

# Hybrid Professional Master's Degree Physiotherapy in Primary Care





## Hybrid Professional Master's Degree

### Physiotherapy in Primary Care

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

60 + 5 ECTS Credits

Website: [www.techtute.com/us/physiotherapy/hybrid-professional-master-degree/hybrid-professional-master-degree-physiotherapy-primary-care](http://www.techtute.com/us/physiotherapy/hybrid-professional-master-degree/hybrid-professional-master-degree-physiotherapy-primary-care)

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# 01

# Introduction

Physiotherapy plays a fundamental role in Primary Care, offering an integral perspective of health. Thus, this discipline not only relieves pain and improves mobility, but also contributes to the overall improvement of well-being, empowering individuals to take an active role in their own health. In this field, there is a high demand for physiotherapists who are experts in rehabilitation and promotion of physical function, using manual techniques, therapeutic exercise, patient education and self-care advice. For this reason, TECH has developed a revolutionary program that fuses practice with specialized instruction, so that the professional can integrate the most advanced physiotherapeutic treatments into his or her daily practice.



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*Enroll now in this Hybrid Professional Master's Degree in Physiotherapy in Primary Care and benefit from the combination of the flexibility of distance learning with expert-guided face-to-face practice"*

Physiotherapy in Primary Care plays an essential role in the prevention, evaluation, treatment and rehabilitation of various physical conditions. That is why physiotherapists should not only focus on functional recovery, but will also be dedicated to educating people, so that they actively participate in their physical well-being, thus promoting a model of preventive care and holistic care.

In this way, the program will provide the physical therapist with the therapeutic tools and knowledge essential for their professional performance. Students will gain insight into the evaluation and treatment of common musculoskeletal, neurological and respiratory conditions in primary care. This will include real case studies, advanced manual therapy techniques, therapeutic exercise prescription adapted to different pathologies and populations, as well as strategies for injury management and prevention.

Aspects related to effective communication with patients, interdisciplinary teamwork and the application of scientific evidence in clinical practice will also be addressed, offering a complete and updated vision of Physiotherapy in this context of essential care within the health system.

This Hybrid Professional Master's Degree in Primary Care Physical Therapy will combine the convenience of distance learning with invaluable hands-on experience. For three weeks, graduates will merge theoretical knowledge with a practical immersion in a leading hospital center, where students can apply their knowledge under the supervision of experienced professionals. This will not only facilitate the assimilation of the most advanced techniques in Physiotherapy, but also the development of skills to identify and adequately treat pain and mobility problems.

With the guidance of a personal tutor, who will dedicate 100% of his or her time to the student, you will work with confidence in an environment that offers the latest in healthcare technology. Thus, you will take advantage of proven and effective physiotherapeutic techniques, allowing for a comprehensive hands-on immersion and making the most of this valuable experience.

This **Hybrid Professional Master's Degree in Physiotherapy in Primary Care** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ More than 100 clinical cases presented by fisioterapia/experto in Primary Care and university professors with extensive experience
- ♦ Its graphic, schematic and practical contents provide scientific and assistance information on those medical disciplines that are essential for professional practice
- ♦ Comprehensive systematized action plans for the main pathologies in Primary Care
- ♦ Presentation of practical workshops on procedures, diagnosis, and treatment techniques in Primary Care
- ♦ All of this will be complemented by 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
- ♦ Furthermore, you will be able to carry out a clinical internship in one of the best hospital centers



*Bet on TECH! Thanks to this program you will maximize the efficiency and practical application of key concepts in Primary Care Physiotherapy”*



