

Internship Program

Geriatric Physiotherapy



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Index

01

Introduction

p. 4

02

Why Study an
Internship Program?

p. 6

03

Objectives

p. 8

04

Educational Plan

p. 10

05

Where Can I Do the
Internship Program?

p. 12

06

General Conditions

p. 18

07

Certificate

p. 20

01 Introduction

The high physical exertion of their working life or the loss of muscle mass caused by age means that, once they have passed the age of 65, people require physiotherapeutic help to alleviate their ailments. Therefore, the elderly turn to professionals for exercises and therapies aimed at preventing their deterioration and promoting their autonomy in carrying out daily activities. Given their relevance, geriatric physical therapists must continually update their skills to increase the quality of life of their patients. To this end, TECH has created this Certificate 100% practical, which will allow the expert to spend 3 weeks in a prestigious clinical center, in order to master the most advanced procedures in the treatment of injuries in the elderly.

“

You will update, thanks to this program, the techniques for the treatment of injuries in the elderly, with the objective of guaranteeing their quality of life and adequate recovery”





In the elderly stage, muscle and joint deterioration produces diseases and pathologies that make it impossible to perform activities such as walking, bending or stretching the arms. In addition, the elderly experience various injuries resulting from falls or involuntary actions that drastically reduce their mobility and, therefore, their quality of life. In this sense, geriatric physiotherapy is a non-pharmacological tool increasingly used to reduce the symptoms of numerous conditions related to the human body in the population over 65 years of age. For this reason, professionals in this discipline must be aware of the latest advances in this sector to provide their patients with those exercises and therapies that help alleviate the impact of aging.

For these reasons, TECH has created this Internship Program, which will allow the physiotherapist to spend 3 weeks in a prestigious clinical or rehabilitation center, attending real patients and adopting the most updated skills in Physiotherapy in Geriatrics. Fully integrated in a team made up of the best professionals in the field, the student will learn to assess and explore the patient, understanding the characteristics that go beyond the physical symptom, such as their social environment or their mood. Likewise, you will master novel treatments to address frailty problems or traumatic ailments in the elderly patient.

During this practical stay, the student will be accompanied at all times by a tutor specifically designated for them, who will be in charge of watching over them and will answer all their questions during this period. Therefore, this program will expand and adapt the competencies of the physiotherapist based on current needs, helping to improve their treatment with the patient and guaranteeing their professional growth in this sector.

02

Why Study an Internship Program?

In the field of Geriatric Physiotherapy, it is elementary to know the latest techniques for the treatment or rehabilitation of injuries in the elderly, but it is essential to implement them properly in the work environment. For this purpose, TECH has created an innovative program 100% practical, which will allow the physiotherapist to access for 120 hours to a clinical or rehabilitation center of high prestige to know, in first person, the advances in Geriatric Physiotherapy. During 3 weeks, and surrounded by the best professionals in this field, the student will integrate these new skills into his or her daily work activity.



TECH is the only institution that gives you the opportunity to spend 3 weeks in a first class clinical environment to acquire the most advanced practical knowledge in Geriatric Physiotherapy”

1. Updating from the latest technology available

The area of Geriatric Physiotherapy has undergone numerous modifications in recent years thanks to the emergence of updated exercises, instruments or avant-garde techniques that prevent the physical deterioration of the elderly. For this reason, TECH has created this program, with the intention that the professional enters a real clinical environment to assimilate all these advances.

2. Deepening from top experts' experience

The excellent team of professionals that will accompany the physiotherapist throughout the practical period is a first class qualitative endorsement for this Internship Program. With a specifically designated tutor, the student will be able to see real cases with elderly patients in a state-of-the-art environment, which will allow them to incorporate the most effective procedures in Geriatric Physiotherapy 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 area of Geriatric Physiotherapy. 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. Putting the acquired knowledge into daily practice from the very first moment

In today's academic market, most educational programs are oriented towards theoretical learning and require numerous hours of study to obtain the degree. Faced with this situation, TECH has created an innovative learning model, 100% practical, which will allow students to access a real

5. Expanding the Boundaries of Knowledge

TECH offers the possibility of carrying out this Internship Program in centers of international importance. This way, specialists will be able to expand their frontiers and keep updated with the best professionals, who practice in first class clinics and rehabilitation centers in different continents. A unique opportunity that only TECH could offer.

“ You will have a total practical immersion in the center of your choice ”

03 Objectives

The main objective of this program is to update professional skills of physiotherapists specialized in geriatrics, mastering in a practical way the latest treatments in the sector, so that they can acquire the essential skills to ensure a quality and updated praxis with their patients.



