

# Hybrid Professional Master's Degree Sports Physiotherapy

Endorsed by the NBA





## Hybrid Professional Master's Degree Sports Physiotherapy

Course Modality: Hybrid (Online)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

Website: [www.techtute.com/pk/physiotherapy/hybrid-professional-master-degree/hybrid-professional-master-degree-sports-physiotherapy](http://www.techtute.com/pk/physiotherapy/hybrid-professional-master-degree/hybrid-professional-master-degree-sports-physiotherapy)

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# 01

# Introduction

Sports Physiotherapy has acquired great relevance in recent years due to its decisive role in the recovery of elite athletes, who require a quick return to maximum competition. As a result, many professionals aspire to work with large sports teams, but to achieve this, they must have the appropriate knowledge. In this sense, this program will facilitate the updating of knowledge in the area of diagnosis and treatment plans, through a 100% online theoretical framework, which is complemented by a practical internship in a prestigious clinical center, integrated by excellent professionals in this specialty.



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*This program will help you to understand how Sports Physiotherapy works by performing a practical internship in a renowned center”*

Elite athletes and clubs that take part in high-level competitions are increasingly betting on having professional physiotherapists specialized in the field of sports on their staffs. This has also led to the incorporation of new technologies and techniques in this area, enhancing the work of physiotherapists.

Just as innovation is an essential factor in recent years, in this specialty it is also essential to have a solid knowledge of the assessment, diagnostics and treatments used. In this sense, TECH offers professionals a complete update of their knowledge, through a program that perfectly combines a 100% online theoretical framework, with a practical internship of 3 weeks in a relevant clinical center.

In this way, the professional will delve into the approach to the sports patient with injuries in the upper and lower limbs, the use of invasive techniques, as well as the extrinsic and intrinsic factors that can cause muscle problems. All this, through advanced multimedia content that can be easily accessed from a computer, tablet or cell phone with an Internet.

Complete the first stage of this Hybrid Professional Master's Degree, a practical stage, where the professional will be able to directly apply the concepts covered in the syllabus. During this period, professionals will not be alone, since they will be guided by an expert in this specialty who is part of the institution where the internship takes place. All of this will allow them to enhance their technical skills in the assessment and management of the patient, through a unique practical experience.

The professional is before an excellent opportunity to be up to date with the latest technical and methodological developments in the area of Sports Physiotherapy, through a flexible university program that adapts perfectly to the real needs of physiotherapists.

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

- ♦ Development of more than 100 clinical cases presented by professional sports physiotherapists, experts in the prevention and treatment of injuries, as well as university professors with extensive experience in the critical patient
- ♦ 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
- ♦ Patient assessment and monitoring, invasive techniques and a thorough lifestyle analysis for the prevention of future injuries
- ♦ Comprehensive plans of systematized action for upper and lower limb injuries
- ♦ Presentation of practical workshops on procedures, diagnosis, and treatment techniques in critical patients
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Clinical practice guidelines on the approach to different lesions
- ♦ 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
- ♦ In addition, you will be able to carry out a clinical internship in one of the best hospitals in the world

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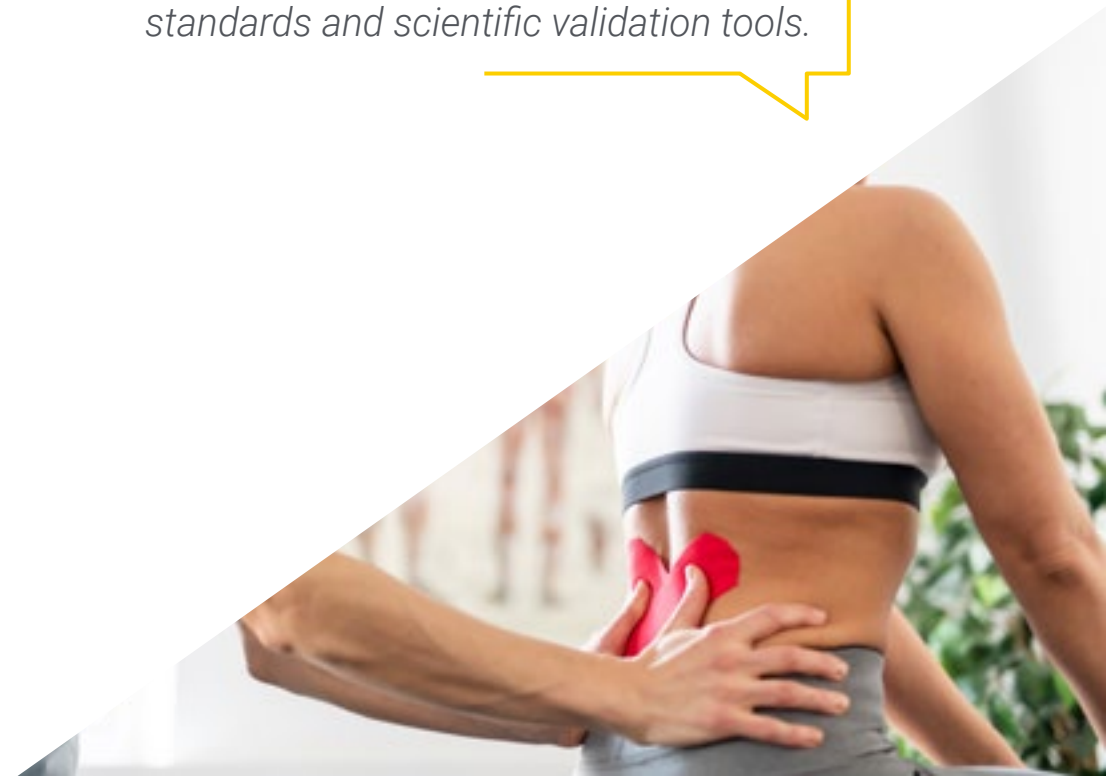
*This Hybrid Professional Master's Degree will allow you to delve into the main advances in percutaneous electrolysis through innovative multimedia material and then put it into practice”*

In this Professional Master's Degree proposal, of professional character and blended learning modality, the program is aimed at updating physiotherapists professionals who develop their functions in the sports area, requiring a high level of qualification. The content is based on the latest scientific evidence and is organized in a didactic way to integrate theoretical knowledge into nursing practice. The theoretical-practical elements allow professionals to update their knowledge and help them to make the right decisions in patient care.

Thanks to their multimedia content developed with the latest educational technology, they will allow Physiotherapist professional to learn in a contextual and situated learning environment, that is, a simulated environment that will provide immersive learning programmed to train in real situations. The design of this program is centered on Problem Based Learning, by means of which the student must try to solve the different situations of professional practice that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*All the contents of this program will help you to update your knowledge to make a proper diagnosis of the most frequent injuries in the sports field.*

*Elaborate a physiotherapy diagnosis according to internationally recognized standards and scientific validation tools.*



# 02

## Why Study this Hybrid Professional Master's Degree?

In the current educational scene, few programs respond to the real needs of professionals who are looking for a comprehensive knowledge update, through a program that allows them to balance their daily activities. That is why TECH has developed this Hybrid Professional Master's Degree that meets the real needs of professionals. As such, you will enter a 100% online and flexible theoretical framework to continue the update in a prestigious clinical center. A practical internship, where you will be accompanied by the best professionals in the sector who will show you, for 3 weeks, the most outstanding technical and methodological advances in Sports Physiotherapy. In this way, professionals will obtain a useful and direct vision, allowing them to integrate into their daily practice, the most notable progress in this specialty.





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*TECH gives you the unique opportunity to update your knowledge with the best professionals in the field of Sports Physiotherapy”*

### **1. Updating from the latest technology available**

In recent years, new technologies have allowed physiotherapy clinical centers to have devices that allow a more accurate diagnosis and treatment of injuries. For this reason, and in order to bring the professional closer to cutting-edge technology, TECH has designed this Hybrid Professional Master's Degree, where you will carry out an on-site internship in a prestigious professional environment. This will give you access to the most sophisticated and latest generation tools used in Sports Physiotherapy.

### **2. Gaining in-depth knowledge from the experience of top specialists**

Obtaining a complete vision of the knowledge in Sports Physiotherapy is not easy, that is why TECH has developed this program, where it provides the professional with an excellent specialized teaching team, which will guide them at all times during the theoretical stage. In addition, during the practical period, graduates will not be alone, since they will be tutored by an excellent professional specialized in Sports Physiotherapy. With all this, this institution guarantees an unprecedented update.