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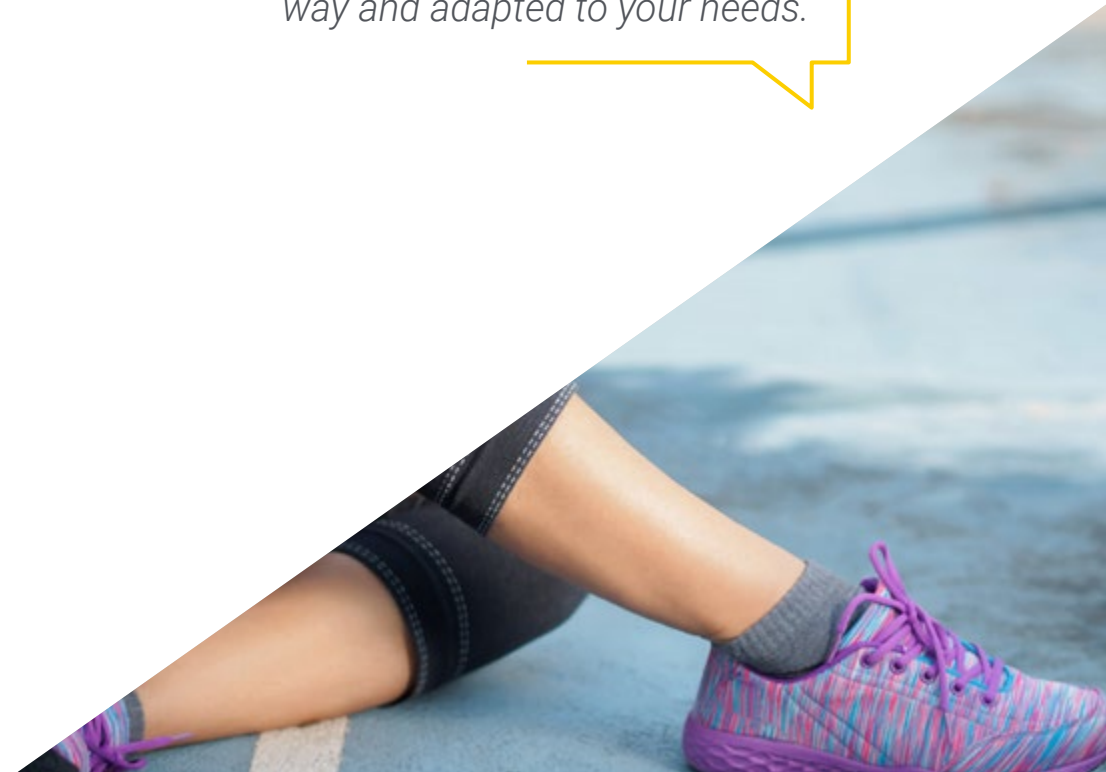
*You will acquire solid theoretical skills while practically applying your knowledge in real Primary Care settings”*

In this Professional Master's Degree proposal, of professionalizing character and blended learning modality, the program is aimed at updating physiotherapy professionals who develop their functions in Primary Care units, and who require a high level of qualification. The contents are based on the latest scientific evidence, and oriented in an educational way to integrate theoretical knowledge into practice, and the theoretical-practical elements will facilitate knowledge update and decision-making in patient management.

Thanks to the multimedia content, developed with the latest educational technology, Physiotherapy professionals will benefit from contextual learning, i.e., a simulated environment that will provide immersive learning programmed to train in real situations. This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*This flexible hybrid modality will ensure that you gain a comprehensive understanding and acquire the practical skills necessary to perform your job as a Physical Therapist.*

*Update your knowledge through this Hybrid Professional Master's Degree in Physiotherapy in Primary Care, in a practical way and adapted to your needs.*



02

# Why Study this Hybrid Professional Master's Degree?

This Hybrid Professional Master's Degree in Primary Care Physical Therapy will provide the specialist with the flexibility and convenience of distance learning, combined with practical experience in Primary Care settings. In addition, you will delve into the latest trends and techniques in physical therapy, while immersing yourself in real patient care situations under the guidance of experts in the field. This unique fusion will prepare the graduate to address real challenges and develop crucial skills to develop their clinical practice, becoming a highly competent and capable professional to face present and future challenges in Primary Care.





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*TECH is the only university that offers you the possibility of entering into real clinical environments and maximum demand to deepen in the latest advances in Physiotherapy in Primary Care”*

### 1. Updating from the Latest Technology Available

From portable monitoring devices to advanced online virtual reality tools, and Artificial Intelligence systems, technological advances allow physical therapists to accurately assess patient progress, customize treatment programs and deliver more effective therapies. For this reason, TECH presents this Hybrid Professional Master's Degree, thanks to which the professional will enter a cutting-edge clinical environment, accessing the latest technology in the field of Primary Care.

### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

The large team of professionals that will accompany the specialist throughout the practical period is a first-class and an unprecedented guarantee of updating. With a specifically designated tutor, the student will be able to see real patients in a state-of-the-art environment, which will allow them to incorporate the most effective procedures and approaches in Assisted Reproduction into their daily practice.

### 3. Entering First-Class Clinical Environments

TECH carefully selects all the centers available for the Blended Masters. As a result, the physiotherapist will have guaranteed access to a prestigious clinical environment in the area of Primary Care. In this way, you will be able to see the day-to-day work of a demanding, rigorous and exhaustive sector, always applying the latest theses and scientific postulates in its work methodology.