General Objectives

- To update knowledge in physiotherapeutic diagnosis in the elderly patient
- To apply appropriate treatment in the elderly, in order to reduce functional impotence, frailty and deterioration, thus favoring an improvement of physical and mental health in old age



You will master, thanks to this Internship Program, the most appropriate techniques to undertake physiotherapeutic treatments with elderly people with different pathologies”





Specific Objectives

- ♦ To explain active aging from the patient's point of view
- ♦ To define the fields of action of physiotherapy in geriatrics
- ♦ To identify the role of physiotherapists in palliative care units
- ♦ To assimilate the use of new technologies in Physiogeriatrics
- ♦ To Mastering the most common Red Flags in clinical practice
- ♦ To Build a Session in Geriatrics
- ♦ To perform a comprehensive assessment of the geriatric patient
- ♦ To apply the different frailty assessment scales
- ♦ To develop strategies to implement group dynamics in the frail or pre-frail patient
- ♦ To define the risk factors for falls
- ♦ To Manage causes and The effects of cognitive impairment
- ♦ To perform a proper pain assessment
- ♦ To Mastering novelties in different devices designed to facilitate mobility and correct positioning
- ♦ To determine physiotherapy's role in hip, knee and shoulder arthroplasty
- ♦ To establish physiotherapy's role in the amputee patient
- ♦ To define the physiotherapeutic approach to the acute, subacute and chronic stroke patient and chronic
- ♦ To Apply new trends in physiotherapy for patients with Parkinson's disease
- ♦ To explain what respiratory physiotherapy in COPD consists of

04

Educational Plan

This program consists of a practical stay in a prestigious center, lasting 3 weeks, from Monday to Friday, with 8 consecutive hours of practical training with an assistant specialist. This stay will allow you to see real patients alongside a team of professionals of reference in the area of Geriatric Physiotherapy, applying the most innovative therapeutic procedures for each pathology.

In this educational proposal, of a completely practical nature, activities are intended to develop and perfect necessary competencies for the provision of physiotherapeutic care in areas and conditions that require a high level of qualification, and which are oriented to specific Training for this activity, in a safe environment for the patient and a high professional performance.

It is undoubtedly an opportunity to learn by working in a reference physiotherapy center, where the application of innovative treatments to promote recovery and prevent physical deterioration of the elderly is a crucial element. This is a new way of understanding and integrating health processes, and makes a reference center the ideal teaching scenario for this innovative experience in the improvement of professional competencies.

The practical teaching will be performed with the student's active participation performing activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other classmates that facilitate teamwork and multidisciplinary integration as transversal competences for the practice of geriatric physiotherapy (learning to be and learning to relate).



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"



The procedures described below will form basis of practical part of the program, and their implementation is subject both to patient suitability and to center's availability and workload, with proposed activities being the following:

Module	Practical Activity
Understanding Fragility	Perform updated tests to assess the frailty of different types of patients
	Design an individual and group exercise plan for the frail or pre-frail patient
	Elaborate physiotherapeutic treatment and post-fall follow-up for frail patients
Approach from the physiotherapy of the person affected by cognitive impairment	Perform physiotherapeutic group therapies for patients with cognitive impairment
	Elaborate individualized physiotherapeutic plans for patients with cognitive impairment
	Undertake physiotherapeutic work for people with cognitive impairment, using yoga or pilates exercises
Pain and aging, an update on the current scientific evidence	Treating cervical osteoarthritis based on latest scientific evidence for elderly patients
	Performing an updated physiotherapeutic treatment for vertebral fracture due to osteoporosis
	Develop a state-of-the-art physiotherapy plan for the treatment of shoulder rotator cuff tears
Updating in support devices for the autonomy of people	Integrate different assistive devices for activities of daily living into the physiotherapeutic activities
	Providing assistance to the elderly person using assistive devices to assist in performance of certain exercises
Physiotherapy in traumatology, neurology, pelvic floor and respiratory conditions of the elderly	Design the most appropriate exercises for rehabilitation of fractures and dislocations in the elderly patient
	Undertake physiotherapeutic treatment for the acute, subacute and chronic stroke patient
	Adapt exercises and physiotherapeutic techniques to the needs of patients with Parkinson's disease

05 Where Can I Do the Internship Program?

To help its students in their professional preparation, TECH has provided several prestigious international centers for Internship Program, where they will put into practice the updated techniques in Geriatric Physiotherapy with the best experts in this field.



Access this Internship Program to enjoy an excellent professional experience surrounded by the best specialists in geriatric physiotherapy".