### **3. Entering First-Class Clinical Environments**

TECH selects through a rigorous process all the centers available for the realization of the Internship Program. Thanks to this, the specialist will have guaranteed access to a prestigious clinical space in the area of Sports Physiotherapy. In this way, they will be able to verify in situ the working methods and techniques used in an excellent professional environment.





#### **4. Combining the best theory with state-of-the-art practice**

In the current educational market, teaching programs are not very adapted to the daily .work of physiotherapists and require long hours of teaching. For this reason, TECH offers a program that combines theory and practice, which gives a real and effective response to the demands of graduates who wish to update their knowledge in Sports Physiotherapy with the best professionals in the sector.

#### **5. Opening the doors to new opportunities**

TECH offers the possibility of a 3-week intensive internship in cutting-edge centers that integrate in their teams the best professionals in the field of Sports Physiotherapy. This, without a doubt, is an excellent opportunity for graduates, as they surround themselves and collaborate during this period with professionals of the highest level in this sector. A unique program that you can only do in this academic institution.

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

# 03 Objectives

TECH has developed this Hybrid Professional Master's Degree in order to provide professional physiotherapists with a complete update of their knowledge in an area as specialized as Sports Physiotherapy. In order to achieve this, this institution provides the most innovative teaching tools, which can be accessed comfortably at any time of the day, from an electronic device with an Internet connection. In addition, the practical internship in a prestigious center will favor the achievement of this goal.





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*Executes, directs and coordinates the physiotherapy intervention plan, taking into account the principles of individuality of the patients”*



## General Objective

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- The general objective of this Hybrid Professional Master's Degree in Sports Physiotherapy is to achieve that professionals carry out an update of their knowledge in this educational field, carrying out a series of diagnostic and therapeutic procedures in a practical way. In this way, for the fulfillment of these goals, the professionals will be assisted throughout 12 months by the best experts in this area of Physiotherapy, who will guide them at all times so that they can successfully achieve the goals set.



*With this program you will update the theoretical knowledge necessary for the proper, safe and effective application of neuromodulation techniques"*





## Specific Objectives

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### Module 1. Sphincter Dysfunction and Sport

- ♦ Provide the student with knowledge about the structures and function of the abdomino-perineal area
- ♦ Understand the most frequent perineal dysfunctions associated with sports practice
- ♦ Delve into the aspects of medical history and examination of patients with pelvic floor pathology, as well as what prevention consists of

### Module 2. Invasive Techniques in Sports: Percutaneous Electrolysis

- ♦ Evaluate the evolution of the results obtained with invasive physiotherapy techniques, in relation to the objectives set
- ♦ Acquire the theoretical knowledge required for the proper, safe and effective application of invasive physiotherapy techniques
- ♦ Acquire the practical skills and technical ability necessary for the application of percutaneous musculoskeletal electrolysis

### Module 3. Pain and Percutaneous Echoguided Neuromodulation

- ♦ Evaluate pain and its affectation with neuro modulation techniques
- ♦ Acquire the theoretical knowledge required for the proper, safe and effective application of neuro modulation techniques
- ♦ Acquire the practical skills and technical capacity necessary for the application of neuro modulation

### Module 4. Spinal Column, Instability and Injuries

- ♦ Assess intrinsic and extrinsic factors that may precipitate the onset of spinal cord injury
- ♦ Formulate functional diagnoses that correlate the user's condition with the pathophysiological limitations
- ♦ Design physiotherapy intervention protocols adapted to the injured anatomical region and sport performed
- ♦ Educate the patient and other collaborators in the detection and assessment of risks

### Module 5. Upper Limb and Sports Injuries

- ♦ Assess intrinsic and extrinsic factors that may precipitate the onset of upper limb injury
- ♦ Formulate functional diagnoses that correlate the user's condition with the pathophysiological limitations
- ♦ Design physiotherapy intervention protocols adapted to the injured anatomical region and sport performed
- ♦ Educate the patient and other collaborators in the detection and assessment of risks

### **Module 6. Lower Limb and Sport**

- ♦ Assess intrinsic and extrinsic factors that may precipitate the onset of lower limb injury
- ♦ Formulate functional diagnoses that correlate the user's condition with the pathophysiological limitations
- ♦ Design physiotherapy intervention protocols adapted to the injured anatomical region and sport performed
- ♦ Educate the patient and other collaborators in the detection and assessment of risks

### **Module 7. Manual Techniques in Sports Physiotherapy**

- ♦ Specialize in joint alterations in the different structures
- ♦ Correctly diagnose these alterations
- ♦ Select the most appropriate treatment technique for these disorders in relation to the assessment obtained
- ♦ Apply joint techniques
- ♦ Apply soft tissue techniques

### **Module 8. Injury Prevention**

- ♦ Assess the functional status of athletes
- ♦ Determine the physiotherapy diagnosis in the sports field
- ♦ Correctly apply the different prevention methods and techniques that can be used in the athlete
- ♦ Integrate the physiotherapeutic intervention process in the prevention and rehabilitation of injuries







### **Module 9. Global Postural Re-Education and Injuries**

- ◆ Learn a global, causal and individualized method of assessment, diagnosis and treatment
- ◆ Innovate biomechanical and pathophysiological notions of the patient
- ◆ Provide a structured method of manual therapy that allows both morphological and symptomatic pathologies to be addressed

### **Module 10. Therapeutic Exercise in Athlete Recovery**

- ◆ Acquire in-depth knowledge of the theoretical and practical foundations that support the use of therapeutic exercise as a preventive tool
- ◆ Integrate the basic concepts that explain tendon and muscle injuries, with regards to active tissue regeneration
- ◆ Develop skills for the planning and control of functional improvement programs through exercise and mobilization
- ◆ Improve decision-making skills in the athlete's progression through the different phases of treatment

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*With this program you will update the theoretical knowledge necessary for the proper, safe and effective application of neuromodulation techniques”*

# 04 Skills

With this Hybrid Professional Master's Degree in Sports Physiotherapy, the professional will enhance their skills and abilities necessary for the implementation of the most innovative techniques in injured athletes. In addition, they will be able to learn firsthand the most cutting-edge technological devices used in clinical centers of the highest level.



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*Incorporate into your daily practice the most innovative and effective therapeutic exercises used in the recovery of serious injuries”*



## General Skills

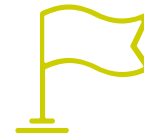
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- ♦ Possess knowledge of injury processes
- ♦ Plan the diagnostic, functional, therapeutic and preventive means that guarantee the full functional recovery of the injured person
- ♦ Gain knowledge of advanced areas of evaluation
- ♦ Maximize therapeutic resources in the process of caring for the athlete
- ♦ 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 common sporting environments

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*TECH will help you with this program to enhance your skills to perform percutaneous electrolysis in elite athletes”*





## Specific Skills

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- ♦ Be able to intervene in sphincteric dysfunctions and sport
- ♦ Use percutaneous and musculoskeletal electrolysis techniques
- ♦ Apply Percutaneous Echoguided Percutaneous Neuromodulation
- ♦ Assess and intervene in spinal injuries
- ♦ Intervene in upper limb injuries
- ♦ Intervene in lower limb injuries
- ♦ Working with manual techniques in Sports Physiotherapy
- ♦ Advise and intervene in the prevention of injuries
- ♦ Learn about global postural re-education and about the injuries that occur in this context
- ♦ Be skilled in the application of therapeutic exercise for injury prevention
- ♦ Be skilled in programming therapeutic exercises for recovery from sports injuries

05

# Course Management

The teaching staff of this program is made up of a select group of sports physiotherapists who have extensive experience in different fields, many of them collaborating with international football and tennis clubs. Thanks to this specialized team, the physiotherapist will get an update of their knowledge from the hand of real experts in this specialty.





