

# Hybrid Professional Master's Degree Therapeutic Pilates





## Hybrid Professional Master's Degree Therapeutic Pilates

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

Accreditation: 60 + 4 ECTS

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

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# 01

# Introduction

Therapeutic Pilates has gained popularity in recent years as a discipline focused on physical rehabilitation and pain relief. Therefore, this modality is adapted to the specific needs of people with mobility problems, chronic pain or injuries, combining the principles of traditional Pilates with therapeutic approaches. In addition, according to recent studies, Therapeutic Pilates is effective in improving core stability, flexibility and muscle strength, helping in the recovery of conditions such as low back pain, sports injuries and postural problems. In this context, TECH has designed a comprehensive hybrid program, with a 100% online format for the theory and a practical stay of 3 weeks in a prestigious clinic.





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*With this Hybrid Professional Master's Degree, you will access a complete and specialized program in the application of the Pilates method for the rehabilitation and treatment of various pathologies”*



Therapeutic Pilates has established itself as a popular technique to treat spinal problems, joints and post-surgical rehabilitation. Its main objective is to strengthen deep muscles, improve posture and relieve chronic pain, especially in people with injuries or conditions such as Scoliosis, Herniated Discs or Osteoarthritis.

This is how this Hybrid Professional Master's Degree was born, which will prepare professionals in the application of the Pilates method as a therapeutic tool. In its first stages, it will delve into the origins and history of Pilates, analyzing how it has evolved to become a recognized method in physical rehabilitation. In addition, the fundamentals of the method will be analyzed, understanding the theoretical and practical bases, identifying the most relevant exercises, as well as the positions that should be avoided to prevent injuries.

Likewise, physiotherapists will acquire knowledge about the environment in which Pilates is practiced, from the description of the gym and the machines used, to the protocols and progressions of exercises suitable for different types of patients. The different ways of structuring the sessions will also be addressed, adjusting the methodology to the specific needs of each person.

Finally, the application of Pilates for the treatment of various pathologies, such as alterations of the spine, upper and lower limbs, and other health conditions, will be discussed. Therefore, specific cases will be examined, such as the application of Pilates during pregnancy, childbirth and postpartum, ensuring that the exercises are appropriate for each phase. In turn, it will delve into the most common injuries in the sports field, providing prevention and recovery strategies.

In this way, TECH has developed a complete program that will be divided into two sections. The first, fully online, will focus on theory, using the revolutionary Relearning methodology, consisting of continuous reiteration of key concepts for optimal assimilation of content. The second section will consist of a 3-week practical stay in a leading clinic.

This **Hybrid Professional Master's Degree in Therapeutic Pilates** 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 physiotherapy professionals, experts in Therapeutic Pilates and university professors with extensive experience in this field
- ♦ 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
- ♦ Comprehensive systematized action plans for the main pathologies in physiotherapy
- ♦ Presentation of practical workshops on procedures diagnosis, and treatment techniques
- ♦ Algorithm-based interactive learning system for decision making in the situations that are presented to the student
- ♦ Practice guidelines on the approach to different pathologies
- ♦ 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, they will be able to do an internship in one of the best centers and clinics in the world



*Would you like to perfect your skills in Sports Medicine and Physical Rehabilitation? You will have access to 10 additional Masterclasses, designed by an internationally renowned specialist in this area”*

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*You will obtain a solid theoretical and practical base that will facilitate your insertion into the workplace in the areas of health, wellness and physical activity, thanks to an extensive library of innovative multimedia resources”*

In this Hybrid 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 Therapeutic Pilates, and who require a high level of qualification. The contents are based on the latest scientific evidence, and oriented in a didactic way to integrate theoretical knowledge in the practice of physiotherapy, and the theoretical-practical elements will facilitate the updating of knowledge and allow 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 specialize 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.

*You will delve into the controversies surrounding the correct application of the Pilates method, ensuring a practice based on the latest scientific evidence and oriented to patient safety.*

*You will analyze the most common injuries in sports, providing prevention and recovery strategies by adapting exercises according to the sport practiced.*



# 02

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

Studying this Hybrid Professional Master's Degree in Therapeutic Pilates is an excellent option for those who wish to specialize in a comprehensive approach to rehabilitation and physical well-being. In this way, this study modality will allow physical therapists to combine the convenience of distance learning with a face-to-face stay guided by professionals, which will facilitate the balance between personal, work and academic life. In addition, it will provide a deep and updated specialization in the Pilates method, focused on the treatment of various pathologies, expanding job opportunities in health and fitness.





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*This specialization will enhance your technical skills and allow you to offer a personalized therapeutic approach, tailored to the individual needs of your patients or clients”*

### 1. Updating from the latest technology available

Among the most noteworthy innovations are advanced Pilates machines, such as the Reformer with adjustable resistance systems and digital feedback, which allow customizing the level of difficulty and accurately tracking progress. In addition, portable biofeedback devices and motion sensors allow posture and alignment to be monitored in real time, helping practitioners correct errors and optimize therapeutic results. The integration of mobile applications and online platforms also facilitates the customization of training programs.

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

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

### 3. Entering first-class clinical environments

TECH carefully selects all available centers for Internship Programs. Thanks to this, specialists will have guaranteed access to a prestigious clinical environment in the field of Therapeutic Pilates. 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 specialists 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 them to get in front of state-of-the-art procedures in the field of Therapeutic Pilates and, best of all, put it into professional practice in just 3 weeks.

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

This specialization not only allows them to work in Pilates studios, but also enables professionals to collaborate with rehabilitation clinics, sports centers and hospitals, where Pilates is used as a key tool in the recovery of injuries and the treatment of chronic pathologies. In addition, the growing interest in exercise methods that promote holistic health has increased the demand for experts in Therapeutic Pilates, generating opportunities to undertake their own projects, offer personalized services or work in interdisciplinary programs.



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

# 03 Objectives

The main objective of the program will be to specialize highly qualified professionals in the use of the Pilates method as a therapeutic tool for the prevention and treatment of injuries. Therefore, they will be able to create personalized exercise programs that improve mobility, strengthen muscles and relieve pain in people with various pathologies, such as spinal problems, musculoskeletal disorders or chronic conditions. In addition, they will develop a comprehensive approach that combines theoretical knowledge of anatomy and biomechanics with supervised practice of advanced Pilates techniques.





