotherapy. It is a team of highly trained and prepared professionals, whose purpose is to transmit innovative, contemporary and dynamic concepts. This is why the graduate who participates in this program will have the opportunity to obtain an avant-garde and complete perspective of this technique, as well as the current environment and demand in the nutritional field.





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*Keep up to date with a curriculum developed by experts that will offer you an innovative perspective on Locomotor System diseases and their Phytotherapeutic treatments”*

## Management



### Ms. Alonso Osorio, María José

- ♦ Community Pharmacist and Specialist in Galenic and Industrial Pharmacy
- ♦ Member of Medicinal Plants and Homeopathy, College of Pharmacists of Barcelona
- ♦ Technical director and head of R&D at Farmadiez S.A
- ♦ Translation coordinator for the monographs on medicinal plants of the German Commission E
- ♦ Co-author of the book Medicinal Plants (Practical Phytotherapy) and translator of Richard Pinto's book Practical Manual of Homeopathy
- ♦ Corresponding Academician of the Royal Academy of Pharmacy of Catalunya
- ♦ Postgraduate Diploma Degree in Advances in Phytotherapy Applied from the University of Montpellier



## Professors

### Dr. Allué Creus, Josep

- ◆ Scientific Director Sincrofarm
- ◆ Research and Development Director. ApDeNa Consultation
- ◆ Member of Medicinal Plants and Homeopathy. Official College of Pharmacists of Barcelona ( COFB)
- ◆ Member of the Spanish Association of Pharmacists of the Industry (AEFI)
- ◆ Titular Professor Department of Animal Biology, Plant Biology and Ecology at the Autonomous University of Barcelona
- ◆ Founder and member of the Pain Commission of SEFIT
- ◆ Doctor in Pharmacy (PhD)
- ◆ Degree in Pharmacy

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*An impressive teaching staff, made up of professionals from different areas of expertise, will be your teachers during your training: a unique opportunity not to be missed”*

# 04

## Structure and Content

The content of this program offers the professional the most up to date knowledge on Phytotherapy applied to Locomotor System Affections. Therefore, the nutritionist will be able to delve into topics such as plant varieties with analgesic or anti-inflammatory properties for topical use, Phytotherapy in the treatment of sarcopenia and the use of medicinal plants in the management of rheumatism. For this reason, TECH has designed a 100% online program that will allow the participant to carry out the updating process at any time and place, just by having a device with an Internet connection.





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*With TECH's Relearning methodology you will enjoy the didactic materials at your own pace, therefore optimizing your updating process"*

### Module 1. Phytotherapy for Disorders of the Locomotor System

- 1.1. Phytotherapy. in Affecting the Locomotor System: Introduction
- 1.2. Phytotherapy. in Affecting the Locomotor System: Plant Species with Analgesic and/or Anti-inflammatory Action in Oral Use
- 1.3. Phytotherapy in Diseases Affecting the Locomotor System: Plant Species with Analgesic and/or Anti-inflammatory Action in Topical Use
- 1.4. Phytotherapy in the Treatment of Rheumatism
- 1.5. Phytotherapy in the Treatment of Gout: Uricosuric Plants
- 1.6. Phytotherapy in the Treatment of Sarcopenia
- 1.7. Remineralizing Medicinal Plants