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*TECH has selected the best professionals in Sports Physiotherapy, so you can get the latest techniques and methods in this field”*

## Management



### Dr. Martínez Gómez, Rafael

- ♦ CEO and Founder of RehabMG
- ♦ PhD in Physical Activity and Sport Sciences
- ♦ Professional Master's Degree in Biomechanics and Sports Physiotherapy
- ♦ Graduate in Physiotherapy

## Professors

### Mr. Fernández Bartolomé, Álvaro

- ♦ Physiotherapist at the RehabMG Clinic
- ♦ Personal Trainer
- ♦ Degree in Physiotherapy
- ♦ Degree in Physical Activity and Sports Sciences

### Mr. Mainzer Zamora, Alejandro

- ♦ Athletic Trainer
- ♦ Master's Degree in Football Performance Analysis
- ♦ Graduate in Physiotherapy from the Francisco de Vitoria University
- ♦ Graduate in INEF. Physical Activity and Sport Sciences

### Ms. Fernández, Judit

- ♦ Personal Trainer
- ♦ Master's Degree in Personal Training, Sports Nutrition and Body Composition
- ♦ Degree in Physical Activity and Sport Sciences.
- ♦ Knowledge in Injury Rehabilitation and Readaptation
- ♦ Rhythmic Gymnastics Trainer





**Mr. Boal Hernández, Guillermo**

- ◆ Physiotherapist of the Spanish Basketball Federation
- ◆ Physiotherapist at Estudiantes de Baloncesto
- ◆ Degree in Physiotherapy from CEU San Pablo University
- ◆ Master's Degree in Biomechanics and Sports Physiotherapy from Comillas Pontifical University
- ◆ Professor at the University of Valencia

**Mr. Ruiz González, Eduardo**

- ◆ Director and Physiotherapist at FISIONES Physiotherapy Center
- ◆ Director and Physiotherapist of the Multipurpose Health Center Las Cruces
- ◆ Master's Degree in Biomechanics and Sports Physiotherapy from the Pontifical Comillas University
- ◆ Expert in Fascial and Craniosacral Therapy by the European University of Madrid
- ◆ Graduate in Physiotherapy from Comillas Pontifical University

**Ms. De Murga De Abajo, Claudia**

- ◆ Trainer at Cris4life Woman Center Gym
- ◆ Personal trainer at home for clients with chronic pathologies
- ◆ Personal Trainer at the F4 Trainers center
- ◆ Swimming Coach at the Conde Orgaz Swimming Pools
- ◆ Specialist in Personal Training by the National Strength and Conditioning Association
- ◆ Expert in Sports Nutrition by the International University of La Rioja
- ◆ Graduate in Physical Activity and Sports Sciences from the Polytechnic University of Madrid

# 06

## Educational Plan

All the content of this Hybrid Professional Master's Degree in Sports Physiotherapy has been planned to cover the needs that a professional in the area should have. Therefore, in the theoretical part, students will update their knowledge about the methods and techniques of assessment, as well as the main injuries that affect athletes depending on their discipline. All this in an advanced syllabus that can be easily accessed from any electronic device with an Internet connection and reduce the long hours of study through the Relearning system.





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*You will have at your disposal a library of multimedia resources that you can access 24 hours a day from any electronic device with an Internet connection”*

## Module 1. Sphincter Dysfunction and Sport

- 1.1. Anatomical Overview
- 1.2. Abdominal Physiology and Effort
- 1.3. Abdominal Physiology
  - 1.3.1. Functions of the Pelvic Floor Muscles
  - 1.3.2. Micturition Dynamics
- 1.4. Functions of the Pelvic Floor Muscles
- 1.5. Most Common Perineal Pathology Associated with Impact Sports
- 1.6. Diagnosis of abdomino-perineal dysfunctions in female athletes
  - 1.6.1. General Physical Examination
  - 1.6.2. Postural Analysis
  - 1.6.3. Abdominal Analysis
  - 1.6.4. Pelvic Analysis
- 1.7. Sport-Related Pelvic Floor Dysfunctions
  - 1.7.1. Stress Urinary Incontinence. Definition and Prevalence
  - 1.7.2. Prolapses. Definition, Etiology, Classification and Quantification
- 1.8. Postural Analysis, Abdominal and Pelvic Examination
- 1.9. Recommendations and Prevention

## Module 2. Invasive techniques in sports: percutaneous electrolysis

- 2.1. Neuromechanical Model
  - 2.1.1. Invasive Physiotherapy Techniques in Sports
  - 2.1.2. Structural Analysis
- 2.2. Ultrasound-Guided Percutaneous Electrolysis
  - 2.2.1. Concept and Clinical Utility
- 2.3. Mechanisms of action
- 2.4. Physiotherapy Diagnosis
  - 2.4.1. Selection of the Target Tissue
  - 2.4.2. Clinical reasoning
- 2.5. Application Method. Tendon and Muscle
- 2.6. Usage Parameters
- 2.7. Clinical Case 1. Tendinopathies. Part I. Percutaneous Electrolysis
- 2.8. Clinical Case 2. Muscle Injury. Neuromechanical Model. Part I. Percutaneous Electrolysis





### Module 3. Pain and Percutaneous Echoguided Neuromodulation

- 3.1. Neuromechanical Model
  - 3.1.1. Invasive Physiotherapy Techniques in Sports
  - 3.1.2. Functional Analysis
- 3.2. Ultrasound-Guided Percutaneous Neuromodulation
  - 3.2.1. Concept
  - 3.2.2. Clinical Utility
- 3.3. Mechanisms of action
  - 3.3.1. Physiotherapy Diagnosis
  - 3.3.2. Selection of the Target Tissue
  - 3.3.3. Clinical reasoning
- 3.4. Application Methodology in Peripheral Nerve
- 3.5. Parameters of use
- 3.6. Clinical Case 1. Tendinopathies. Part II. Percutaneous Neuromodulation
- 3.7. Clinical Case 2. Muscle Injury. Part II. Percutaneous Neuromodulation

### Module 4. Spinal Column, Instability and Injuries

- 4.1. Conceptual Aspects of the Movement Control System and its Dysfunctions in the Lumbopelvic and Cervico-Scapular Regions
- 4.2. Muscle Dysfunction
- 4.3. Proprioceptive Dysfunctions and Neuroplastic Changes at the CNS Level
- 4.4. Dysfunctions in Precision, Dissociation and Movement Quality
- 4.5. Association between Motor Control Dysfunctions and Sports Injuries
- 4.6. Lumbopelvic Rhythm and Lumbar Instability Tests
- 4.7. Analysis of Movement Control by Observation
- 4.8. Muscle Activation Patterns Assessment Test and Muscle Endurance Test
- 4.9. Sensorimotor Test
- 4.10. Integration and Clinical Reasoning

## Module 5. Upper Limb and Sports Injuries

- 5.1. Muscle Injuries of the Upper Limb and Classification
- 5.2. Muscle Injuries of the Upper Limb
  - 5.2.1. Clinical Assessment
  - 5.2.2. Exploration
  - 5.2.3. Diagnostic Imaging
- 5.3. Muscle Injuries of the Upper Limb: Conservative Treatment vs. Surgical
- 5.4. Muscle Injuries of the Upper Limb
  - 5.4.1. Principles of Recovery
  - 5.4.2. Phases
  - 5.4.3. Objectives and Interventions
- 5.5. Muscle Injuries of the Upper Limb - Prevention and Motor Control
- 5.6. Glenohumeral Dislocation in Professional Football I
  - 5.6.1. Etiology
  - 5.6.2. Types
- 5.7. Glenohumeral Dislocation in Professional Football.II
  - 5.7.1. Functional Assessment
  - 5.7.2. Diagnosis and clinical reasoning
- 5.8. Glenohumeral Dislocation in Professional Soccer: Physiotherapeutic Treatment
- 5.9. Glenohumeral dislocation in professional soccer: prevention and Return To Play
- 5.10. Tendinopathies of the Elbow: Assessment
- 5.11. Joint and Ligament Injuries of the Elbow: Assessment
- 5.12. Treatment Protocols

## Module 6. Lower Limb and Sport

- 6.1. Overview, Epidemiology and Principles of Terminological Uniformity According to the "DOHA Agreement" in the Athlete's Hip
- 6.2. Principles of Functional and Physical Examination
  - 6.2.1. Identification of Dysfunctional Movement Patterns
  - 6.2.2. Differential Diagnosis of Syndromes
- 6.3. Dysfunction/Pain and Trauma of the Hip Region
- 6.4. Principles of Adductor-Related Groin Pain Management