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*You will address the application of the method in high level athletes, ensuring a comprehensive and adaptive preparation in the use of Pilates as a therapeutic tool”*





## General Objective

- ♦ The general objective of the Hybrid Professional Master's Degree in Therapeutic Pilates will be to enhance knowledge and professional skills in the practice and teaching of the Pilates method, both on the floor and on different machines and with various implements. Therefore, professionals will be specialized to differentiate the applications of Pilates exercises and make the necessary adaptations for each patient, establishing specific protocols depending on the symptomatology and pathology. In addition, the progressions and regressions of the exercises will be delimited, avoiding those that are contraindicated according to the previous assessment



*You will focus on the deep handling of Pilates apparatus, the search for updated scientific information on treatments applicable to various pathologies and the improvement of equipment”*





## Specific Objectives

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### Module 1. Pilates Method

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

### Module 2. Fundamentals of the Pilates Method

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

### Module 3. Pilates Gym

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

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

- ♦ Systematizing sessions based on the Pilates Method
- ♦ Define types of sessions based on the Pilates Method
- ♦ Delve in the controversies and the Pilates method well applied

### Module 5. Pilates in Spinal Disorders

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

### Module 6. Pilates in Upper Limb Disorders

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

### Module 7. Pilates in Lower Limb Disorders

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

### Module 8. General Pathology and its Treatment with Pilates

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

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

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

### Module 10. Pilates in Sport

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

# 04 Skills

Graduates will develop a wide range of competencies that will include a deep knowledge of anatomy and biomechanics, enabling them to identify and evaluate the specific needs of each patient. In addition, they will be able to design and implement personalized exercise programs, applying Pilates techniques adapted to various pathologies and physical conditions. Communication skills and empathy, essential to establish a relationship of trust with patients and guide them in their recovery process, will also be covered. In addition, graduates will be prepared to use advanced technology and assessment tools.





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*Upon completion, you will be prepared to apply Pilates-based rehabilitation protocols, work in health and wellness settings, and adapt exercises according to the individual needs of each patient”*





## General Skills

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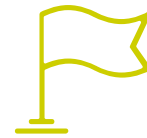
- ♦ Update knowledge and professional skills in the practice and teaching of Pilates exercises on mats, different machines and with implements
- ♦ Establish a protocol of exercises adapted to the symptomatology and pathology of each personal situation
- ♦ Clearly distinguish between a well or badly done Pilates exercise
- ♦ Attend and prevent burn out in Pilates instructors
- ♦ Broaden the capacities for the care of professionals who have overtrained in Pilates
- ♦ Promote health care, applying Pilates exercises correctly

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*Develop actions that increase the effectiveness of the exercises, analyze the physiological and postural changes in pregnant women and design appropriate exercises for this stage”*







## Specific Skills

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- ♦ Adapt the loads of the machines to the objective pursued with a particular exercise in a specific patient
- ♦ Apply Pilates techniques of both strength and stretching to address various injuries
- ♦ Identify the main injuries caused by an incorrect practice of Pilates in non-professionals
- ♦ Provide exercise guidelines for people with osteoporosis or incontinence problems
- ♦ Continue with research oriented to gain knowledge Pilates
- ♦ Establish protocols to perform exercises indicated in MATT
- ♦ Address upper and lower limb problems through Pilates
- ♦ Recommend certain Pilates exercises to prevent muscular pathologies

# 05

# Course Management

The teachers are highly qualified professionals with vast experience in the field of health, physiotherapy and Pilates. Many of them have advanced academic credentials and have been specialized in various disciplines related to physical wellness and rehabilitation. Therefore, their practical experience will enable them to offer a realistic and applied perspective, integrating the latest research and advances in the area of therapeutic Pilates. In addition, they are committed to providing a personalized and enriching education, fostering a collaborative learning environment where graduates will be able to share experiences and resolve doubts.





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*The commitment of the teachers is reflected in the transmission of knowledge, so that you develop the necessary skills to become a successful professional in Therapeutic Pilates”*



## International Guest Director

Edward Laskowski, M.D., is a leading international figure in the field of Sports Medicine and Physical Rehabilitation. Board certified by the American Board of Physical Medicine and Rehabilitation, he has been an integral part of the prestigious staff of the Mayo Clinic, where he has served as Director of the Sports Medicine Center.

In addition, his expertise spans a wide range of disciplines, from Sports Medicine, to Fitness and Strength and Stability Training. Therefore, he has worked closely with a multidisciplinary team of specialists in Physical Medicine, Rehabilitation, Orthopedics, Physiotherapy and Sports Psychology to provide a comprehensive approach to the care of his patients.

Likewise, his influence extends beyond clinical practice, as he has been recognized nationally and internationally for his contributions to the world of sport and health. Therefore, he was appointed by President George W. Bush to the President's Council on Physical Fitness and Sports, and awarded a Distinguished Service Award from the Department of Health and Human Services, underscoring his commitment to promoting healthy lifestyles.

In addition, he has been a key element in renowned sporting events, such as the Olympic Winter Games (2002) in Salt Lake City and the Chicago Marathon, providing quality medical care. Add to this his dedication to outreach, which has been reflected in his extensive work in creating academic resources, including the Mayo Clinic CD-ROM on Sports, Health and Fitness, as well as his role as Contributing Editor of the book "Mayo Clinic Fitness for EveryBody." With a passion for debunking myths and providing accurate, up-to-date information, Dr. Edward Laskowski continues to be an influential voice in Sports Medicine and Fitness worldwide.



## Dr. Laskowski, Edward

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- Director of the Mayo Clinic Sports Medicine Center, United States
- Consultant Physician at the National Hockey League Players Association, USA
- Physician at the Mayo Clinic, United States
- Member of the Olympic Polyclinic at the Olympic Winter Games (2002), Salt Lake City
- Specialist in Sports Medicine, Fitness, Strength Training and Stability Training
- Board Certified by the American Board of Physical Medicine and Rehabilitation
- Contributing Editor of the book "Mayo Clinic Fitness for Everybody"
- Distinguished Service Award from the Department of Health and Human Services
- Member of: American College of Sports Medicine



*Thanks to TECH you will be able to learn with the best professionals in the world"*



## Management



### Mr. González Arganda, Sergio

- ♦ Physiotherapist of Atlético de Madrid Football Club (2005-2023)
- ♦ CEO Physio Domicilio Madrid
- ♦ Professor in the Master's Degree in Physical Preparation and Sports Rehabilitation in Football
- ♦ Professor in the University Expert in Clinical Pilates
- ♦ Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- ♦ Master's Degree in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- ♦ Master's Degree in Biomechanics Applied to Injury Assessment from the Comillas Pontifical University
- ♦ Expert in Pilates and Rehabilitation by the Royal Spanish Gymnastics Federation
- ♦ Degree in Physiotherapy from the Comillas Pontifical University

## Professors

### Ms. Valiente Serrano, Noelia

- ♦ Physiotherapist at Fisio Domicilio Madrid
- ♦ Physiotherapist at Keiki Fisioterapia
- ♦ Physiotherapist in Jemed Importaciones

### Mr. Longás de Jesús, Antonio

- ♦ Physiotherapist in Lagasca Clinic
- ♦ Physiotherapist at Fisio Domicilio Madrid
- ♦ Physiotherapist at Club de Rugby Veterinary

**Ms. Cortés Lorenzo, Laura**

- ♦ Physiotherapist at Fisio Domicilio Madrid clinic and at the Madrid Hockey Federation
- ♦ Physiotherapist at the Fiosiomon clinic
- ♦ Physiotherapist at the Technification Center of the Madrid Hockey Federation
- ♦ Physiotherapist at Fisio Domicilio Madrid
- ♦ Traumatology physiotherapist at Artros Clinic
- ♦ Physiotherapist in Club SPV51 and Club Valdeluz Field Hockey
- ♦ Diploma in Physiotherapy. Complutense University of Madrid