#### 4. Combining the Best Theory with State-of-the-Art Practice

The academic market is plagued by teaching programs that are poorly adapted to the daily work of the specialist and that require long teaching hours, often not very compatible with personal and professional life. TECH offers a new learning model, 100% practical, that allows you to get in front of state-of-the-art procedures in the field of Primary Care Physiotherapy and, best of all, put it into professional practice in just 3 weeks.

#### 5. Opening the door to new opportunities

The field of Primary Care Physical Therapy is undergoing an exciting expansion, offering new opportunities for healthcare professionals. In this way, they will be able to participate in early intervention programs, more focused on prevention and health promotion, working in interdisciplinary teams to identify and address musculoskeletal, neurological and respiratory problems in their early stages. In addition, it will be able to integrate innovative technological approaches, such as telemedicine and remote monitoring tools, thereby expanding the scope of care and improving access for remote or mobility-impaired communities.



*You will have full practical immersion at the center of your choice"*



# 03 Objectives

With this program, the specialist will not only acquire advanced knowledge in physical therapy, but will also enhance their practical skills in real environments. In addition, it will address the application of innovative techniques and cutting-edge technology in rehabilitation and health promotion. This Hybrid Professional Master's Degree will update the skills of the physical therapist, with the goal of being able to address the complexities of musculoskeletal, neurological and respiratory health in Primary Care. In this way, through a blended approach, it will provide the flexibility students need without sacrificing essential hands-on experience.



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*This program will give you the opportunity to update your knowledge in a real scenario, with the maximum scientific rigor of an institution at the forefront of technology”*





## General Objective

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- The overall objective of the Hybrid Professional Master's Degree in Physical Therapy in Primary Care is not only to impart solid theoretical knowledge, but also to provide practical experience to meet the challenges of Primary Care. TECH will offer the perfect combination of study flexibility and the application of acquired skills in real care scenarios under the guidance of experts. Upon completion, the physiotherapist will not only have updated their knowledge in the field, but will also become an expert in community health promotion



*This refresher program will generate a sense of security in the performance of your clinical practice, helping you to grow personally and professionally”*





## Specific Objectives

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### Module 1. Introduction to Primary Care

- ♦ Describe the evolution of the health care system in Spain
- ♦ Framing Primary Care within the organization
- ♦ Describe multidisciplinary team, the functions of each unit and the interactions between them
- ♦ Present the physiotherapy unit, its importance and growing evolution
- ♦ Provide knowledge of the functioning and the necessary skills for best professional practice

### Module 2. Manual and active therapies

- ♦ Provide an overview of the most commonly used therapies in clinical practice and, specifically, in Primary Care
- ♦ Develop each one of them through the basic theoretical principles that justify their use
- ♦ Expand knowledge of manual therapies unknown to students and that can lead to changes in their treatments
- ♦ Present practical examples of specific techniques to reinforce the student's correct skills
- ♦ Present practical examples of specific techniques to reinforce proper dexterity
- ♦ Enrich the student by approaching the same pathology from different points of view
- ♦ Update knowledge of the different types of therapies that require active patient collaboration
- ♦ Broaden knowledge of preventive activities

- ♦ Provide a global vision of the patient's needs. Include all types of therapies (active, active-assisted, passive) in your clinical reasoning
- ♦ Introduce the need to educate part of the population in exercise and activity, analyzing patients more comprehensively

### Module 3. Electrotherapy

- ♦ Take a deeper look into the different families of currents used
- ♦ Describe the characteristics and indications of each one of them
- ♦ Deepen in the neurophysiological effect of these
- ♦ Detail parameters used in clinical practice

### Module 4. Pain neurophysiology and norehabilitation.

- ♦ Develop the fundamental characteristics of the nervous system
- ♦ Understanding the concept of pain from a physiological point of view
- ♦ Describe the different impulses and fiber types
- ♦ Explain the different neurological pathologies treated in primary care
- ♦ Know the different specific neurological assessment protocols, including validated scales applicable in primary care
- ♦ Explain different active and passive treatments , from the most prominent neurological schools to date
- ♦ Analyze and delve into specific pharmacology topics to become familiar with the medication

### **Module 5. Pediatric and pelvic floor physiotherapy**

- ♦ Describe and provide guidance for the use of pelvic floor techniques in Primary Care
- ♦ Enrich students with different points of view and different disciplines within physiotherapy
- ♦ Describe the psychomotor development of children

### **Module 6. Frequent conditions**

- ♦ Recap on the anatomy of the lower limb
- ♦ Manage general ideas about the most frequent lower limb pathologies in Primary Care
- ♦ Identify pathologies in specific complementary tests and have a general idea of each one of them
- ♦ Obtain theoretical knowledge about the evolution and prognosis of different affections
- ♦ Study specific tests to perform to adequately evaluate patients
- ♦ Apply prescribed treatments and recommendations to the patient