- 6.5. Principles of Femoroacetabular Shock Treatment
- 6.6. Clinical-functional indicators in the determination of "Return To Play"
- 6.7. Functional Assessment of the Knee: Neuro-Orthopedic Approach
- 6.8. Repetitive Stress Syndrome
  - 6.8.1. Functional Assessment
  - 6.8.2. Physiotherapy Treatment
- 6.9. Iliotibial Band Syndrome
  - 6.9.1. Functional Assessment
  - 6.9.2. Physiotherapy Treatment
- 6.10. Goosefoot Syndrome
  - 6.10.1. Functional Assessment
  - 6.10.2. Physiotherapy Treatment
- 6.11. Ankle Ligament Injuries in Contact Sports
  - 6.11.1. Etiology and Pathophysiology
  - 6.11.2. Diagnosis
    - 6.11.2.1. Clinical Tests
    - 6.11.2.2. Complementary Tests
  - 6.11.3. Physiotherapy Treatment
    - 6.11.3.1. Acute Phase
    - 6.11.3.2. Functional Recovery Phase
    - 6.11.3.3. Return to Sporting Activity Phase
    - 6.11.3.4. Complications of Ligament Injuries
    - 6.11.3.5. Preventive Work
- 6.12. Metatarsalgia
  - 6.12.1. Functional Assessment
  - 6.12.2. Podiatric Assessment
  - 6.12.3. Therapeutic Approach
- 6.13. Plantar Fasciitis
  - 6.13.1. Functional Assessment
  - 6.13.2. Podiatric Assessment
  - 6.13.3. Therapeutic Approach
- 6.14. Sports Footwear
  - 6.14.1. Principal Components
  - 6.14.2. Types by Sport

## Module 7. Manual Techniques in Sports Physiotherapy

- 7.1. Shoulder Joint Techniques
- 7.2. Elbow Joint Techniques
- 7.3. Wrist and Hand Joint Techniques
- 7.4. Hip Joint Techniques
- 7.5. Knee Joint Techniques
- 7.6. Ankle and Foot Joint Techniques
- 7.7. Soft Tissue Techniques in the Upper Extremities
- 7.8. Soft Tissue Techniques in the Lower Extremities
- 7.9. Osteopathic Techniques of the Cervical Spine
- 7.10. Osteopathic Techniques of the Dorsal Spine
- 7.11. Osteopathic Techniques of the Lumbar Spine
- 7.12. Pelvic Osteopathic Techniques

## Module 8. Injury Prevention

- 8.1. Lifestyle and Motor Habits as Risk Factors
  - 8.1.1. Natural and Cultural Motricity
  - 8.1.2. Current Motor Habits and Diseases of Civilization
  - 8.1.3. Triad of Modernity
- 8.2. Primary, Secondary and Tertiary Prevention
  - 8.2.1. Risk Factor Approach Scheme
  - 8.2.2. Concept of Dysfunction
  - 8.2.3. Basic Principles of Prevention for Movement Assessment and Prescription
- 8.3. Perceptual-Motor Skills as a Basis for Intelligent and Healthy Movement
- 8.4. Methodology and Objectives in the Preventive Approach
- 8.5. Postural System and Interpretation of Different Authors
- 8.6. Fascial System
  - 8.6.1. Functions of Connective Tissue and Fascia
  - 8.6.2. Concept of Static Chains and Diaphragms
  - 8.6.3. Fascial System Dysfunction and Common Symptoms
  - 8.6.4. Healthy Fascias and Training

- 8.7. Static, Dynamic and Functional Postural Assessment
  - 8.7.1. Early Detection
  - 8.7.2. Postural Dysfunctions as Risk Factors
- 8.8. Breathing and its Role in Posture and Stability
- 8.9. Proprioception and Prevention
- 8.10. Active Prevention

## Module 9. Global Postural Re-Education and Injuries

- 9.1. Risk Factors and Their Role in Posture
  - 9.1.1. Intrinsic Factors:
  - 9.1.2. Extrinsic Factors
- 9.2. Athlete Assessment
  - 9.2.1. Static Assessment
  - 9.2.2. Dynamic Assessment
- 9.3. Assessment of Injury Movement
- 9.4. Treatment of Dysfunctions through the GPR Concept
- 9.5. Concepts on Neuropedagogy
- 9.6. Learning Phases
- 9.7. Squat Movement Integration

## Module 10. Therapeutic Exercise in Athlete Recovery

- 10.1. Criteria for RTP Following Injury
  - 10.1.1. Biological Criteria
  - 10.1.2. Functional Criteria
  - 10.1.3. Psychological Criteria
  - 10.1.4. Sports
- 10.2. Strength Training Objectives
  - 10.2.1. Preventive/Compensatory Training
  - 10.2.2. Sports Functional Recovery
- 10.3. General Applied Principles
  - 10.3.1. Specificity
  - 10.3.2. Individuality
  - 10.3.3. Variation or Novel Stimulus
  - 10.3.4. Progressive Loading
  - 10.3.5. Adaptation or Preparation of Structures

- 10.4. Neuromuscular Manifestations in Strength Training
  - 10.4.1. Power
  - 10.4.2. Fast/Explosive Training
  - 10.4.3. Maximum Strength Training
  - 10.4.4. Resistance Training
  - 10.4.5. Hypertrophy
- 10.5. Therapeutic Exercise Parameters
  - 10.5.1. Intensity
  - 10.5.2. Volume
  - 10.5.3. Weight
  - 10.5.4. Repetitions
  - 10.5.5. Sets
  - 10.5.6. Rest
- 10.6. Methods and Systems
  - 10.6.1. Concentric
  - 10.6.2. Eccentric
  - 10.6.3. Ballistic
  - 10.6.4. Isoinertial
  - 10.6.5. Isometric
- 10.7. Planning and Periodization
  - 10.7.1. Types of Planning
    - 10.7.1.1. Undulating/Linear
  - 10.7.2. Work Units
    - 10.7.2.1. Macrocycle
    - 10.7.2.2. Mesocycle
    - 10.7.2.3. Microcycle
    - 10.7.2.4. Session
- 10.8. Dosage and Calculation of the Therapeutic Exercise Load
  - 10.8.1. Steps
  - 10.8.2. Rubber Bands
  - 10.8.3. Weights/Dumbbells/Bars/Discs
  - 10.8.4. Machines
  - 10.8.5. Body Weight
  - 10.8.6. Suspension Work
  - 10.8.7. Fitball







- 10.9. Design and Selection of Therapeutic Exercise
  - 10.9.1. Characteristics of Physical Activity/Sport
    - 10.9.1.1. Physical
    - 10.9.1.2. Physiology
    - 10.9.1.3. Techniques/Tactics
    - 10.9.1.4. Psychological Techniques/Tactics
    - 10.9.1.5. Biomechanical Techniques/Tactics
  - 10.9.2. Methods
    - 10.9.2.1. Exercises
    - 10.9.2.2. Circuits
    - 10.9.2.3. Programs/Routine
- 10.10. Assessment and Control through Functional Tests

“*TECH provides you with a syllabus that perfectly combines an advanced theoretical framework with an intensive practical internship*”

07

# Clinical Internship

At the end of the online period, the program will provide a practical internship in a prestigious center. Therefore, you will be able to implement in real patients all the knowledge acquired in the Virtual Campus. You will also be accompanied by an assistant professional who will guide you through the entire process.



A close-up photograph of a person's lower leg and foot on a treadmill. The person is wearing a black athletic shoe with orange laces. Three heart rate monitors are attached to the leg: two black circular sensors on the upper calf and one blue circular sensor on the lower calf. The treadmill's handrails and side panels are visible, showing a light-colored wood-grain finish. The background is a solid blue color that transitions into a white area where the quote is located.

“

*Broaden your skills and abilities in a world-class clinical setting, providing physiotherapeutic service to real patients”*

The practical period integrated by TECH in this program is the finishing touch to a complete update of knowledge on Sports Physiotherapy. As such, in this on-site internship in a center of recognized prestige, the graduate will be from Monday to Friday, in 8-hour consecutive shifts and during 3 intense weeks.

A unique experience that will take the professional to be able to be with excellent professionals in this field, interacting with real patients who require the latest techniques and devices for their treatment. These activities are aimed at developing and perfecting the skills necessary for the provision of physiotherapeutic care in areas and conditions that require a high level of qualification and are oriented to the exercise of the activity, in a safe environment for the patient.