**Mr. Pérez Costa, Eduardo**

- ♦ CEO of Move2Be Physiotherapy and Readaptation
- ♦ Freelance physiotherapist, home treatment in Madrid
- ♦ Physiotherapist Natal Clinic San Sebastian de los Reyes
- ♦ Sports rehabilitation of the Zona Press Basketball Club
- ♦ Physiotherapist in the subsidiary of the UD Sanse
- ♦ Physiotherapist on the field with the Marcet Foundation
- ♦ Physiotherapist at Pascual & Muñoz clinic
- ♦ Physiotherapist at Fisio Life Plus clinic
- ♦ Professional Master's Degree in Manual Physiotherapy in the locomotor apparatus at the University of Alcalá
- ♦ Degree in Physiotherapy from the University of Alcalá

**Ms. García Ibáñez, Marina**

- ♦ Physiotherapist at the Multiple Sclerosis Foundation of Madrid and private practice at home
- ♦ Physiotherapist in home treatments in pediatrics and adults with neurological pathology
- ♦ Physiotherapist in Multiple Sclerosis Foundation of Madrid
- ♦ Physiotherapist at Kinés Clinic
- ♦ Physiotherapist at San Nicolás Clinic
- ♦ Expert in Neurological Physiotherapy at the European University of Madrid
- ♦ Master's Degree in Neurological Physiotherapy: Assessment and Treatment Techniques at the European University of Madrid
- ♦ Degree in Physiotherapy from the University of Alcalá

**Ms. Parra Nebreda, Virginia**

- ♦ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ♦ Pelvic Floor Physiotherapist at Letfisio Clinic
- ♦ Physiotherapist at Orpea Elderly Care Home
- ♦ Professional Master's Degree of Physiotherapy in Pelviperineology at the University of Castilla-la Mancha
- ♦ Training in Functional Ultrasound in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT Formation
- ♦ Training in Hypopressive in LOW PRESSURE FITNES
- ♦ Graduate in Physiotherapy by the Complutense University of Madrid

# 06

## Educational Plan

Throughout the program, physiotherapists will analyze the background and methodology of Pilates, delving into its fundamentals and the most relevant exercises, as well as the positions to avoid to ensure safety. Aspects of the work environment will also be examined, including the description of the gym and the use of specific machinery. In addition, spinal and extremity disorders will be addressed, providing adapted exercise protocols for injury rehabilitation.



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*You will delve into topics about Pilates during pregnancy and its application in sport, allowing you to adapt your knowledge to different populations. What are you waiting for to enroll?"*

## Module 1. Pilates Method

- 1.1. Joseph Pilates
  - 1.1.1. Joseph Pilates
  - 1.1.2. Books and Postulates
  - 1.1.3. Legacy
  - 1.1.4. Origin of the Personalized Exercise
- 1.2. Background of the Pilates Method
  - 1.2.1. References
  - 1.2.2. Evolution
  - 1.2.3. Current Situation
  - 1.2.4. Conclusions
- 1.3. Evolution of the Method
  - 1.3.1. Improvements and Modifications
  - 1.3.2. Contributions to the Pilates Method
  - 1.3.3. Therapeutic Pilates
  - 1.3.4. Pilates and Physical Activity
- 1.4. Pilates Method Principles
  - 1.4.1. Definition of the Principles
  - 1.4.2. Evolution of the Principles
  - 1.4.3. Levels of Progression
  - 1.4.4. Conclusions
- 1.5. Classical vs. Contemporary/Modern Pilates
  - 1.5.1. Key Points in Classical Pilates
  - 1.5.2. Modern/Classical Pilates Analysis
  - 1.5.3. Contributions of Modern Pilates
  - 1.5.4. Conclusions
- 1.6. Pilates Floor and Pilates Machines
  - 1.6.1. Fundamentals in Pilates Floor
  - 1.6.2. Evolution of Pilates Floor
  - 1.6.3. Fundamentals in Pilates Machines
  - 1.6.4. Evolution in Pilates Machines
- 1.7. Scientific Evidence
  - 1.7.1. Scientific Journals Related to Pilates
  - 1.7.2. Doctoral Theses on Pilates
  - 1.7.3. Pilates Publications
  - 1.7.4. Applications for Pilates
- 1.8. Pilates Method Orientations
  - 1.8.1. National Trends
  - 1.8.2. International Trends
  - 1.8.3. Trend Analysis
  - 1.8.4. Conclusions
- 1.9. Schools
  - 1.9.1. Pilates Training Schools
  - 1.9.2. Magazines
  - 1.9.3. Evolution of Pilates Schools
  - 1.9.4. Conclusions
- 1.10. The Pilates Associations and Federations
  - 1.10.1. Definitions
  - 1.10.2. Benefits
  - 1.10.3. Objectives
  - 1.10.4. LDC

## Module 2. Pilates Method Fundamentals

- 2.1. The Different Concepts of the Method
  - 2.1.1. The Concepts According to Joseph Pilates
  - 2.1.2. Evolution of Concepts
  - 2.1.3. Later Generations
  - 2.1.4. Conclusions
- 2.2. Breathing
  - 2.2.1. The Different Types of Breathing
  - 2.2.2. Analysis of Types of Breathing
  - 2.2.3. The Effects of Breathing
  - 2.2.4. Conclusions



- 2.3. The Pelvis as the Center of Stability and Movement
  - 2.3.1. The Core of Joseph Pilates
  - 2.3.2. The Scientific Core
  - 2.3.3. Anatomical Foundation
  - 2.3.4. Core in Recovery Processes
- 2.4. The Organization of the Shoulder Girdle
  - 2.4.1. Anatomical Review
  - 2.4.2. Biomechanics of the Shoulder Girdle
  - 2.4.3. Applications in Pilates
  - 2.4.4. Conclusions
- 2.5. The Organization of Lower Limb Movement
  - 2.5.1. Anatomical Review
  - 2.5.2. Biomechanics of the Lower Limb
  - 2.5.3. Applications in Pilates
  - 2.5.4. Conclusions
- 2.6. The Articulation of the Spine
  - 2.6.1. Anatomical Review
  - 2.6.2. Biomechanics of the Spine
  - 2.6.3. Applications in Pilates
  - 2.6.4. Conclusions
- 2.7. Alignments of Body Segments
  - 2.7.1. Posture
  - 2.7.2. Posture in Pilates
  - 2.7.3. Segmental Alignments
  - 2.7.4. Muscular and Fascial Chains
- 2.8. Functional Integration
  - 2.8.1. Concept of Functional Integration
  - 2.8.2. Implications in Different Activities
  - 2.8.3. The Task
  - 2.8.4. The Context

- 2.9. Fundamentals of Therapeutic Pilates
  - 2.9.1. History of Therapeutic Pilates
  - 2.9.2. Concepts in Therapeutic Pilates
  - 2.9.3. Criteria in Therapeutic Pilates
  - 2.9.4. Examples of Injuries or Pathologies
- 2.10. Classic Pilates and Therapeutic Pilates
  - 2.10.1. Differences Between Both Methods
  - 2.10.2. Justification
  - 2.10.3. Progressions
  - 2.10.4. Conclusions