### **Module 7. Rachis: Craniocervical and Dorsal Region**

- ♦ Gain in-depth knowledge of studies on the global anatomy of the region and how it relates to other structures
- ♦ To provide an assessment of the rachis area with specific tests whose use will be eminently practical
- ♦ Take a closer look at the assessment and treatment tools used in different schools of physiotherapy, always as they apply in Primary Care
- ♦ Acquire specific knowledge about the temporomandibular joint and its influences on various pathologies
- ♦ Emphasize the importance of self-care and physical activity as part of a healthy patient routine

### **Module 8. Rachis: Lumbosacral Region**

- ♦ Master general knowledge of the overall anatomy of the region along with its relationships with other structures
- ♦ Evaluate the spinal area with specific tests of eminently practical use
- ♦ Have an in-depth understanding of the evaluation and treatment tools used in different physiotherapy schools, always focusing on treatment possibilities in Primary Care
- ♦ Deepen in the physiognomy of the peripheral nervous system, especially its direct relationship with the pathologies that appear in practice
- ♦ Emphasize the importance of self-care and physical activity as part of a healthy patient routine



### **Module 9. Therapeutic approach of the upper limb**

- ◆ Obtain the necessary theoretical training in anatomy, complex gear, muscular and tendon system to deal with its treatment
- ◆ To present functional tests and diagnostic criteria as useful and practical as possible
- ◆ Present different treatment proposals to increase the likelihood of successful therapies
- ◆ Delve into the study of ultrasound as a fundamental diagnostic tool in the tissues treated and, especially, in the joint complex
- ◆ Present the most frequent practical cases that come to consultation, the treatment proposal and the usual evolution

### **Module 10. Cardiorespiratory System**

- ◆ Provide knowledge and theoretical foundations of cardiopulmonary anatomy
- ◆ Study the relation with other nearby systems and their modifications
- ◆ Develop a way of assessing patients more holistically than structurally
- ◆ Assess cardiovascular and pulmonary exercises functionality, and include them in the usual treatments
- ◆ Have an in-depth knowledge of the portfolio of patients with these conditions who come to Primary Care and what their evaluation and treatment criteria are
- ◆ Analyze the role played by respiratory physiotherapy during the COVID-19 pandemic

# 04 Competencies

After passing the evaluations of the Hybrid Professional Master's Degree in Physiotherapy in Primary Care, the professional will have acquired the skills to expertly evaluate and develop personalized treatment plans, using both traditional techniques and the latest technological innovations. Through the unique combination of theoretical learning and practical experiences, the graduate will be trained in effective communication techniques, as well as in ethical and informed decision making. In this way, they will be prepared to address complex challenges and lead significant changes in the context of Primary Care.







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*Through this program, you will be able to update your knowledge in Physiotherapy in Primary Care, based on the latest scientific evidence”*



## General Skills

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- Apply the acquired knowledge in this program in the daily practice in Primary Care
- Use Physiotherapy tools and techniques for Primary Care
- Integrate therapeutic exercise in health promotion, both in healthy and sick populations
- Develop models of care based on the most up-to-date evidence in the most frequent healthcare settings to improve patients' quality of life

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*Become a reference  
in physiotherapy and make  
a difference with your clinical  
practice in Primary Care”*





## Specific Skills

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- ♦ Describe multidisciplinary team, the functions of each unit and the interactions between them
- ♦ Develop the fundamental characteristics of the nervous system
- ♦ Describe the characteristics and indications of each one of them
- ♦ Develop each one of them through the basic theoretical principles that justify their use
- ♦ Describe and provide guidance on which of these techniques may be useful for primary care patients
- ♦ Identify pathologies in specific complementary tests and have a general idea of each one of them
- ♦ Provide an assessment of the rachis area with specific tests whose use will be eminently practical
- ♦ Master general knowledge of the overall anatomy of the region along with its relationships with other structures
- ♦ Present functional tests and diagnostic criteria as useful and practical as possible
- ♦ Assess cardiovascular and pulmonary exercises functionality, and include them in the usual treatments



# 05

## Educational Plan

This Hybrid Professional Master's Degree is structured in modules that perfectly combine theory with practical application in real Primary Care settings. From the fundamentals of physical therapy, to emerging technologies and advanced assessment methods, each content focuses on providing the professional with the essential tools to excel in this field. In addition, you will have access to cutting-edge digital resources and the invaluable opportunity to apply your knowledge under the expert guidance of leading professionals. This comprehensive approach will prepare the specialist to face real challenges in Primary Care Physical Therapy.