This is, undoubtedly, an unbeatable opportunity for professionals to update their knowledge, working in scenarios where the latest technology applied to this specialty is applied, and in addition, with a team of physiotherapists who are proficient in the main procedures.

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 training partners that facilitate teamwork and multidisciplinary integration as transversal skills for the practice of physiotherapy (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the program, 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 the following:



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"*



Module	Practical Activity
<b>Invasive techniques in sports: percutaneous electrostis</b>	Perform diagnosis and treatment of sports patients
	Perform invasive physiotherapy techniques in athletes through the neuromechanical model
	Use of percutaneous ultrasound-guided electrostis in athletes
	Perform percutaneous electrostis for tendinopathies and muscle injuries
<b>Treatment of spinal column, instability and injuries</b>	Outline strategies for the management of proprioceptive dysfunctions and neuroplastic changes at the CNS level
	Diagnose dysfunctions in precision, dissociation and movement quality
	Perform lumbar instability tests
	Collaborate in the performance of observational motion control analysis
	Perform muscle activation pattern assessment tests and muscular resistance tests
<b>Treatment of upper limbs and sports injuries</b>	Offer support in the treatment and examination of muscle injuries of the upper limbs
	Diagnostic imaging of muscle injuries of the upper limbs
	Carry out the diagnosis of glenohumeral dislocation
	Perform physiotherapeutic treatment of glenohumeral dislocation
	Assess and treat elbow joint and ligament injuries
<b>Treatment of Lower Limbs and Sports</b>	Assist in the treatment and examination of dysfunction/pain and trauma of the hip region
	Perform treatment of adductor-related groin pain
	Perform a functional assessment of the knee, using the neuro-orthopedic approach
	Carry out physiotherapeutic treatment of repetitive stress syndrome
	Outline a physiotherapeutic treatment strategy for iliotibial band syndrome
	Address goosefoot syndrome by physiotherapy treatment
	Perform clinical and complementary tests for ligamentous injuries of the ankle in contact sports
	Address metatarsalgia
Perform functional and podiatric assessment of the painful sole of the foot	
<b>Manual Techniques in Sports Physiotherapy</b>	Perform joint techniques on upper and lower limbs
	Approach the patient with osteopathic techniques of the dorsal spine
	Offer support in the performance of osteopathic techniques of the lumbar spine
	Handle pelvic osteopathic techniques

## 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. TUTORING:** during the Hybrid Professional Master's Degree students will be assigned two tutors who will accompany them throughout the process, resolving any doubts and questions that may arise. On 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 student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic

**2. DURATION:** the internship program will have a duration of three continuous weeks of practical training, distributed in 8-hour days and five 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:** in case of no-show on the day of the Hybrid Professional Master's Degree, the student will lose the right to the 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 the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor

**4. CERTIFICATION:** Students who pass the Hybrid Professional Master's Degree will receive a certificate of attendance at the center in question

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

**6. PREVIOUS STUDIES:** some centers may require a certificate of previous studies 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. NOT INCLUDED:** the Hybrid Professional Master's Degree will not include any element not described in these 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

08

# Where Can I Do the Clinical Internship?

In order to provide a quality qualification, TECH has been willing to broaden the academic horizons so that this Internship Program can be provided by a prestigious center. This is a unique opportunity for the students to continue growing in their area of expertise, together with the best physiotherapists specialists in the field.







“

*This program will lead you to hone your skills in dealing with sports injuries in a high-level professional environment”*



Students can take the practical part of this Hybrid Professional Master's Degree at the following centers:



Physiotherapy

### Clínica Viriato

Country	City
Spain	Madrid

Address: Calle Viriato, 29, 28010, Madrid

Clinic specialized in General Medicine, Aesthetic Medicine, Dentistry and Body Rehabilitation.

**Related internship programs:**

- Sports Physiotherapy
- Geriatric Physiotherapy



Physiotherapy

### Clínica de Fisioterapia Pilates Canal

Country	City
Spain	Madrid

Address: Av. Filipinas 44, 28003 Madrid

Physiotherapeutic center specialized in Pilates

**Related internship programs:**

- Geriatric Physiotherapy
- Sports Physiotherapy



Physiotherapy

### Técnica Fisioterapia

Country	City
Spain	Madrid

Address: Calle Boix Morer, 22 (28003) Madrid

Center specialized in physical treatments, natural and non-invasive methods for the rehabilitation of all types of injuries and ailments.

**Related internship programs:**

- Sports Physiotherapy



Physiotherapy

### Somos Fisioterapia Hernani

Country	City
Spain	Madrid

Address: C/ Hernani, 64 Madrid

Physiotherapeutic center specialized in Osteopathy and the Pilates method.

**Related internship programs:**

- Sports Physiotherapy



Physiotherapy

### Fisiosalud+ Chamberí

Country	City
Spain	Madrid

Address: Calle Alonso Cano, 64 (28003) Madrid

Clinical center specialized in physiotherapy and physical rehabilitation.

**Related internship programs:**

- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Fisiosalud+ Alcobendas

Country	City
Spain	Madrid

Address: Paseo de la Chopera, 38 (28100) Alcobendas, Madrid

Clinical center specialized in physiotherapy and physical rehabilitation.

**Related internship programs:**

- Sports Physiotherapy
- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Fisiosalud+ Salamanca

Country	City
Spain	Madrid

Address: Calle Don Ramón de la Cruz, 87 (28006) Madrid

Clinical center specialized in physiotherapy and physical rehabilitation.

**Related internship programs:**

- Sports Physiotherapy
- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Fisiosalud+ Malasaña

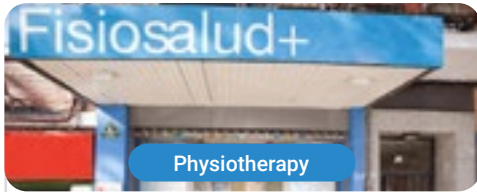
Country	City
Spain	Madrid

Address: C. de San Vicente Ferrer, 20, 28004 Madrid

Clinical center specialized in physiotherapy and physical rehabilitation.

**Related internship programs:**

- Prevention, Rehabilitation and Rehabilitation of Sports Injuries for Physiotherapists



Physiotherapy

### Fisiosalud+ Ciudad Lineal

Country: Spain City: Madrid

Address: Calle Emilio Ferrari 10, 28017 Madrid

Clinical center specialized in physiotherapy and physical rehabilitation.

**Related internship programs:**

- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Fisiomed Brunete

Country: Spain City: Madrid

Address: C/ Sorolla nº1 28690 Brunete (Madrid)

Sports Physiotherapy Clinic and Integral Rehabilitation Center

**Related internship programs:**

- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Fisioterapia Flor Trujillo

Country: Spain City: Granada

Address: Pasaje de Recogidas, 10, Granada (18005)

Physiotherapeutic and osteopathic clinic with promotion of natural therapies

**Related internship programs:**

- Sports Physiotherapy
- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Fisioterapia Recupérate Ya

Country: Spain City: Madrid

Address: Calle de Sandoval 17, (28010) Madrid

Physiotherapeutic center with a wide range of services for physical and manual therapy.

**Related internship programs:**

- Diagnosis in Physiotherapy
- Electrotherapy in Physiotherapy



Physiotherapy

### Fisiosalud+ San Sebastián de los Reyes

Country: Spain City: Madrid

Address: Av. de los Reyes Católicos, 29, 28701 San Sebastián de los Reyes, Madrid

Physiotherapy and Osteopathy Center specialized in manual therapy.

**Related internship programs:**

- Sports Physiotherapy
- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Somos Fisioterapia Palafox

Country: Spain City: Madrid

Address: Calle de Palafox, 12, 28010 Madrid

Physiotherapeutic center specialized in Osteopathy and the Pilates method.