### Module 3. Pilates Gym

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

- 3.5. Combo Models
  - 3.5.1. Introduction to the Combo Model
  - 3.5.2. Benefits of the Combo Model
  - 3.5.3. Main Exercises in the Combo Model
  - 3.5.4. Main Errors in the Combo Model
- 3.6. The Flexible Hoop
  - 3.6.1. Introduction to the Flexible Hoop
  - 3.6.2. Benefits of the Flexible Hoop
  - 3.6.3. Main Exercises in the Flexible Hoop
  - 3.6.4. Main Errors in the Flexible Hoop
- 3.7. The Spine Corrector
  - 3.7.1. Introduction to the Spine Corrector
  - 3.7.2. Benefits of the Spine Corrector
  - 3.7.3. Main Exercises in the Spine Corrector
  - 3.7.4. Main Errors in the Spine Corrector
- 3.8. Implements Adapted to the Method
  - 3.8.1. Foam Roller
  - 3.8.2. Fit Ball
  - 3.8.4. Elastic Bands
  - 3.8.5. Bosu
- 3.9. The Space
  - 3.9.1. Equipment Preferences
  - 3.9.2. The Pilates Space
  - 3.9.3. Pilates Equipment
  - 3.9.4. Best Practices in Terms of Space
- 3.10. The Environment
  - 3.10.1. Concept of the Environment
  - 3.10.2. Characteristics of Different Environments
  - 3.10.3. Choice of Environment
  - 3.10.4. Conclusions





## Module 4. Practical Methodology in Pilates for Nursing

- 4.1. The Initial Session
  - 4.1.1. Initial Assessment
  - 4.1.2. Informed Consent
  - 4.1.3. Related Words and Orders in Pilates
  - 4.1.4. Beginning in the Pilates Method
- 4.2. The Initial Evaluation
  - 4.2.1. Postural Evaluation
  - 4.2.2. Evaluation of Flexibility
  - 4.2.3. Coordinative Evaluation
  - 4.2.4. Session Planning Pilates Card
- 4.3. The Pilates Class
  - 4.3.1. Initial Exercises
  - 4.3.2. Grouping of Students
  - 4.3.3. Positioning, Voice, Corrections
  - 4.3.4. The Break
- 4.4. Pupil-Patients
  - 4.4.1. Typology of the Pilates Student
  - 4.4.2. Personalized Commitment
  - 4.4.3. The Student's Objectives
  - 4.4.4. The Choice of the Method
- 4.5. Progressions and Regressions of the Exercises
  - 4.5.1. Introduction to Progressions and Regressions
  - 4.5.2. Progressions
  - 4.5.3. Regressions
  - 4.5.4. The Evolution of the Treatment
- 4.6. General Protocol
  - 4.6.1. A Generalized Basic Protocol
  - 4.6.2. Respecting Pilates Fundamentals
  - 4.6.3. Protocol Analysis
  - 4.6.4. Functions of the Protocol

- 4.7. Exercise Indications
  - 4.7.1. Characteristics of the Initial Position
  - 4.7.2. Contraindications of the Exercises
  - 4.7.3. Verbal, Tactile Aids
  - 4.7.4. Programming of the Classes
- 4.8. The Teacher/Monitor
  - 4.8.1. Student Analysis
  - 4.8.2. Types of Teachers
  - 4.8.3. Generation of a Suitable Environment
  - 4.8.4. Student Follow-Up
- 4.9. The Basic Program
  - 4.9.1. Pilates for Beginners
  - 4.9.2. Pilates for Medium Level
  - 4.9.3. Pilates for Experts
  - 4.9.4. Professional Pilates
- 4.10. Pilates Studio Software
  - 4.10.1. Main Software for Pilates Study
  - 4.10.2. Application for Pilates
  - 4.10.3. Latest Technology in the Pilates Studio
  - 4.10.4. Most Significant Advances in Pilates Studio

## Module 5. Pilates in Spinal Disorders

- 5.1. Basic Anatomical Recall
  - 5.1.1. Osteology of the Spine
  - 5.1.2. Myology of the Spine
  - 5.1.3. Biomechanics of the Spine
  - 5.1.4. Conclusions
- 5.2. Frequent Pathologies Suitable for Treatment with Pilates
  - 5.2.1. Growth Pathologies
  - 5.2.2. Pathologies in the Elderly Patient
  - 5.2.3. Pathologies in the Sedentary Patient
  - 5.2.4. Pathologies in the Athlete

- 5.3. Exercises Indicated in MATT on Machines and with Implements General Protocol
  - 5.3.1. Lengthening Exercises
  - 5.3.2. Central Stabilization Exercises
  - 5.3.3. Joint Mobilization Exercises
  - 5.3.4. Strengthening Exercises
  - 5.3.5. Functional Exercises
- 5.4. Disk Pathology
  - 5.4.1. Pathomechanics
  - 5.4.2. Disc Syndromes
  - 5.4.3. Differences Between Types of Pathologies
  - 5.4.4. Good Practices
- 5.5. Articular Pathology
  - 5.5.1. Pathomechanics
  - 5.5.2. Joint Syndromes
  - 5.5.3. Types of Pathology
  - 5.5.4. Conclusions
- 5.6. Muscular Pathology
  - 5.6.1. Pathomechanics
  - 5.6.2. Muscle Syndromes
  - 5.6.3. Types of Pathology
  - 5.6.4. Conclusions
- 5.7. Cervical Spine Pathology
  - 5.7.1. Symptoms
  - 5.7.2. Cervical Syndromes
  - 5.7.3. Specific Protocols
  - 5.7.4. Conclusions
- 5.8. Dorsal Spine Pathology
  - 5.8.1. Symptoms
  - 5.8.2. Dorsal Syndromes
  - 5.8.3. Specific Protocols
  - 5.8.4. Conclusions



