# **Internship Program** Sports Injury Prevention, Rehabilitation and Readaptation

Endorsed by the NBA





Internship Program Sports Injury Prevention , Rehabilitation and Readaptation

# Index

01 Introduction		<b>02</b> Why Study an Internship Program?			
	р. 4		р. б		
03		04		05	
Objectives		Educational Plan		Where Can I Do the Internship Program?	
	р. 8		р. 10		p. 12
		06		07	
		General Conditions		Certificate	
			р. 20		p. 22

# 01 Introduction

Competitive demands and the high physical workload often cause high-level and amateur athletes to suffer uncomfortable injuries. To prevent these ailments or to ensure rapid recovery from them, athletes frequently visit sports physiotherapy centers. Therefore, specialists in this area are increasingly in demand today. Given this circumstance, TECH has created this 100% practical program, which will offer the expert the most cutting-edge skills in preventive work and rehabilitation of injuries to boost their growth in this sector. For 3 weeks, the student will have access to a prestigious physiotherapy center to acquire the skills with the greatest applicability in their daily activity, accompanied by the best professionals.

GG

Throughout 120 hours, you will learn how to elaborate physiotherapeutic plans to achieve the rehabilitation of different ankle or knee injuries in athletes of different disciplines"



#### Sports Injury Prevention, Rehabilitation | 05 tech and Readaptation

In the world of sports, excellent physical condition and optimal health are essential to avoid injuries. However, these cannot be completely prevented, as competitive wear and tear or involuntary actions performed during sporting activity can cause serious damage to the athlete. In these cases, the intervention of a physiotherapist is essential to promote recovery in a safe and effective manner. Given the relevance of their tasks, physiotherapists specialized in the prevention, rehabilitation and rehabilitation of injuries are in great demand today. This is why this 100% practical program has been designed to broaden students' skills to promote their growth in a booming professional field.

During 3 weeks, the expert will spend a face-to-face stay in a prestigious physiotherapy center, where he/she will attend real patients, applying innovative preventive and rehabilitative techniques to different sports injuries. Surrounded by the best specialists in this field of work, you will master the development of rehabilitation plans for injuries in different muscles and joints of both the upper and lower body. In the same way, you will design trainings oriented to the prevention of ailments in athletes or develop communication skills to generate a sense of confidence in your patients during the whole process of developing a treatment.

Throughout this practical stay, you will be guided and accompanied by an individualized tutor, who will be responsible for resolving all your doubts and ensuring that the learning process meets your expectations. Therefore, this program is an excellent opportunity to enhance the professional skills of the physiotherapist, with a direct applicability in their daily work methodology.

# 02 Why Study an Internship Program?

In the world of physiotherapy, professionals must be aware of new techniques to promote the rehabilitation of their patients, but it is essential to know how to carry them out properly. To achieve this objective, TECH has created this completely pioneering program, which will allow the student to spend 3 weeks in a prestigious physiotherapy center to apply in a real environment the most efficient exercises and training plans for the Prevention and Readaptation of Sports Injuries. This way, during 120 hours, the expert will be integrated in an excellent work team to adopt in his daily methodology the most updated practical knowledge in this field.

GG

This pioneering program offered by TECH gives you the opportunity to access for 3 weeks to a physiotherapy center of relevance to put into practice the latest techniques in Prevention and Rehabilitation of Sports Injuries"

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

The Sports Injury Prevention and Readaptation field be found immersed in an Constant evolution due to the emergence of new training systems, rehabilitation techniques or updated instrumentation that favors the athletes s recovery. Faced with this situation, TECH has created this program, with the intention that the professional enters a real working environment to learn about and apply all these advances.

#### 2. Deepening from top experts' experience

The extensive team of experts that will accompany the professional throughout his or her practical stay guarantees the immense quality of this program. With a specifically designated tutor, the student will have access to athletes in a real state-of-the-art environment, which will allow him/her to master first-hand the most up-to-date techniques in injury prevention and rehabilitation.

#### 3. Entering into first class Physiotherapist 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 Sports Injury Prevention and Rehabilitation. 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.