**Related internship programs:**

- Sports Physiotherapy



Physiotherapy

### Fisioincorpore

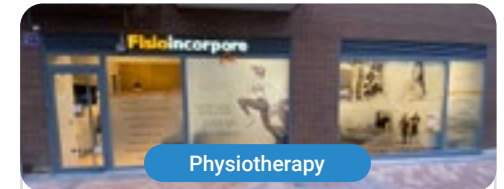
Country: Spain City: Madrid

Address: Avenida del Ventisquero de la Condesa 18, (28035) Madrid

Physiotherapy and podiatry clinic specializing in traumatology

**Related internship programs:**

- Sports Physiotherapy
- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Fisioincorpore Fit

Country: Spain City: Madrid

Address: Calle Baños de Valdearados, 14, (28051) Madrid

Clinic focused on the integral and absolute care of the human body through Physiotherapy.

**Related internship programs:**

- Sports Physiotherapy
- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Clínica Capón

Country	City
Spain	Madrid

Address: Avenida Camino de Santiago 1, esquina de Calle Puerto de Somport, 28050, Madrid

Multidisciplinary center specialized in sports and locomotor physiotherapy.

**Related internship programs:**

Sports Physiotherapy

-Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### TG Sportclinic

Country	City
Spain	Madrid

Address: Calle Golfo de Salónica, 73, 28033, Madrid

Comprehensive health care clinic for athletes

**Related internship programs:**

Sports Physiotherapy

-Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Clínica Abla

Country	City
Spain	Madrid

Address: Calle de Antonio Machado, 61, 28830, San Fernando de Henares, Madrid

Center specialized in psychiatric, psychological and pedagogical assistance.

**Related internship programs:**

Sports Physiotherapy

-Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Pasos Fisioterapia

Country	City
Spain	Madrid

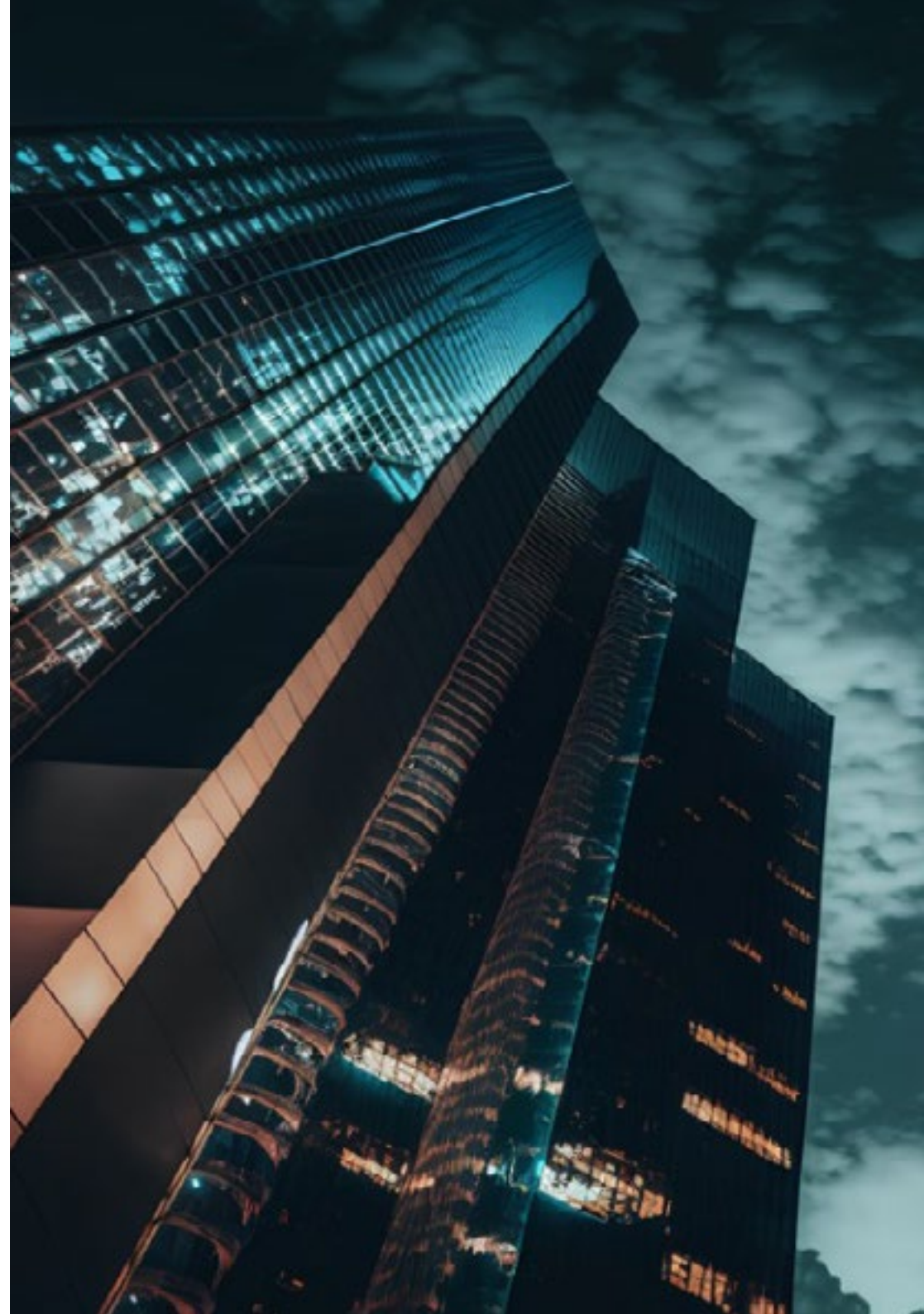
Address: Calle Rafael Sánchez Ferlosio, 11, local 3, 28830, San Fernando de Henares, Madrid

Center for Advanced Comprehensive Physiotherapy

**Related internship programs:**

Sports Physiotherapy

-Prevention, Rehabilitation and Rehabilitation of Sports Injuries for Physiotherapists





Physiotherapy

### Clínica Sanarte

Country	City
Spain	Madrid

Address: Av. del Cantábrico, 125, posterior,  
28939 Arroyomolinos, Madrid

Center for functional rehabilitation assistance  
through physiotherapy.

**Related internship programs:**  
Sports Physiotherapy



Physiotherapy

### Reydes Fisioterapia Villalba

Country	City
Spain	Madrid

Address: Calle los Madroños, 6, 28400 Collado  
Villalba, Madrid

Recovery, rehabilitation and physiotherapy center

**Related internship programs:**  
Sports Physiotherapy



Physiotherapy

### Reydes Fisioterapia Guadarrama

Country	City
Spain	Madrid

Address: C. del Gral. Moscardó, 11, 28440  
Guadarrama, Madrid

Recovery, rehabilitation and physiotherapy center

**Related internship programs:**  
Sports Physiotherapy



Physiotherapy

### FisioSanfer

Country	City
Spain	Madrid

Address: Calle Nazario Calonge, 13, 28830, San  
Fernando de Henares, Madrid

Clinic of Physiotherapy and Osteopathy with  
integral assistance

**Related internship programs:**  
Sports Physiotherapy  
- Musculoskeletal Ultrasound in Physiotherapy



Physiotherapy

### Vizcaíno Fisioterapia

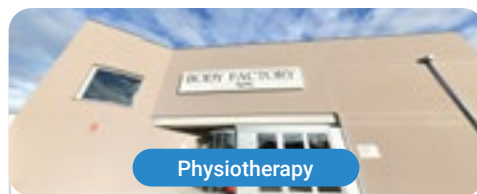
Country: Spain City: Madrid

Address: Sector Descubridores, 2, 28760, Tres Cantos, Madrid

Physiotherapy and rehabilitation clinic, personal training and injury rehabilitation.

**Related internship programs:**

- Musculoskeletal Ultrasound in Physiotherapy
- Sports Physiotherapy



Physiotherapy

### Fisiokina

Country: Spain City: Madrid

Address: Avenida de Madrid, 18, 28760, Tres Cantos, Madrid

Sports and general physiotherapy and osteopathy clinic.

**Related internship programs:**

- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Recovery Clinic

Country: Spain City: Madrid

Address: Calle Bolivia 38, 28016, Madrid

Clinical center specialized in bone-muscular rehabilitation and recovery.

**Related internship programs:**

- Sports Physiotherapy
- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Clinisalud

Country: Spain City: Madrid

Address: Calle Pingüino, 23, 28047 Madrid

Multidisciplinary health care center

**Related internship programs:**

- Diagnosis in Physiotherapy
- Advanced Clinical Podiatry



Physiotherapy

### Fisoentrena Madrid

Country: Spain City: Madrid

Address: Avenida del Dr. Federico Rubio y Galí, 59, 28040 Madrid (Dentro del Wellsport Club)

Center specialized in the prevention and recovery of injuries

**Related internship programs:**

- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Binomio Ocio

Country: Spain City: Madrid

Address: C/ Cartagena, 164, Madrid 28002

Center oriented to high-level sports physiotherapy.