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

## Module 6. Pilates in Upper Limb Disorders

- 6.1. Basic Anatomical Recall
  - 6.1.1. Osteology of the Upper Limb
  - 6.1.2. Myology of the Upper Limb
  - 6.1.3. Biomechanics of the Upper Limb
  - 6.1.4. Good Practices
- 6.2. Stabilization Exercises
  - 6.2.1. Introduction to Stabilization Exercises
  - 6.2.2. MATT Stabilization Exercises
  - 6.2.3. Stabilization Exercises in Machine
  - 6.2.4. Best Stabilization Exercises
- 6.3. Joint Mobilization Exercises
  - 6.3.1. Introduction to Joint Mobility Exercises
  - 6.3.2. MATT Joint Mobility Exercises
  - 6.3.3. Joint Mobility Exercises on Machines
  - 6.3.4. Best Joint Mobility Exercises
- 6.4. Strengthening Exercises
  - 6.4.1. Introduction to Strengthening Exercises
  - 6.4.2. MATT Strengthening Exercises
  - 6.4.3. Strengthening Exercises on a Machine
  - 6.4.4. Best Strengthening Exercises
- 6.5. Functional Exercises
  - 6.5.1. Introduction to Functional Exercises
  - 6.5.2. MATT Functional Exercises
  - 6.5.3. Functional Exercises in Machine
  - 6.5.4. Best Functional Exercises
- 6.6. Shoulder Pathology Specific Protocols
  - 6.6.1. Painful Shoulder
  - 6.6.2. Frozen Shoulder
  - 6.6.3. Hypomobile Shoulder
  - 6.6.4. Shoulder Exercises
- 6.7. Elbow Pathology Specific Protocols
  - 6.7.1. Articular Pathology
  - 6.7.2. Muscle-Tendon Pathology
  - 6.7.3. Post-Traumatic or Post-Surgical Elbow
  - 6.7.4. Elbow Exercises
- 6.8. Wrist Pathology
  - 6.8.1. Main Syndromes
  - 6.8.2. Type of Wrist Pathology
  - 6.8.3. Wrist Exercises
  - 6.8.4. Conclusions
- 6.9. Hand Pathology
  - 6.9.1. Main Syndromes
  - 6.9.2. Type of Hand Pathology
  - 6.9.3. Hand Exercises
  - 6.9.4. Conclusions
- 6.10. Nerve Entrapments in the Upper Limb
  - 6.10.1. Brachial Plexus
  - 6.10.2. Peripheral Nerves
  - 6.10.3. Types of Pathology
  - 6.10.4. Exercises for Nerve Entrapments in the Upper Limb

## Module 7. Pilates in Lower Limb Disorders

- 7.1. Basic Anatomical Recall
  - 7.1.1. Osteology of the Lower Limb
  - 7.1.2. Myology of the Lower Limb
  - 7.1.3. Biomechanics of the Lower Limb
  - 7.1.4. Good Practices
- 7.2. Frequent Pathologies Suitable for Treatment with Pilates
  - 7.2.1. Growth Pathologies
  - 7.2.2. Pathologies in the Athlete
  - 7.2.3. Other Types of Pathologies
  - 7.2.4. Conclusions
- 7.3. Indicated Exercises in Mat, in Machines and with Implements General Protocol
  - 7.3.1. Dissociation Exercises
  - 7.3.2. Mobilization Exercises
  - 7.3.3. Strengthening Exercises
  - 7.3.4. Functional Exercises
- 7.4. Hip Pathology
  - 7.4.1. Articular Pathology
  - 7.4.2. Muscle-Tendon Pathology
  - 7.4.3. Surgical Pathology Prosthesis
  - 7.4.4. Hip Exercises
- 7.5. Knee Pathology
  - 7.5.1. Articular Pathology
  - 7.5.2. Muscle-Tendon Pathology
  - 7.5.3. Surgical Pathology Prosthesis
  - 7.5.4. Knee Exercises
- 7.6. Ankle Pathology
  - 7.6.1. Articular Pathology
  - 7.6.2. Muscle-Tendon Pathology
  - 7.6.3. Surgical Pathology
  - 7.6.4. Ankle Exercises

- 7.7. Foot Pathology
  - 7.7.1. Joint and Fascial Pathology
  - 7.7.2. Muscle-Tendon Pathology
  - 7.7.3. Surgical Pathology
  - 7.7.4. Foot Exercises
- 7.8. Nerve Entrapments in the Lower Limb
  - 7.8.1. Brachial Plexus
  - 7.8.2. Peripheral Nerves
  - 7.8.3. Types of Pathology
  - 7.8.4. Exercises for Nerve Entrapments in the Lower Limb
- 7.9. Analysis of the Anterolateral Chain of the Lower Limb
  - 7.9.1. What is the Anterolateral Chain and how Important is it for the Patient?
  - 7.9.2. Important Aspects for Assessment
  - 7.9.3. Relationship of the Chain with Pathology Already Described
  - 7.9.4. Exercises for Working on the Anterolateral Chain
- 7.10. Analysis of the Posteromedial Chain of the Lower Limb
  - 7.10.1. What is the Posteromedial Chain and how Important is it for the Patient?
  - 7.10.2. Important Aspects for Assessment
  - 7.10.3. Relationship of the Complex with Pathology Already Described
  - 7.10.4. Exercises for Working on the Posteromedial Chain

## Module 8. General Pathology and its Treatment with Pilates

- 8.1. Nervous System
  - 8.1.1. Central Nervous System
  - 8.1.2. Peripheral Nervous System
  - 8.1.3. Brief Description of Neural Pathways
  - 8.1.4. Benefits of Pilates in Neurological Pathology
- 8.2. Neurological Assessment Focused on Pilates
  - 8.2.1. Medical History
  - 8.2.2. Strength and Tone Assessment
  - 8.2.3. Sensitivity Assessment
  - 8.2.4. Tests and Scales

- 8.3. Neurological Pathologies with Higher Prevalence and Scientific Evidence in Pilates
  - 8.3.1. Brief Description of the Pathologies
  - 8.3.2. Basic Principles of Pilates in Neurological Pathology
  - 8.3.3. Adaptation of Pilates Positions
  - 8.3.4. Adaptation of Pilates Exercises
- 8.4. Multiple Sclerosis
  - 8.4.1. Description of the Pathologies
  - 8.4.2. Assessment of the Patient's Capabilities
  - 8.4.3. Adaptation of Pilates Floor Exercises
  - 8.4.4. Adaptation of Pilates Exercises with Elements
- 8.5. Stroke
  - 8.5.1. Description of the Pathologies
  - 8.5.2. Assessment of the Patient's Capabilities
  - 8.5.3. Adaptation of Pilates Floor Exercises
  - 8.5.4. Adaptation of Pilates Exercises with Elements
- 8.6. Parkinson's Disease
  - 8.6.1. Description of the Pathologies
  - 8.6.2. Assessment of the Patient's Capabilities
  - 8.6.3. Adaptation of Pilates Floor Exercises
  - 8.6.4. Adaptation of Pilates Exercises with Elements
- 8.7. Cerebral Palsy
  - 8.7.1. Description of the Pathologies
  - 8.7.2. Assessment of the Patient's Capabilities
  - 8.7.3. Adaptation of Pilates Floor Exercises
  - 8.7.4. Adaptation of Pilates Exercises with Elements
- 8.8. Older Adults
  - 8.8.1. Age-Related Pathologies
  - 8.8.2. Assessment of the Patient's Capabilities
  - 8.8.3. Indicated Exercises
  - 8.8.4. Contraindicated Exercises

- 8.9. Osteoporosis
  - 8.9.1. Description of the Pathologies
  - 8.9.2. Assessment of the Patient's Capabilities
  - 8.9.3. Indicated Exercises
  - 8.9.4. Contraindicated Exercises
- 8.10. Pelvic Floor Problems: Urinary Incontinence
  - 8.10.1. Description of the Pathology
  - 8.10.2. Incidence and Prevalence
  - 8.10.3. Indicated Exercises
  - 8.10.4. Contraindicated Exercises