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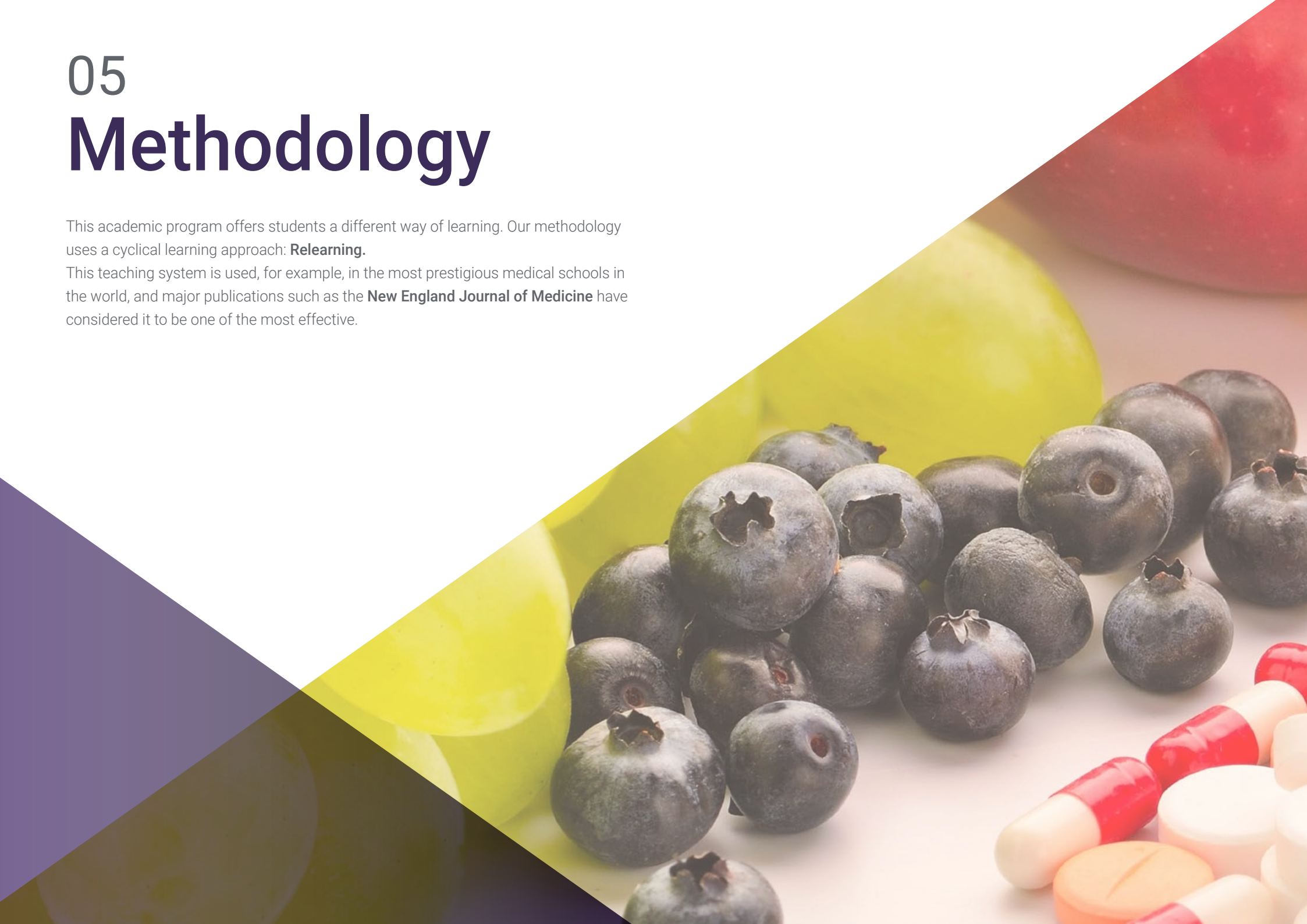
*You will have the most up-to-date academic content presented in multimedia formats that will enhance your experience”*

# 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 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. Specialists learn better, faster, and more sustainably over time.

*With TECH, nutritionists can experience a way of learning 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, trying to recreate the real conditions of professional nutritional 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. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
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 the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*The nutritionist 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, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. 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 the videos as many times as you like.



#### Interactive Summaries

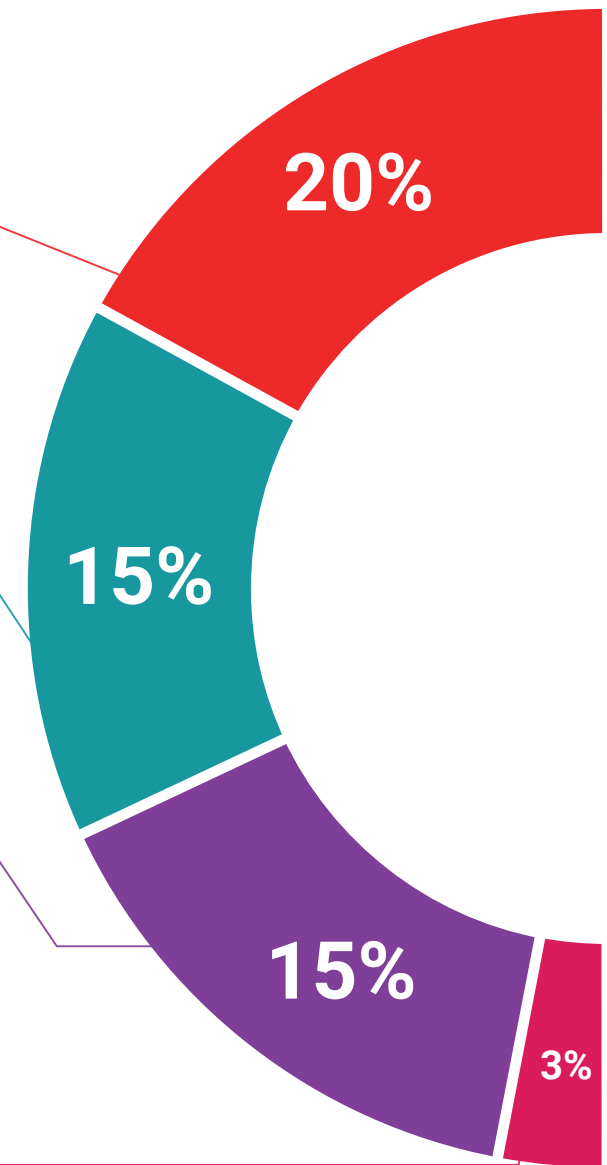
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