### Sports Injury Prevention, Rehabilitation | 07 **tech** and Readaptation

#### 4. Putting the acquired knowledge into daily practice from the very first moment

The academic market has a huge number of pedagogical programs whose contents lack real applicability in the daily tasks of professionals. For this reason, TECH has created an innovative learning model, 100% practical, which will enable the student to put into practice the new techniques and updated exercises in Prevention and Rehabilitation of Sports Injuries for 3 weeks.

#### 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 up to date with the best professionals who practice in first class physiotherapy centers and in different continents. A unique opportunity that only TECH could offer.

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

# 03 **Objectives**

The main objective of this program is to achieve the professional consolidation of students, mastering in a practical way the latest treatments in the sector, to help professional athletes their ailments and recover from their injuries.



**General Objectives** 

- To acquire specialized knowledge in sports rehabilitation, injury prevention and functional recovery
- To assess the athlete from the point of view of physical, functional and biomechanical condition to detect aspects that hinder recovery or favor relapses in the injury
- To design specific work for prevention, rehabilitation and recovery from injuries





### Sports Injury Prevention, Rehabilitation | 09 **tech** and Readaptation



### **Specific Objectives**

- To plan prevention, rehabilitation and functional rehabilitation programs for athletes
- To diagnose the most common types of injuries suffered by athletes today
- To assess the subject's nutritional needs and make nutritional recommendations and nutritional supplements to support the recovery process
- To monitor the evolutionary process of recovery and/or rehabilitation of an athlete's or user's injury
- To improve the injured athlete's physical condition as part of the integral work, with the objective of achieving a greater and more efficient recovery after the injury
- To use Coaching techniques to address general psychological aspects of the athlete or injured subject
- To integrate the concepts of balance training, cardiovascular, strength, plyometrics, speed or agility as a key tool for personnel in injury prevention and rehabilitation
- To design training programs individualized to the characteristics of the subject in order to achieve better results
- To Advise on the risk factors involved in the practice of physical-sports activities
- To plan the specific exercises for each training, applying machines for functional training or pilates method techniques
- To know the different types of specific physical exercises according to the muscles or muscle groups to be readapted
- To analyze the severity of ligament pathologies and their assessment for a better and more efficient rehabilitation

# 04 Educational Plan

This program consists of a stay in a prestigious physiotherapeutic center for 3 weeks, from Monday to Friday with 8 consecutive hours of work with an assistant specialist. This experience will allow students to deal with real patients alongside a team of professionals of reference in the area of Sports Injury Prevention, Rehabilitation and Readaptation, applying the most innovative therapeutic procedures in each pathology.

In this program, which is completely practical in nature, the activities are aimed at developing and perfecting the competencies necessary for the provision of physiotherapeutic care in the sports and high performance area, and are oriented towards specific training for the exercise of the activity in a safe environment for the user and high professional performance.

It is undoubtedly an opportunity to put into practice in a real environment all the procedures of sports physiotherapy, performing an adequate treatment of injuries for athletes, depending on their physical, functional and biomechanical condition. 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.

Practical education will be performed with student's active participation performing activities and procedures of each area of competence (learning to learn and learning to do), with accompaniment and guidance of teachers and other fellow students that facilitate teamwork and multidisciplinary integration as transversal competencies for physiotherapy praxis (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"



### Sports Injury Prevention, Rehabilitation | 11 tech and Readaptation

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
Personal Training	To plan physical training with the objective of increasing endurance and cardiorespiratory endurance and cardiorespiratory capacity
	Perform personal training oriented to strengthen the Core
	Design training plans focused on strength gains in the gym
Preventive Work for Sports Practice	Perform training programs based on Body Pump work to promote muscular and aerobic stimulation
	Design training plans based on the use of TRX, extracting the maximum performance offered by this tool for the maximum performance offered by this tool for the injury prevention
	Undertake partner or individual training plans centered on the development of exercises with Thera Band
Frequent Injuries in Athletes	Developing a recovery plan for shoulder, elbow or wrist injuries
	Develop rehabilitation planning for neck and cervical injuries
	Perform recovery treatments for athletes with knee and ankle injuries
	Design exercises aimed at strengthening the injured the injured area and avoid a possible relapse
Exercise for rehabilitation of sports	Apply specific physical exercises for each muscle group, with the objective of favoring the readaptation to the sport practice
	Planning a training program focused on muscle health improvement for athletes
Exercise for Functional Recovery	Elaborate functional training to ensure the rehabilitation of injuries
	Use Pilates as a method of muscle strengthening and and rehabilitation of injuries
	Use the latest equipment for the effective practice of functional recovery

# 05 Where Can I Do the Internship Program?

In order to help its students in their academic and professional preparation, TECH is willing to broaden the horizons of this Intership Program. For this reason, The program has several prestigious international physiotherapeutic centers, in which the expert will be able to carry out a practical stay of 3 weeks surrounded by the best specialists in prevention, rehabilitation and readaptation of sports injuries.