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*Join this program and be part of an experience that will equip you with the skills and knowledge necessary to excel in an ever-evolving field”*



### Module 1. Introduction to Primary Care

- 1.1. Healthcare System Evolution
- 1.2. Legislative Framework
- 1.3. Health Area and Basic Health Zone
- 1.4. Physiotherapy in Primary Care
- 1.5. Specialized care physiotherapy
- 1.6. Multidisciplinary team
- 1.7. Service portfolio
- 1.8. Physiotherapy Unit
  - 1.8.1. Physiotherapist's Functions
  - 1.8.2. Dynamics of a Consultation
  - 1.8.3. Software application
- 1.9. Health Education
- 1.10. Historical Framework of Physiotherapy

### Module 2. Manual and active therapies

- 2.1. Massage Therapy
- 2.2. Structural and Visceral Osteopathy
- 2.3. Dry Needling
- 2.4. Manual Lymphatic Drainage
- 2.5. Functional Bandaging and Kinesiotape
- 2.6. Kinesiotherapy
- 2.7. Pilates
- 2.8. Global stretching and proprioception
- 2.9. Complementary Tests
- 2.10. Clinical reasoning



**Module 3. Electrotherapy**

- 3.1. Introduction
- 3.2. Current Types and Properties
- 3.3. High-Frequency Current
  - 3.3.1. Microwave
  - 3.3.2. Shortwave
- 3.4. Variable Current
- 3.5. Direct or Galvanic Current
  - 3.5.1. Fundamental Principles
  - 3.5.2. Effects
- 3.6. Interferential Currents
  - 3.6.1. Fundamental Principles
  - 3.6.2. Effects
- 3.7. Ultrasound
  - 3.7.1. Fundamental Principles
  - 3.7.2. Effects
- 3.8. Infrared
  - 3.8.1. Fundamental Principles
  - 3.8.2. Effects
- 3.9. Muscle strengthening
- 3.10. Remaining Electrotherapy Tools
  - 3.10.1. Laser
  - 3.10.2. Magnetotherapy

**Module 4. Pain neurophysiology and norehabilitation.**

- 4.1. Organization of the Nervous System
- 4.2. Transmission and Fibers
  - 4.2.1. Afferent Pathway
  - 4.2.2. Efferent pathway
- 4.3. Types of Pain
  - 4.3.1. Visceral Pain
  - 4.3.2. Somatic Pain
  - 4.3.3. Neuropathic Pain
  - 4.3.4. Characteristics of Acute and Chronic Pain
- 4.4. Neurological Conditions
- 4.5. Evaluation of Neurological Conditions
- 4.6. Physiotherapy for central nervous system disorders
- 4.7. Physiotherapy for peripheral nervous system affections.
- 4.8. Treatment with Active Therapies
- 4.9. Treatment with Manual Therapy
- 4.10. Pharmacology of Common Pathologies

**Module 5. Pediatric and pelvic floor physiotherapy**

- 5.1. Abdomino-pelvic Anatomy and Physiology
- 5.2. Perineal Physiopathology
- 5.3. Treatment Techniques
- 5.4. Pelvis and Pelvic Floor Exercises
- 5.5. Specific Treatment Program
- 5.6. Introduction to Pediatric Physiotherapy
- 5.7. Psychomotor Development Assessment
- 5.8. Physiotherapeutic Approach
- 5.9. Pediatric Respiratory Physiotherapy
- 5.10. Children's Orthoses

### Module 6. Lower Limb Therapeutic Approach

- 6.1. Joint Physiology
- 6.2. Muscle Physiology
- 6.3. Foot and Biomechanical Gait Analysis
- 6.4. Most Common Pathologies
- 6.5. Assessment
- 6.6. Functional Tests
- 6.7. Nerve structures
- 6.8. Manual treatments
- 6.9. Active and active-assisted therapies
- 6.10. Everyday life activities that lead to pathology

### Module 7. Rachis: Craniocervical and Dorsal Region

- 7.1. Joint Physiology
- 7.2. Muscle Physiology
- 7.3. TMJ (Temporomandibular Joint)ATM (Articulación Temporomandibular)
- 7.4. Most Common Pathologies
- 7.5. Assessment
- 7.6. Functional Tests
- 7.7. Nerve structures
- 7.8. Treatment with manual therapies
- 7.9. Treatment with active and active-assisted therapies
- 7.10. Everyday life activities that lead to pathology