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

- 9.1. First Trimester
  - 9.1.1. Changes in the First Quarter
  - 9.1.2. Benefits and Objectives
  - 9.1.3. Indicated Exercises
  - 9.1.4. Contraindications
- 9.2. Second Trimester
  - 9.2.1. Changes in the Second Trimester
  - 9.2.2. Benefits and Objectives
  - 9.2.3. Indicated Exercises
  - 9.2.4. Contraindications
- 9.3. Third Trimester
  - 9.3.1. Changes in the Third Trimester
  - 9.3.2. Benefits and Objectives
  - 9.3.3. Indicated Exercises
  - 9.3.4. Contraindications
- 9.4. Birth
  - 9.4.1. Dilation and Delivery Phase
  - 9.4.2. Benefits and Objectives
  - 9.4.3. Recommendations
  - 9.4.4. Contraindications

- 9.5. Immediate Postpartum
  - 9.5.1. Recovery and Postpartum
  - 9.5.2. Benefits and Objectives
  - 9.5.3. Indicated Exercises
  - 9.5.4. Contraindications
- 9.6. Urinary Incontinence and Pelvic Floor
  - 9.6.1. Anatomy Involved
  - 9.6.2. Pathophysiology
  - 9.6.3. Indicated Exercises
  - 9.6.4. Contraindications
- 9.7. Problems in Pregnancy and Approach Using the Pilates Method
  - 9.7.1. Static Body Change
  - 9.7.2. Most Frequent Problems
  - 9.7.3. Indicated Exercises
  - 9.7.4. Contraindications
- 9.8. Pregnancy Preparation
  - 9.8.1. Benefits of Physical Preparation during Pregnancy
  - 9.8.2. Recommended Physical Activity
  - 9.8.3. Indicated Exercises in the First Pregnancy
  - 9.8.4. Preparation during the Search for the Second and Subsequent Pregnancies
- 9.9. Late Postpartum
  - 9.9.1. Long-Term Anatomical Changes
  - 9.9.2. Preparation for Return to Physical Activity
  - 9.9.3. Indicated Exercises
  - 9.9.4. Contraindications
- 9.10. Postpartum Alterations
  - 9.10.1. Abdominal Diastasis
  - 9.10.2. Pelvic Static Change-Prolapse
  - 9.10.3. Deep Abdominal Musculature Alterations
  - 9.10.4. Indications and Contraindications in Cesarean Section





**Module 10. Pilates in Sport**

- 10.1. Soccer
  - 10.1.1. Most Common Injuries
  - 10.1.2. Pilates as Treatment and Prevention
  - 10.1.3. Benefits and Objectives
  - 10.1.4. Example in Elite Athletes
- 10.2. Racquet Sports
  - 10.2.1. Most Common Injuries
  - 10.2.2. Pilates as Treatment and Prevention
  - 10.2.3. Benefits and Objectives
  - 10.2.4. Example in Elite Athletes
- 10.3. Basketball
  - 10.3.1. Most Common Injuries
  - 10.3.2. Pilates as Treatment and Prevention
  - 10.3.3. Benefits and Objectives
  - 10.3.4. Example in Elite Athletes
- 10.4. Handball
  - 10.4.1. Most Common Injuries
  - 10.4.2. Pilates as Treatment and Prevention
  - 10.4.3. Benefits and Objectives
  - 10.4.4. Example in Elite Athletes
- 10.5. Golf
  - 10.5.1. Most Common Injuries
  - 10.5.2. Pilates as Treatment and Prevention
  - 10.5.3. Benefits and Objectives
  - 10.5.4. Example in Elite Athletes
- 10.6. Swimming
  - 10.6.1. Most Common Injuries
  - 10.6.2. Pilates as Treatment and Prevention
  - 10.6.3. Benefits and Objectives
  - 10.6.4. Example in Elite Athletes
- 10.7. Athletics
  - 10.7.1. Most Common Injuries
  - 10.7.2. Pilates as Treatment and Prevention
  - 10.7.3. Benefits and Objectives
  - 10.7.4. Example in Elite Athletes
- 10.8. Dance and Performing Arts
  - 10.8.1. Most Common Injuries
  - 10.8.2. Pilates as Treatment and Prevention
  - 10.8.3. Benefits and Objectives
  - 10.8.4. Example in Elite Athletes
- 10.9. Roller Hockey
  - 10.9.1. Most Common Injuries
  - 10.9.2. Pilates as Treatment and Prevention
  - 10.9.3. Benefits and Objectives
  - 10.9.4. Example in Elite Athletes
- 10.10. Rugby
  - 10.10.1. Most Common Injuries
  - 10.10.2. Pilates as Treatment and Prevention
  - 10.10.3. Benefits and Objectives
  - 10.10.4. Example in Elite Athletes



*You will address the controversies in the application of the Pilates method, preparing you to face the challenges of the field, through the best didactic materials, at the forefront of technology and education”*

07

# Clinical Internship

After passing the online theoretical period, the program includes an Internship Program period in a reference clinical center. In this way, students 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 internship.





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*The practical stay of 3 weeks in a national reference clinic will allow you to apply all the theoretical knowledge acquired in a real and supervised environment”*

The Internship Program period of this Therapeutic Pilates program consists of a practical clinical stay of 3 weeks duration, from Monday to Friday, with 8 consecutive hours of practical training, with an assistant specialist. Therefore, this stay will allow physiotherapists to treat real patients, always with a team of professionals of reference in the area, applying the most innovative procedures and planning the latest generation of therapy for each pathology.

In this complete Internship program, the activities are aimed at developing and perfecting the competencies necessary for the provision of Physiotherapist care in areas and conditions that require a high level of qualification, and are oriented towards specific training for the exercise of the activity, in a safe environment for the patient and high professional performance. It is, without a doubt, an opportunity to learn by working.

The practical teaching will be carried out with the accompaniment and guidance of the professors and other fellow students who facilitate teamwork and multidisciplinary integration as transversal skills for medical practice (learning to be and learning to relate).

The procedures described below will be the basis of the specialization, and their realization will be subject to the center's own availability, its usual activity and workload, the proposed activities being the following:







Module	Practical Activity
Evaluation and Diagnosis	Assess the physical condition and needs of patients
	Perform a functional diagnosis based on the clinical history
	Identify specific limitations and pathologies
	Monitor patients' progress throughout treatment
Design Exercise Programs	Design customized Pilates programs for each patient
	Adapt exercises according to individual capabilities and limitations
	Establish short and long term goals for recovery
	Implement exercise progressions to optimize results
Execute Pilates Sessions	Guide patients in the performance of Pilates exercises
	Instruct on correct alignment and technique in each movement
	Supervise sessions to ensure safety and effectiveness
	Modify exercises in real time based on patient feedback
Education and Follow-up	Educating patients on the importance of Pilates in their recovery
	Provide recommendations on healthy habits and movement
	Conduct post-treatment follow-up to evaluate effectiveness
	Encourage patient self-management and responsibility in their recovery process

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the students 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 with 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 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, 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 students 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.