Avinguda al Vedat, 21^{er} piso,
Edificio Montecarlo, 46900 Torralba, Valencia



The student will be able to do this program at the following centers:



Clínica Viriato

Country: Spain City: 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



Clínica de Fisioterapia Pilates Canal

Country: Spain City: Madrid

Address: Av. Filipinas 44, 28003 Madrid

Physiotherapeutic center specialized in Pilates

Related internship programs:
Geriatric Physiotherapy
Sports Physiotherapy



ASPAYM Principado de Asturias

Country: Spain City: Asturias

Address: Av. Roma, 4, 33011 Oviedo, Asturias

National federation dedicated to the physical and mental promotion of patients.

Related internship programs:
-Neurological Physiotherapy
Neurodegenerative Diseases



ACD Rehabilitación Oviedo

Country: Spain City: Asturias

Address: Av. fundación príncipe de Asturias,2, bajo 33004 Asturias

Interdisciplinary rehabilitation center with a cross-disciplinary approach

Related internship programs:
-Physiotherapy in the Approach to Acquired Cerebral Damage
Geriatric Physiotherapy



ACD Rehabilitación Gijón

Country: Spain City: Asturias

Address: 4º B., C. Corrida, 59, 33206 Gijón, Asturias

Interdisciplinary rehabilitation center with a cross-disciplinary approach

Related internship programs:
Geriatric Physiotherapy
- Neurological Physiotherapy in Degenerative Diseases



ACD Rehabilitación Avilés

Country: Spain City: Asturias

Address: C. Pablo Iglesias, Nº 13, Bajo, 33402 Avilés, Asturias

Interdisciplinary rehabilitation center with a cross-disciplinary approach

Related internship programs:
-Physiotherapy in the Approach to Acquired Cerebral Damage
Geriatric Physiotherapy



Fisioterapia INUA

Country: Spain City: Madrid

Address: Calle Sta. Fe, 6, Local 4, 28224 Pozuelo de Alarcón, Madrid

Physiotherapy, Osteopathy and Rehabilitation Center and Specialized Rehabilitation

Related internship programs:
- Prevention, Rehabilitation and Readjustment in Sports Injuries



Physiotherapy

Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2,
24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Physiotherapy