### Module 8. Rachis: Lumbosacral Region

- 8.1. Joint Physiology
- 8.2. Muscle Physiology
- 8.3. Most Common Pathologies
- 8.4. Related structures that generate pathology
- 8.5. Assessment
- 8.6. Functional Tests
- 8.7. Nerve structures
- 8.8. Treatment with manual therapies
- 8.9. Treatment with active and active-assisted therapies
- 8.10. Everyday life activities that lead to pathology

### Module 9. Upper limb therapeutic approach

- 9.1. Joint Physiology
- 9.2. Muscle Physiology
- 9.3. Muscle chains and related structures
- 9.4. Most frequent conditions
- 9.5. Assessment
- 9.6. Functional Tests
- 9.7. Nerve structures
- 9.8. Treatment with manual therapies
- 9.9. Active and active-assisted therapies
- 9.10. Everyday life activities that lead to pathology



## Module 10. Cardiorespiratory System

- 10.1. Anatomical and physiological basis of the respiratory and cardiac system.
- 10.2. Types of respiratory pathologies
- 10.3. Evaluation of the Respiratory System
- 10.4. Respiratory Physiotherapy Techniques in Primary Care: Ventilation re-education
- 10.5. Respiratory Physiotherapy Techniques in Primary Care: Secretion Drainage
- 10.6. Respiratory Physiotherapy Techniques in Primary Care: Cardiorespiratory Training and Directed Exercises
- 10.7. Respiratory Physiotherapy Techniques in Primary Care: Aerosols and Mechanical Ventilators
- 10.8. Treatment of obstructive pathologies
- 10.9. treatment of restrictive pathologies
- 10.10. Physiotherapy in Primary Care and COVID-19

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*This program will allow you to advance your career in a flexible and convenient way”*

06

# Clinical Internship

After passing the online theoretical period, the program includes a practical period in a reference clinical center. The student will have at their disposal the support of a tutor who will accompany them during the whole process, both in the preparation and in the development of the clinical practice.







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*Strengthen your clinical knowledge thanks to the direct contact with real patients that the practical stay will allow you"*

The Internship Program in Primary Care Physical Therapy will allow the specialist to immerse himself/herself in the real world of medical care. This will consist of a 3-week clinical internship, from Monday to Friday, with 8 consecutive hours of practical education with an attending specialist. This internship will allow you direct interaction with real patients, under the supervision of leading professionals in the field, developing skills in the evaluation, diagnosis and treatment of a wide range of conditions, from musculoskeletal injuries to chronic diseases.

In this specialization proposal, of a completely practical nature, the activities will be aimed at developing and perfecting the competencies necessary for the provision of physiotherapeutic care in areas and conditions that require a high level of qualification, and which are oriented towards specific training for the practice of the activity.

These practices are presented as an open door towards the consolidation of professional confidence. Graduates will have the opportunity to apply their theoretical knowledge in real situations, facing challenges and making crucial decisions under the guidance of experienced mentors. In this way, the experience will not only provide them with confidence in their clinical ability, but will also provide them with a valuable network of contacts and references for their career in Primary Care Physical Therapy.

The practical part will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for the praxis of Physiotherapy in Primary Care (learning to be and learning to relate).



The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
<b>Traumatologic and rheumatologic physiotherapy</b>	Perform comprehensive evaluations of patients with trauma or rheumatologic disorders
	Design personalized treatment plans, based on the specific needs of each patient
	Apply manual therapy techniques to reduce pain and improve mobility in patients with traumatic injuries or rheumatologic diseases
	Implement therapeutic exercise programs to strengthen muscles and improve flexibility and joint function
	Educate patients on self-care, pain management, and prevention of recurrent injury or worsening rheumatologic conditions
<b>Neurological physiotherapy</b>	Perform detailed neurological evaluations to identify motor, sensory or cognitive impairments
	Design personalized rehabilitation programs focused on the functional recovery of the nervous system
	Apply manual therapy techniques and specific exercises to improve mobility, strength and coordination in patients with neurological disorders
	Using advanced technologies, such as electrical stimulation, to improve motor function in neurological patients
	Regularly evaluate and adjust treatment plans according to the patient's progress and changing needs
<b>Respiratory Physiotherapy</b>	Perform comprehensive respiratory evaluations to identify respiratory problems and lung function deficiencies
	Implement specific breathing techniques and exercises to improve lung capacity and ventilation in patients with respiratory conditions
	Teach and guide patients in performing chest expansion and respiratory muscle strengthening exercises
	Use bronchial clearance and postural drainage techniques to help eliminate secretions and improve lung function
	Educate patients on self-care, proper use of respiratory devices, and prevention of respiratory complications

Module	Practical Activity
<b>Lymphatic Drainage</b>	Assess the condition of the patient's lymphatic system to determine the need for and approach to lymphatic drainage
	Apply gentle manual massage techniques to stimulate lymphatic flow and reduce fluid accumulation
	Customize treatment according to the patient's specific areas of fluid retention or edema
	Monitor patient response to treatment and adjust techniques as needed to optimize outcomes
<b>Pilates</b>	Adapt Pilates exercises according to the needs and physical limitations of the patients
	Guide and supervise the correct execution of the exercises during the sessions
	Design customized training programs, based on Pilates principles, to improve mobility, strength and flexibility
	Evaluate and monitor patient progress, adjusting exercises as needed to maximize therapeutic benefits



*Get trained in a state-of-the-art hospital center, through an innovative academic program"*

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.





## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Hybrid Professional Master's Degree, students will be assigned two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the professional will be accompanied at all times and will be able to consult any doubts that may arise, both of a practical and academic nature.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the student does not show up on the start date of the Hybrid Professional Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Hybrid Professional Master's Degree will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** the Hybrid Professional Master's Degree shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Hybrid Professional Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Hybrid Professional Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07

## Where Can I Do the Clinical Internship?

This Hybrid Professional Master's Degree program includes in its itinerary a practical stay in a prestigious hospital center, where the student will put into practice everything he/she has learned in Physiotherapy applied to Primary Care patients. In this sense, TECH offers students the opportunity to expand their experience alongside leading healthcare experts, thus fostering continuous growth in their professional careers.





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*You will complete your theoretical training with the best practical stay in the educational market”*



## tech 36 | Where Can I Do the Clinical Internship?



The student will be able to complete the practical part of this Hybrid Professional Master's Degree at the following centers:



**Centro Paso a Paso**

Country	City
Spain	Madrid

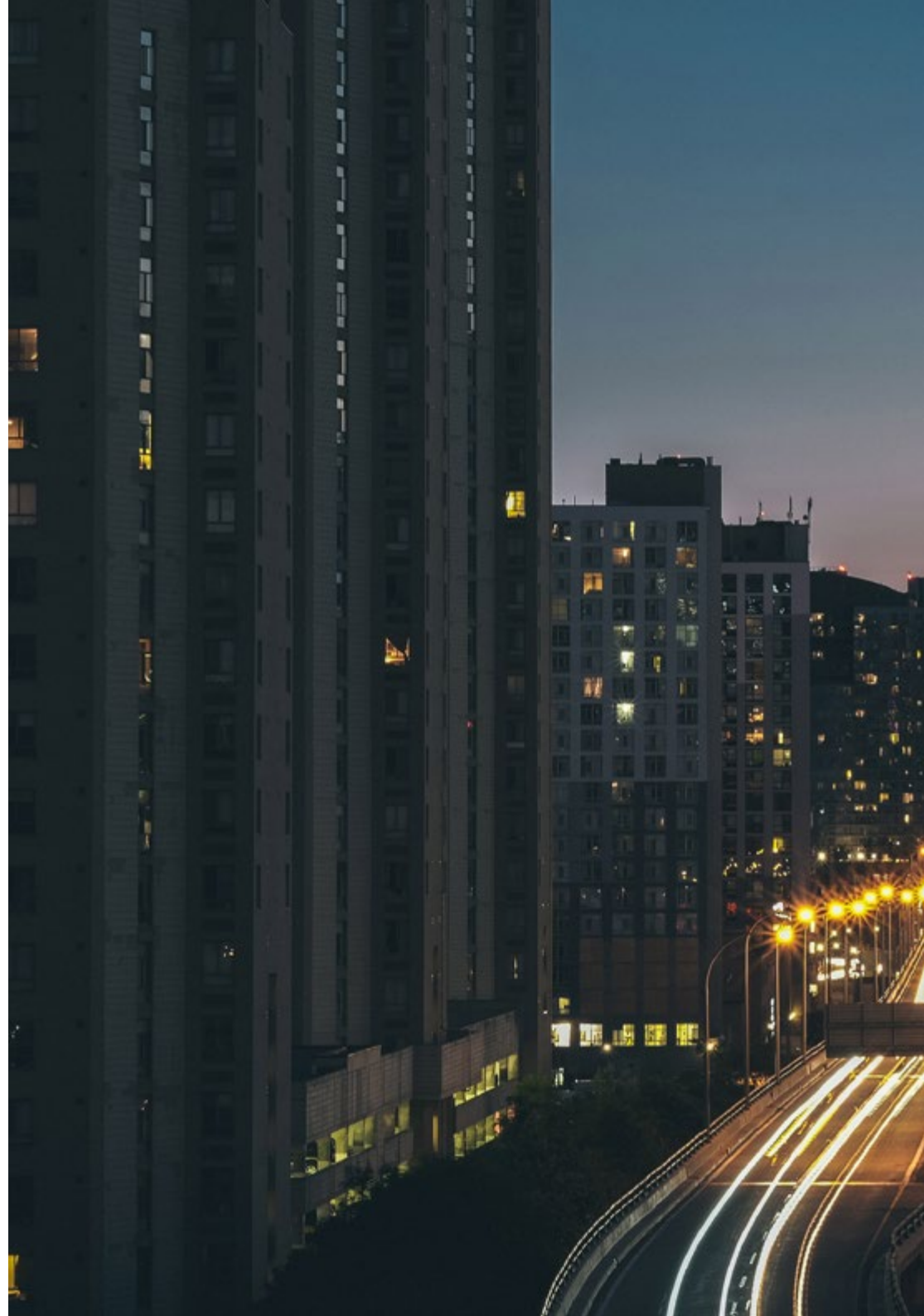
Address: Paseo de la Democracia 10 Portal 4 Bajo Entrada por Calle Rosalía de Castro (Peatonal, 28850 Torrejón de Ardoz, Madrid)