# 08

## Where Can I Do the Clinical Internship?

This Hybrid Professional Master's Degree program includes in its itinerary a practical stay in a prestigious clinical center, where students will put into practice everything they have learned in the field of Therapeutic Pilates. In this sense, and to bring this program to more professionals, TECH will offer graduates the opportunity to take it in different clinics around the country. In this way, this institution will strengthen its commitment to quality and affordable education for all.








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*You will receive constant feedback from experienced instructors, developing practical skills, confidence in your technique and the ability to adapt exercises according to the evolution of the patient”*

## tech 46 | 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:



**Physiotherapy**

**Klinik PM**

Country	City
Spain	Alicante

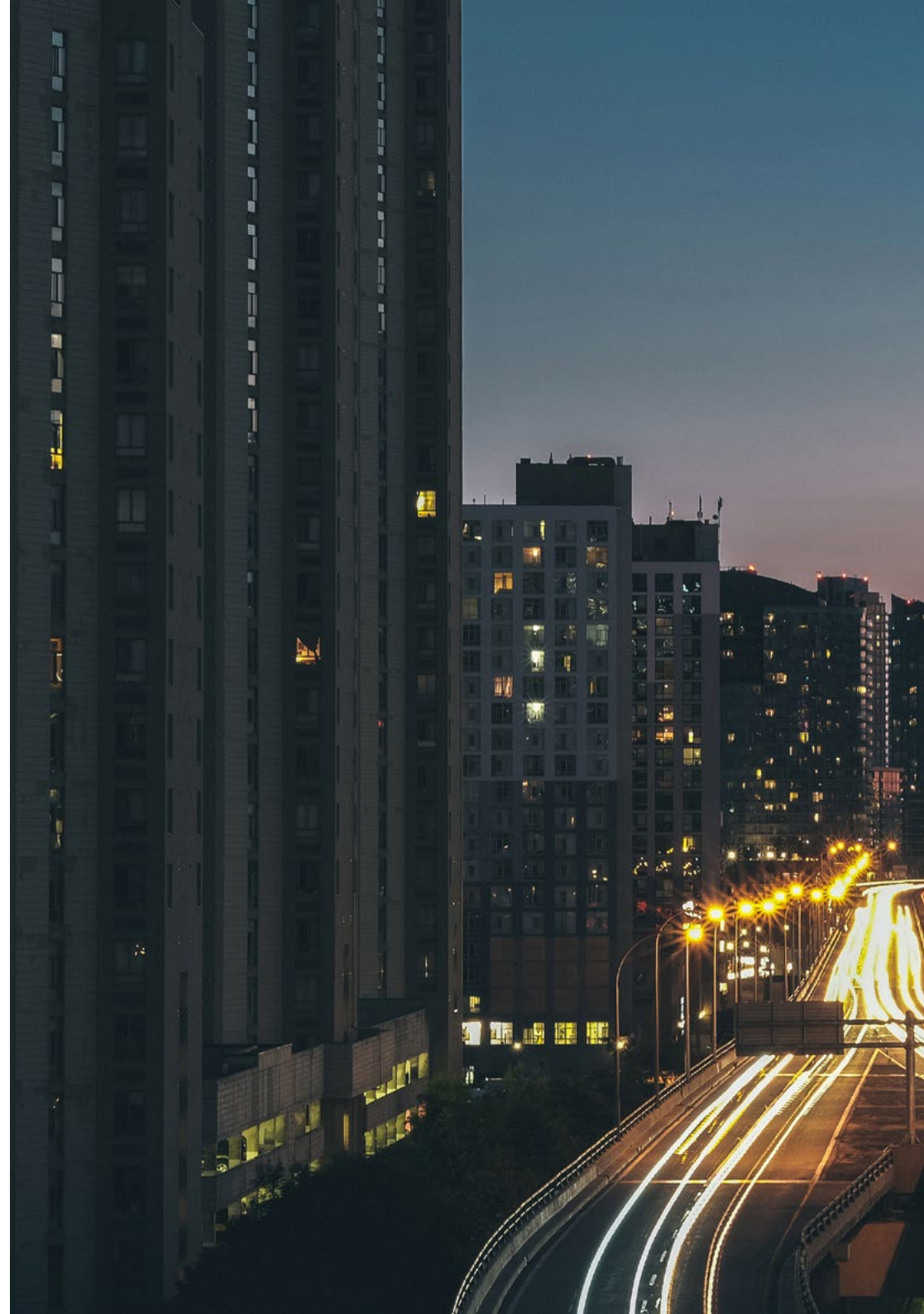
Address: Calle Montesinos 7, Alicante 03016

The largest referral clinic in pain treatment and conservative traumatology

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**Related internship programs:**

- Diagnosis in Physiotherapy
- Sports Physiotherapy







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*Boost your career path with holistic teaching, allowing you to advance both theoretically and practically”*

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.*



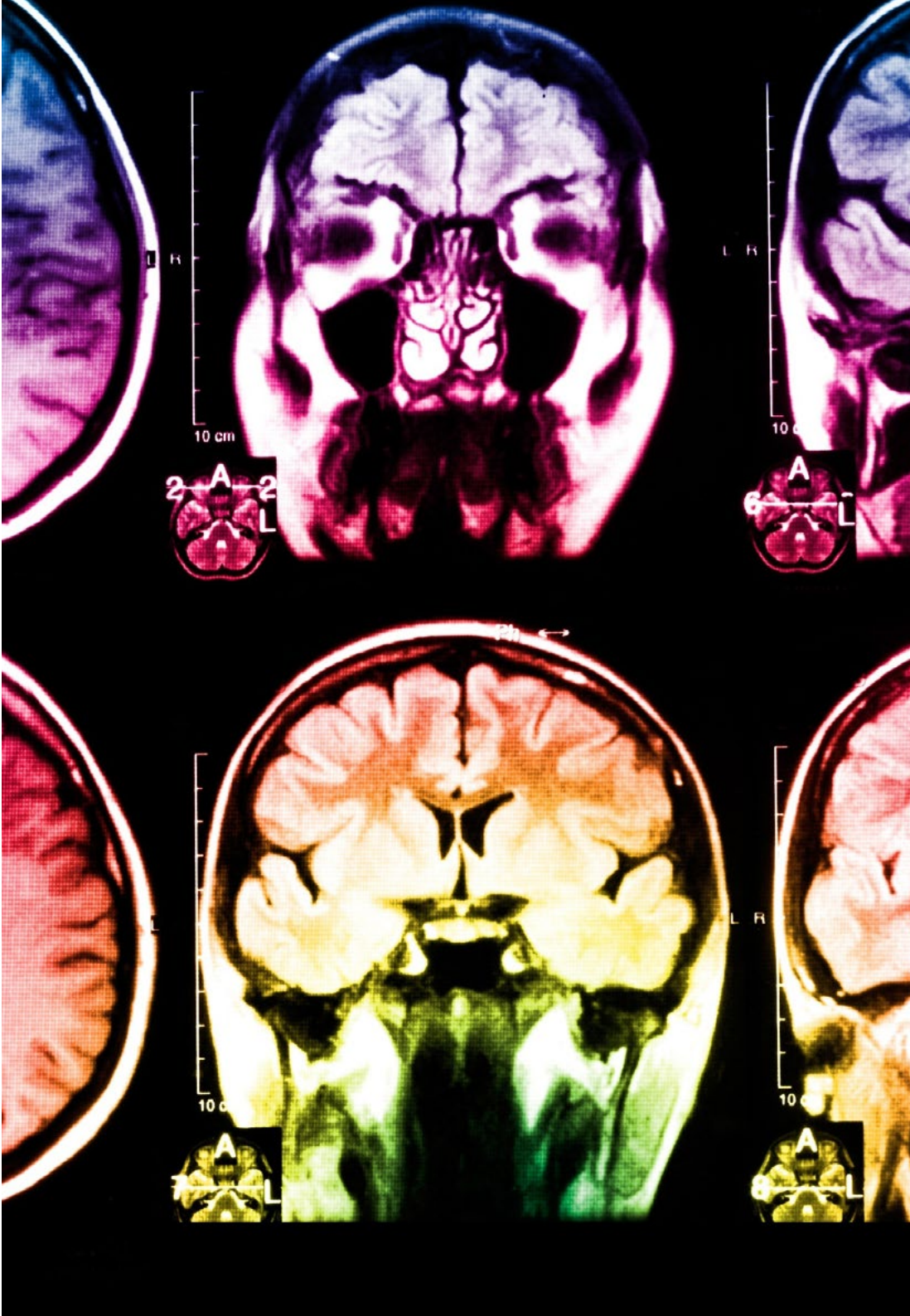
At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