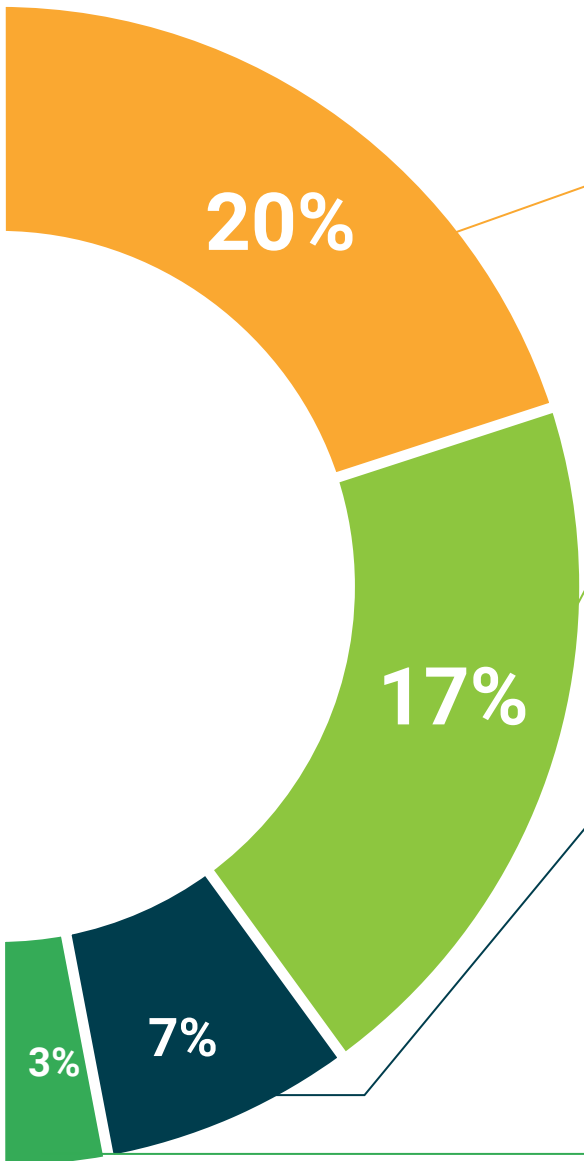
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Phytotherapy for Locomotor System Disorders 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”*

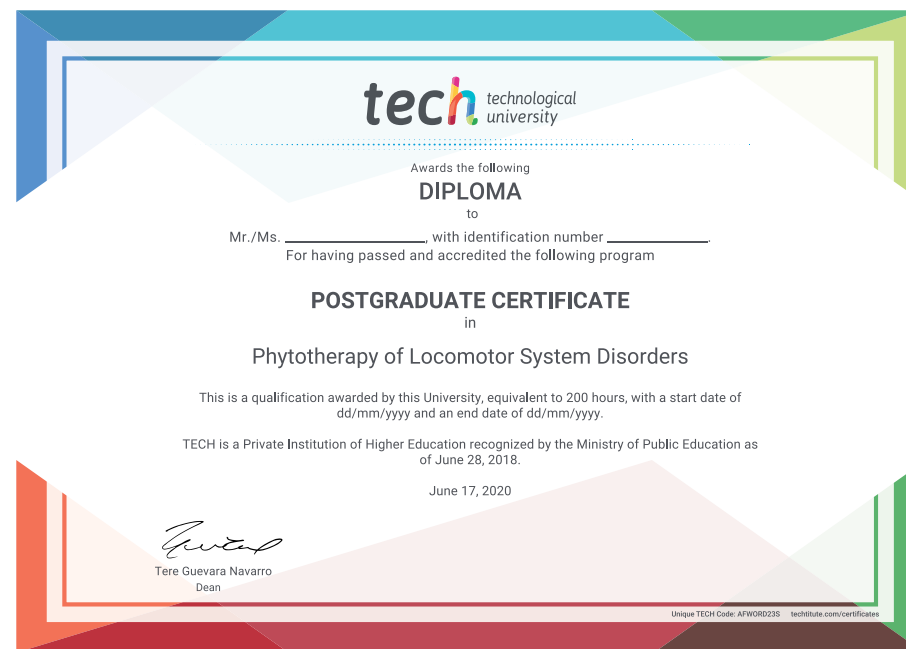
This **Postgraduate Certificate in Phytotherapy of Locomotor System Disorders** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma 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 Phytotherapy of Locomotor System Disorders**

Official N° of Hours: **200 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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System Disorders

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