**Related internship programs:**

- Sports Physiotherapy
- Prevention, Rehabilitation and Readaptation of Sports Injuries for Physiotherapists



Physiotherapy

### Clínica Foot and Body

Country: Spain City: Madrid

Address: C. de Segovia, 69, local izquierda, 28005 Madrid, España

Foot and Body Clinic specialists in Podiatry, Aesthetic Medicine, Physiotherapy and Advanced Aesthetics.

**Related internship programs:**

- Sports Physiotherapy
- Advanced Clinical Podiatry



Physiotherapy

### Fiso en Forma

Country: Spain City: Madrid

Address: C. de Boadilla, 42, 28220 Majadahonda, Madrid

Physiotherapeutic and physical health promotion clinic

**Related internship programs:**

- Sports Physiotherapy
- Diagnosis in Physiotherapy



Physiotherapy

### Rehab MG

Country City  
Spain Madrid

Address: C. Dublín, 1, Bajo 3A, 28232 Las Rozas de Madrid, Madrid

Clinic specialized in Sports Physiotherapy

**Related internship programs:**  
- Sports Physiotherapy  
- Diagnosis in Physiotherapy



Physiotherapy

### Sabier Fisiomedic

Country City  
Spain Madrid

Address: C. María Zambrano, 3, Local 8-9, 28522 Rivas-Vaciamadrid, Madrid

Center specialized in Physiotherapy, Osteopathy, Aesthetic Medicine, Podiatry, Biomechanics, Facial and Body Aesthetics.

**Related internship programs:**  
- Diagnosis in Physiotherapy  
- Sports Physiotherapy



Physiotherapy

### Policlínico HM Matogrande

Country City  
Spain La Coruña

Address: R. Enrique Mariñas Romero, 32G, 2º, 15009, A Coruña

Network of private clinics, hospitals and specialized centers distributed all over the Spanish geography.

**Related internship programs:**  
- Sports Physiotherapy  
- Neurodegenerative Diseases



Physiotherapy

### Policlínico HM Moraleja

Country City  
Spain Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed all over the Spanish geography.

**Related internship programs:**  
- Rehabilitation Medicine in Acquired Brain Injury Management



Physiotherapy

### Massalud

Country City  
Spain Madrid

Address: C. de los Caños del Peral, 11, Bajo Izquierda, 28013 Madrid

Massalud, distinguished center for the provision of Physiotherapy and Osteopathy services for the voice oriented artists

**Related internship programs:**  
- Sports Physiotherapy



Physiotherapy

### Klinik PM

Country City  
Spain Alicante

Address: C. del Alcalde Alfonso de Rojas, 8, 03004 Alicante

The largest referral clinic in pain treatment and conservative traumatology.

**Related internship programs:**  
- Diagnosis in Physiotherapy  
- Sports Physiotherapy



Physiotherapy

### Premium global health care Madrid

Country City  
Spain Madrid

Address: C. de Víctor de la Serna, 4, 28016 Madrid

Rehabilitation, readaptation and personal training: these are the pillars of the clinic.  
Physiotherapy clinic in Chamartín

**Related internship programs:**  
-MBA in Digital Marketing  
-Project Management



Physiotherapy

### Premium global health care Pozuelo

Country City  
Spain Madrid

Address: Centro Comercial Monteclaro, Local 59.4, s/n, Av. de Monteclaro, d, 28223 Pozuelo de Alarcón, Madrid

Rehabilitation, readaptation and personal training: these are the pillars of the physiotherapy clinic in Pozuelo.

**Related internship programs:**  
-MBA in Digital Marketing  
-Project Management



Physiotherapy

### Premium global health care Fuenlabrada

Country: Spain City: Madrid

Address: Paseo de Roma, 1, 28943 Fuenlabrada, Madrid

Rehabilitation, readaptation and personal training: these are the pillars of the clinic  
Physiotherapy clinic in Fuenlabrada

**Related internship programs:**

- MBA in Digital Marketing
- Project Management



Physiotherapy

### Clínica Montecarlo Torrent

Country: Spain City: Valencia

Address: Avinguda al Vedat, 21-1º piso, Edificio Montecarlo, 46900 Torrent, Valencia

Center specialized in physiotherapy

**Related internship programs:**

- Electrotherapy in Physiotherapy
- Sports Physiotherapy



Physiotherapy

### Fisioterapia Avanzada Fabián España

Country: Spain City: Barcelona

Address: Calle Menorca 34, local 2, CP 08020 Barcelona

Physical therapist with evidence-based rehabilitation treatments

**Related internship programs:**

- Sports Physiotherapy







Physiotherapy

### Fiziord

Country City  
Mexico Mexico City

Address: Segovia 96 Int. 4 Col. Alamos Del.  
Benito Juárez CDMX C.P 03400

Advanced Clinic of Physiotherapy and  
Sports Medicine

**Related internship programs:**  
Sports Physiotherapy  
-Neurological Physiotherapy in Degenerative Diseases



Physiotherapy

### Small Hauhgthon Rehab

Country City  
Mexico Mexico City

Address: Nicolás San Juan 1319 Col. Del Valle  
Sur Benito Juárez

Clinic specialized in Sports Medicine  
and comprehensive care in Physiotherapy

**Related internship programs:**  
Geriatric Physiotherapy  
Sports Physiotherapy



Physiotherapy

### Osis Ortho Sport Clinic

Country City  
Mexico Quintana Roo

Address: Plaza Osis Wellness Center. Ubicado  
en Av. Huayacan esq. Calle Ciricote Smz. 313  
Mza. 257, Cancún, Quintana Roo

Rehabilitation clinic specialized in Traumatology,  
Orthopedics and Sports Medicine.

**Related internship programs:**  
Sports Physiotherapy  
- Electrotherapy in Physiotherapy



Physiotherapy

### Santé Clinic Querétaro

Country City  
Mexico Querétaro de Arteaga

Address: Circuito Álamos #88 PA-B col Álamos  
2da sección Querétaro, Qro, CP 76160

Clinical center specialized in physical therapy  
and recovery

**Related internship programs:**  
- Aesthetic Medicine  
Sports Physiotherapy



Physiotherapy

### Physio Sports México

Country City  
Mexico Mexico City

Address: Convento del Rosario No. 34, Jardines de Santa Mónica C.P. 54050. Tlalnepantla, Estado de México. México

Avant-garde and innovative Physiotherapy Clinic

**Related internship programs:**

- Electrotherapy in Physiotherapy
- Sports Physiotherapy



Physiotherapy

### Plene Físio

Country City  
Mexico Mexico City

Address: Anaxágoras 915, Narvarte Poniente, Benito Juárez, 03100 Ciudad de México, CDMX, México

Physiotherapy Clinic in La Navarte

**Related internship programs:**

- Diagnosis in Physiotherapy
- Electrotherapy in Physiotherapy



Physiotherapy

### Rehamex

Country City  
Mexico Mexico

Address: J.J. Fernández de Lizardi No. 5, Cto. Novelistas, Ciudad Satélite, Naucalpan

Center specialized in Rehabilitation and physical health promotion

**Related internship programs:**

- Diagnosis in Physiotherapy
- Medical Research



Physiotherapy

### Clínica de Fisioterapia Integral Mover-T

Country City  
Mexico Mexico City

Address: Calle Pílares 506, Colonia del Valle Centro, Benito Juárez, 03100 Ciudad de México, CDMX, México

Integral Physical Therapy Clinic

**Related internship programs:**

- Diagnosis in Physiotherapy
- Electrotherapy in Physiotherapy





Physiotherapy

### Athlos Naucalpan

Country	City
Mexico	Mexico City

Address: Av. Gustavo Baz Prada No. 116, Col. Bosques de Echegaray, Naucalpan de Juárez, Estado de México

Centers specialized in physical and sports rehabilitation

**Related internship programs:**

- Diagnosis in Physiotherapy
- Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Toluca