Clínica Montecarlo Torrent

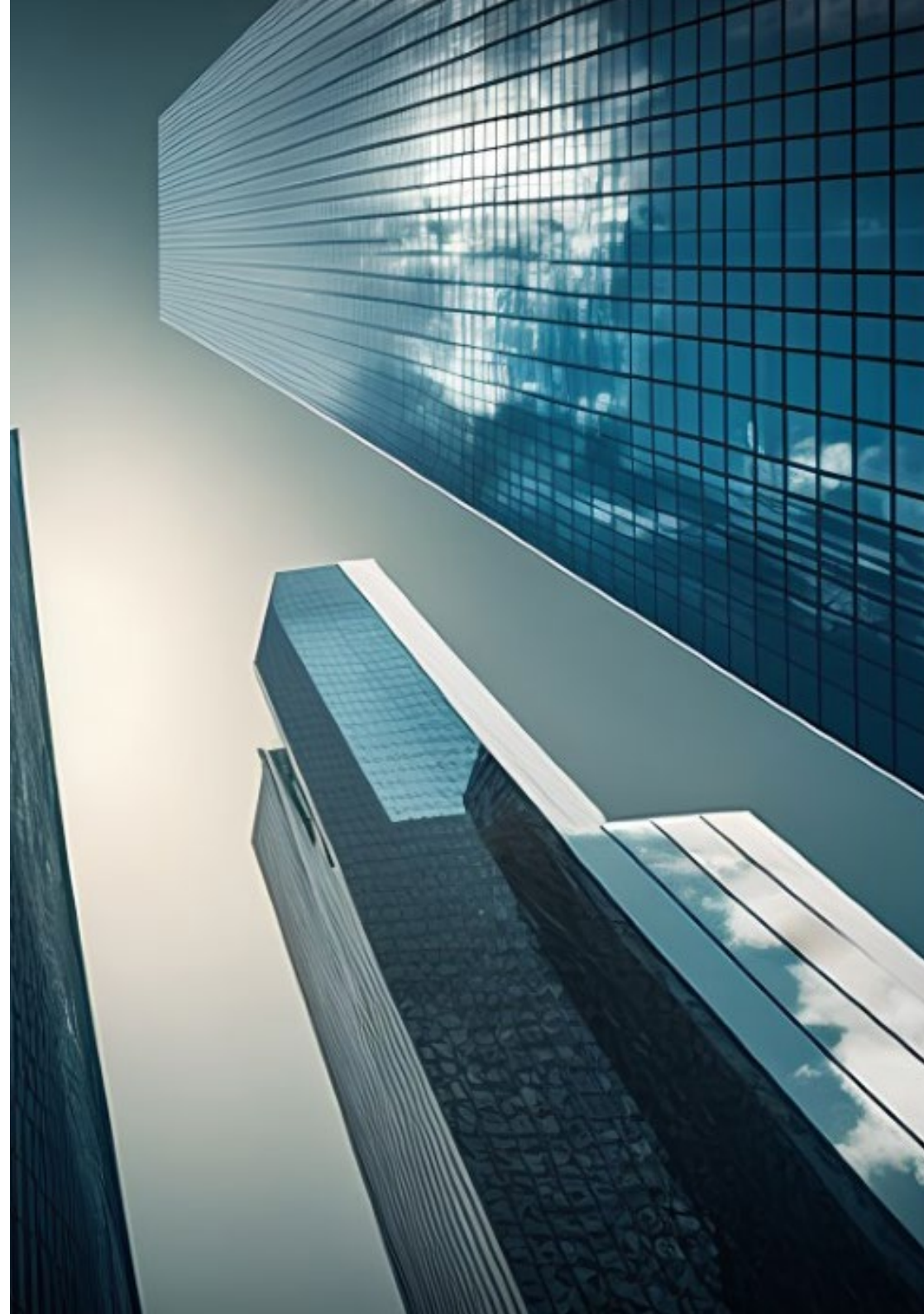
Country	City
Spain	Valence

Address: Avinguda al Vedat, 21-1st floor,
Edificio Montecarlo, 46900 Torrent, Valencia

Specialized physiotherapy center

Related internship programs:

- Electrotherapy in Physiotherapy
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

Fénix Terapia Física

Country City
Mexico Mexico City

Address: Presidente Masaryk 178 Int. 201 Col. Polanco V Sección. Alc. Miguel Hidalgo C.P. 11560

Multidisciplinary physiotherapeutic center and promotion of bone and muscle health.

Related internship programs:

- Geriatric Physiotherapy
- Electrotherapy in Physiotherapy



Physiotherapy

Athlos Toluca

Country City
Mexico Mexico City

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

Specialized centers for physical and sports rehabilitation

Related internship programs:

- Physiotherapy Diagnosis
- Electrotherapy in Physiotherapy



Physiotherapy

Athlos Tiber

Country City
Mexico Mexico City

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

Specialized centers for physical and sports rehabilitation

Related internship programs:

- Physiotherapy Diagnosis
- 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

Specialized centers for physical and sports rehabilitation

Related internship programs:

- Physiotherapy Diagnosis
- 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

Specialized centers for physical and sports rehabilitation

Related internship programs:

- Physiotherapy Diagnosis
- Electrotherapy in Physiotherapy



Physiotherapy

Athlos Roma

Country City
Mexico Mexico City

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

Specialized centers for physical and sports rehabilitation

Related internship programs:

- Physiotherapy Diagnosis
- Electrotherapy in Physiotherapy



Physiotherapy

Athlos Tlalpan

Country City
Mexico Mexico City

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

Specialized centers for physical and sports rehabilitation

Related internship programs:

- Physiotherapy Diagnosis
- Electrotherapy in Physiotherapy



Physiotherapy

Small Hauhghthon 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

Engrama

Country	City
Mexico	México City

Address: Martín Mendalde 922, Del Valle Centro, Benito Juárez, CDMX. México

Specialized physiotherapeutic care center with more than 10 years of experience.

Related internship programs:

- Geriatric Physiotherapy
- Electrotherapy in Physiotherapy



Physiotherapy

Athlos Lindavista

Country	City
Mexico	Mexico City

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

Specialized centers for physical and sports rehabilitation

Related internship programs:

- Physiotherapy Diagnosis
- Electrotherapy in Physiotherapy



Physiotherapy

Plene Fisis

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:

- Physiotherapy Diagnosis
- 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

Specialized centers for physical and sports rehabilitation

Related internship programs:

- Physiotherapy Diagnosis
- Electrotherapy in Physiotherapy



Physiotherapy

Madre Teresa Centro de Rehabilitación

Country: Argentina City: Buenos Aires

Address: Bartolomé Mitre 2450, Avellaneda, Buenos Aires, Argentina

Multidisciplinary Rehabilitation Center specialized in physical and occupational recovery.

Related internship programs:

- Clinical Nutrition in Medicine
- Geriatric Physiotherapy



Take advantage of this opportunity to surround yourself with expert professionals and learn from their work methodology"

06

General Conditions

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.

For this purpose, this educational entity is committed to acquire a liability insurance that covers any eventuality that may arise during the stay.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. This way, professionals will not have to worry in case they have to deal with an unexpected situation and will be covered until the end of practical 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 Internship Program, 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 Internship Program, 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 Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. 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 Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

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

07 Certificate

This **Internship Program in Geriatric Physiotherapy** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery*.

The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Geriatric Physiotherapy**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour shifts, consecutive shifts**

Total Hours: **120 h. of professional practice**



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