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.

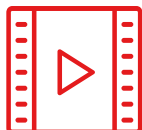
*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

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

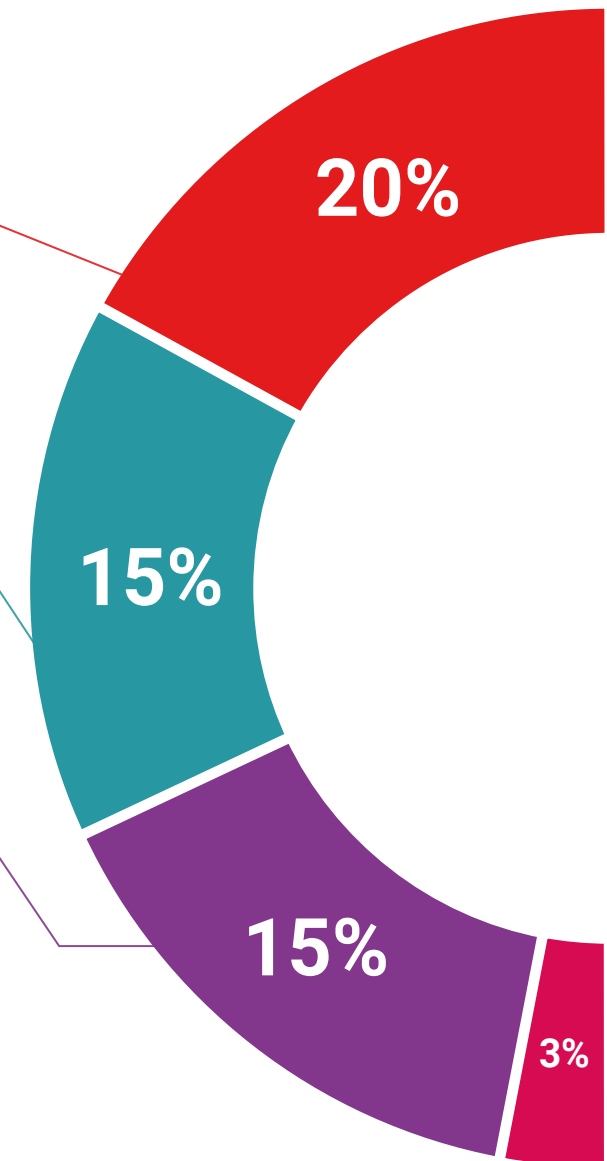
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

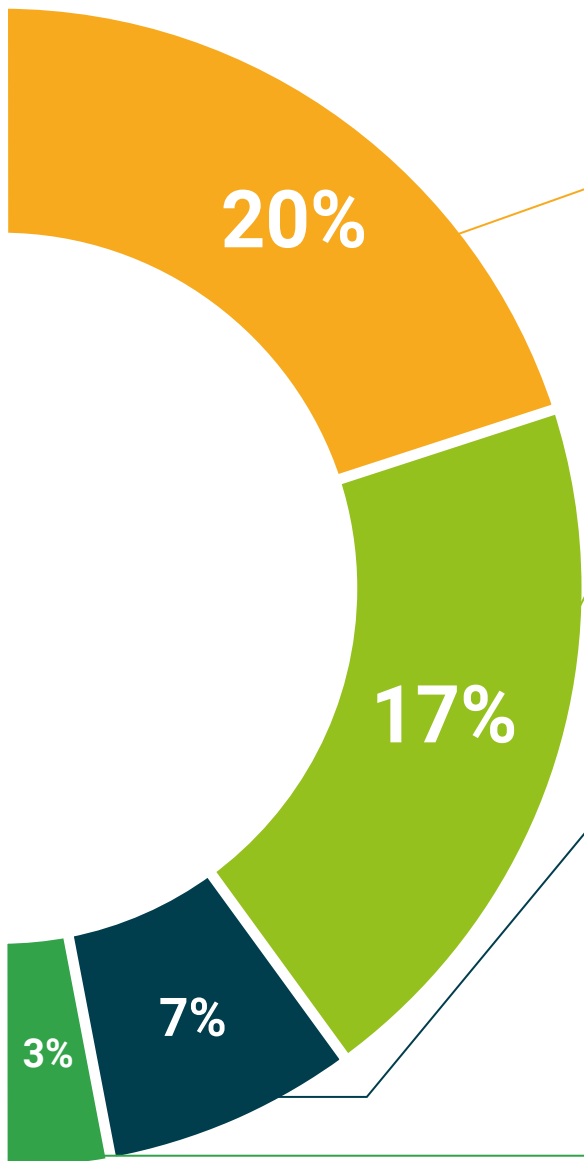
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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 Therapeutic Pilates guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Professional Master's Degree issued by TECH Global University.







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

This private qualification will allow you to obtain a **Hybrid Professional Master's Degree in Therapeutic Pilates** 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** private qualification 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 Therapeutic Pilates**

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

Duration: **12 months**

Accreditation: **60 + 4 ECTS**



\*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.

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community commitment  
personalized service innovation  
knowledge present quality  
development languages  
virtual classroom



## Hybrid Professional Master's Degree

### Therapeutic Pilates

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

Accreditation: 60 + 4 ECTS

# Hybrid Professional Master's Degree Therapeutic Pilates

A photograph of a woman from behind, wearing a white tank top, performing Pilates on a white exercise ball. She is in a studio setting with other people and exercise balls visible in the background. The image is partially obscured by a white diagonal shape on the right and a blue diagonal shape on the bottom left.

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