Rehabilitation center specializing in health and early care services.

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**Related internship programs:**

- Neuropsychology and Education
- Physiotherapy in Primary Care







### Clínica Espasana

Country	City
Spain	Alicante

Address: C/ Poeta Hassan,  
Rasid, nº1, 03400 Villena, Alicante

Clínica Espasana is a polyclinic center with a wide variety of specialties.

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**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Primary Care

# 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

What should a professional do in a given situation? 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. Physiotherapists/kinesiologists learn better, faster, and more sustainably over time.

*With TECH you will 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 physiotherapy 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. Physiotherapists/kinesiologists 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 physiotherapist/kinesiologist to better integrate into the real world.
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 physiotherapist/kinesiologist 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 trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the 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 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 our 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.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy 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 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 unique multimedia content presentation training system 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 on the usefulness of learning by observing experts. The system known as 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.



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# Certificate

The Professional Master's Degree in Physiotherapy in Primary Care guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree diploma issued by TECH Global University.



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

This program will allow you to obtain your **Hybrid Professional Master's Degree diploma in Physiotherapy in Primary Care** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

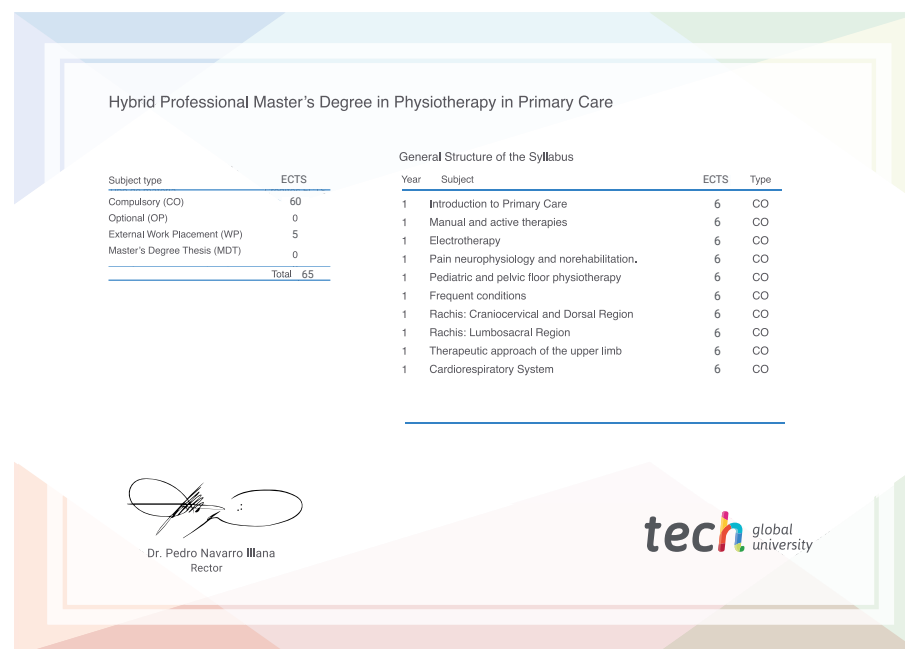
Title: **Hybrid Professional Master's Degree in Physiotherapy in Primary Care**

Course Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Global University**

Recognition: **60 + 5 ECTS Credits**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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

**tech** global  
university

personalized service innovation

knowledge present quality

online training

development languages

virtual classroom

## Hybrid Professional Master's Degree

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Primary Care

Modality: Hybrid (Online + Clinical Internship)

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