Country	City
Mexico	Mexico City

Address: Cerro de la Estrella 128 - 29, Xinantécatl, Metepec, Edo. de Méx

Centers specialized in physical and sports rehabilitation

**Related internship programs:**

- Diagnosis in Physiotherapy
- Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Lindavista

Country	City
Mexico	Mexico City

Address: Sullana 741, Col. Lindavista, Del. G.A.M. CDMX

Centers specialized in physical and sports rehabilitation

**Related internship programs:**

- Diagnosis in Physiotherapy
- Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Iztacalco

Country	City
Mexico	Mexico City

Address: Julio García No. 14, Piso 2, San Miguel, Iztacalco, CDMX. Esq. Francisco del Paso y Troncoso

Centers specialized in physical and sports rehabilitation

**Related internship programs:**

- Diagnosis in Physiotherapy
- Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Roma

Country City  
Mexico Mexico City

Address: Guanajuato 178, 3er Piso. Roma Norte, Cuauhtémoc, CDMX

Centers specialized in physical and sports rehabilitation

**Related internship programs:**

- Diagnosis in Physiotherapy
- Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Tlalpan

Country City  
Mexico Mexico City

Address: Calle 3 Num 52, Coapa, Espartaco, Coyoacán, 04870, CDMX

Centers specialized in physical and sports rehabilitation

**Related internship programs:**

- Diagnosis in Physiotherapy
- Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Ecatepec

Country City  
Mexico Mexico City

Address: Plaza Ecatepec, Via Morelos 172, Local C-8, Los Laureles, Ecatepec de Morelos, Méx. Junto a la zona de Comida

Centers specialized in physical and sports rehabilitation

**Related internship programs:**

- Diagnosis in Physiotherapy
- Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Tiber

Country City  
Mexico Mexico City


Address: Río Tiber No. 21, 3er Piso, Col: Cuauhtémoc, Del: Cuauhtémoc, CDMX

Centers specialized in physical and sports rehabilitation

**Related internship programs:**

- Diagnosis in Physiotherapy
- Electrotherapy in Physiotherapy





Physiotherapy

### Sports Clinic

Country	City
Mexico	Mexico City

Address: WTC, Montecito 38, Niv 1 local 01-09,  
Niv 2 Local 02-01, 02-13 y 02- 14| C.P. 03810,  
Benito Juárez , CDMX

Clinic specialized in the care of athletes

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**Related internship programs:**  
Sports Physiotherapy  
- Electrotherapy in Physiotherapy



*You will learn firsthand the reality of working in the area, in a demanding and rewarding environment"*

09

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



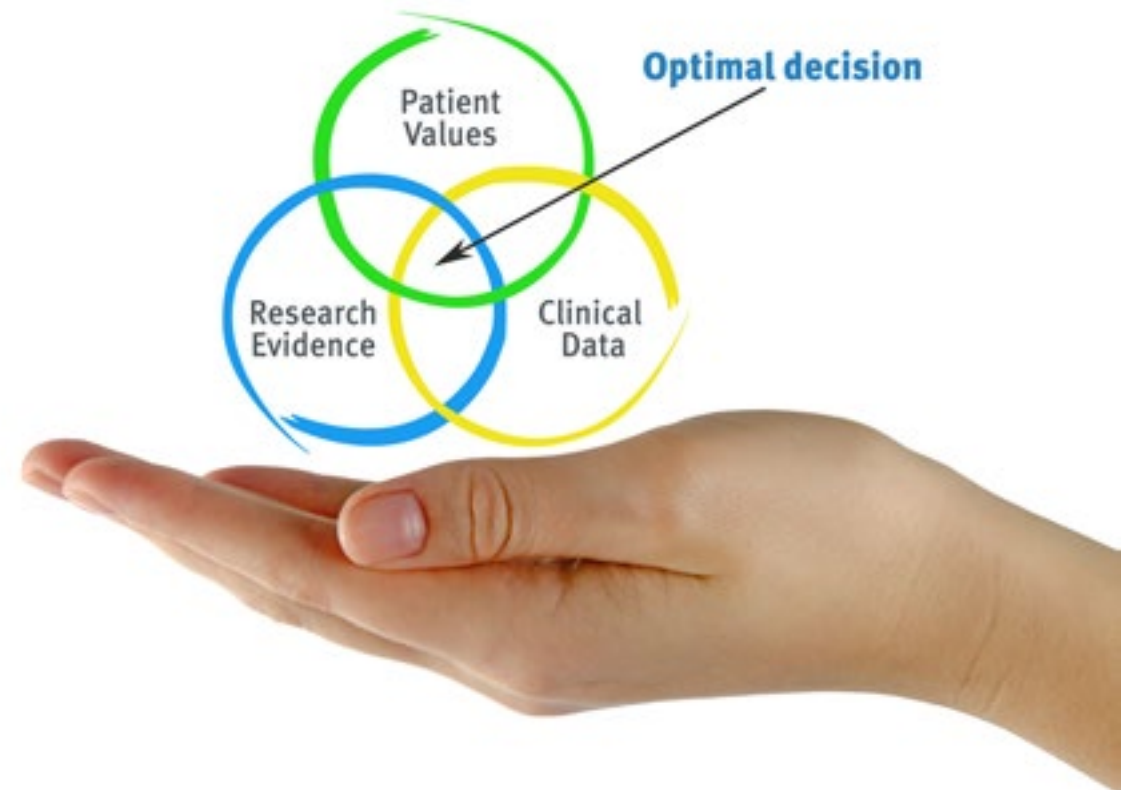
“

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

## At TECH 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.



# 10 Certificate

The Hybrid Professional Master's Degree in Sports Physiotherapy 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 certificate without having to travel or fill out laborious paperwork”*

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

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

In addition to the diploma, students will be able to obtain an academic transcript, as well as a certificate outlining the contents program. In order to do so, students should contact their academic advisor, who will provide them with all the necessary information.

Title: **Hybrid Professional Master's Degree in Sports Physiotherapy**

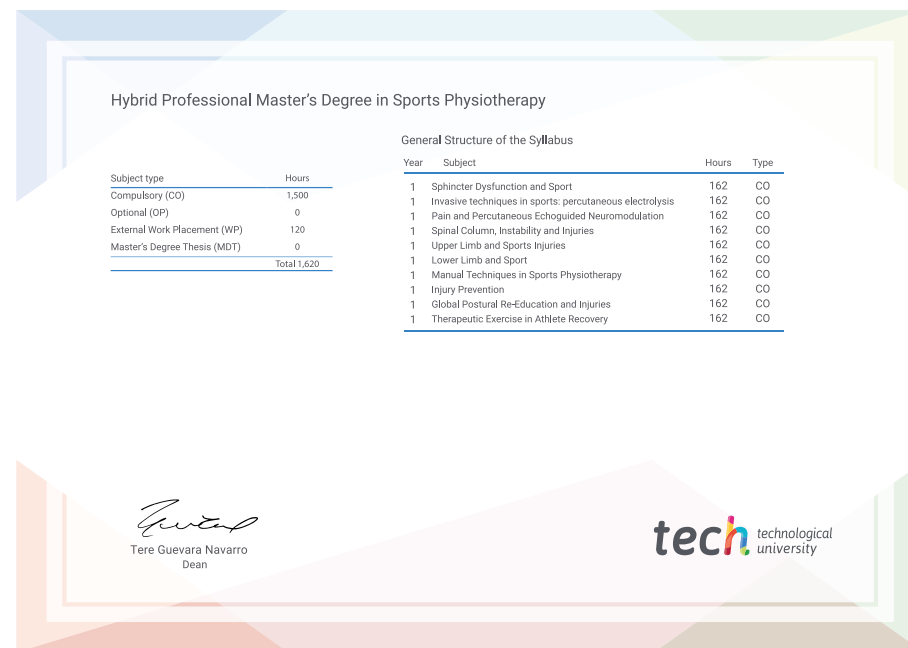
Course Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Technological University**

Teaching Hours: **1,620 h.**

**Endorsed by the NBA**



\*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.



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



**Hybrid Professional  
Master's Degree**  
Sports Physiotherapy

Course Modality: Hybrid (Online)  
Duration: 12 months  
Certificate: TECH Technological University  
Teaching Hours: 1,620 h.

# Hybrid Professional Master's Degree Sports Physiotherapy

Endorsed by the NBA