This program will help you to know the best physical exercises according to the muscle to be readapted"





### Sports Injury Prevention, Rehabilitation | 13 tech and Readaptation

Country

Spain

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

City

Madrid



#### Clínica de Fisioterapia Pilates Canal

Country Spain

Address: Av. Filipinas 44, 28003 Madrid

Physiotherapeutic center specialized in Pilates

Related internship programs: Geriatric Physiotherapy Sports 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 Readjustment in Sports Injuries



#### Fisiosalud+ Alcobendas

City

Madrid

Country Spain

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 Readjustment in Sports Injuries



#### Fisiosalud+ Salamanca

City 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 Readjustment in Sports Injuries

revention, Renabilitation and Readjustment in Sports injune



#### 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 Readjustment in Sports Injuries



#### Fisiosalud+ Ciudad Lineal

Country	City
Spain	Madrid

Address: Calle Emilio Ferrari 10, 28017 Madrid

Clinical center specialized in physiotherapy and physical rehabilitation.

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



#### Fisiomed Brunete

Country City Spain Madrid

Address: C/ Sorolla nº1 28690 Brunete (Madrid)

Sports Physiotherapy Clinic and Integral Rehabilitation Center

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



#### Fisioterapia Flor Trujillo

Country	City
Spain	Granada

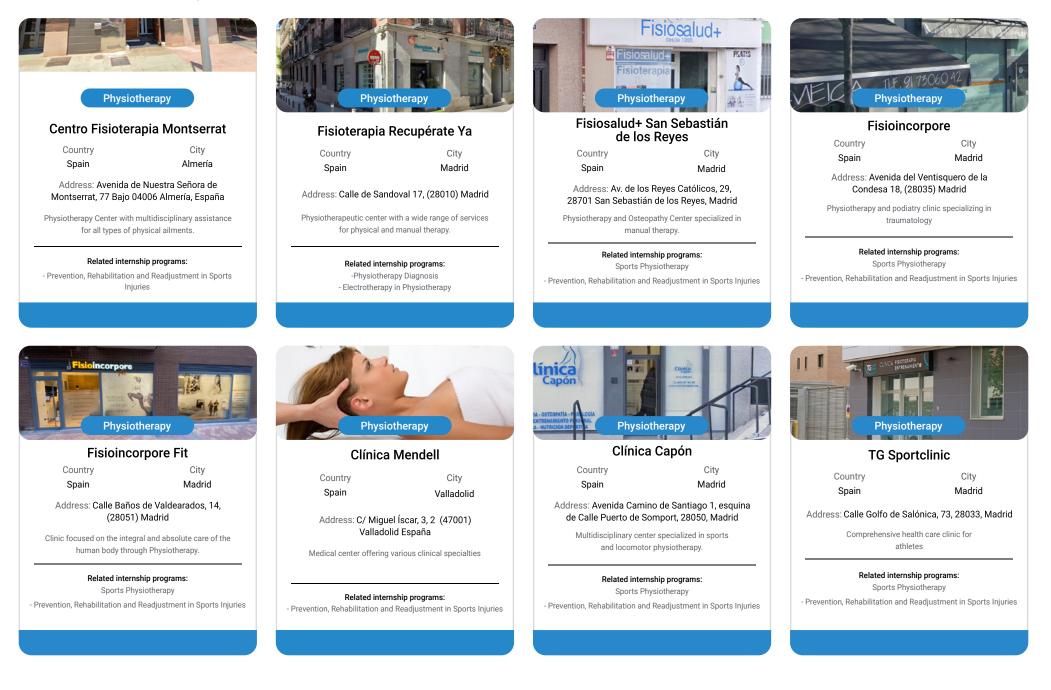
Address: Pasaje de Recogidas, 10, Granada (18005)

Physiotherapeutic and Natural Therapies promotion clinic

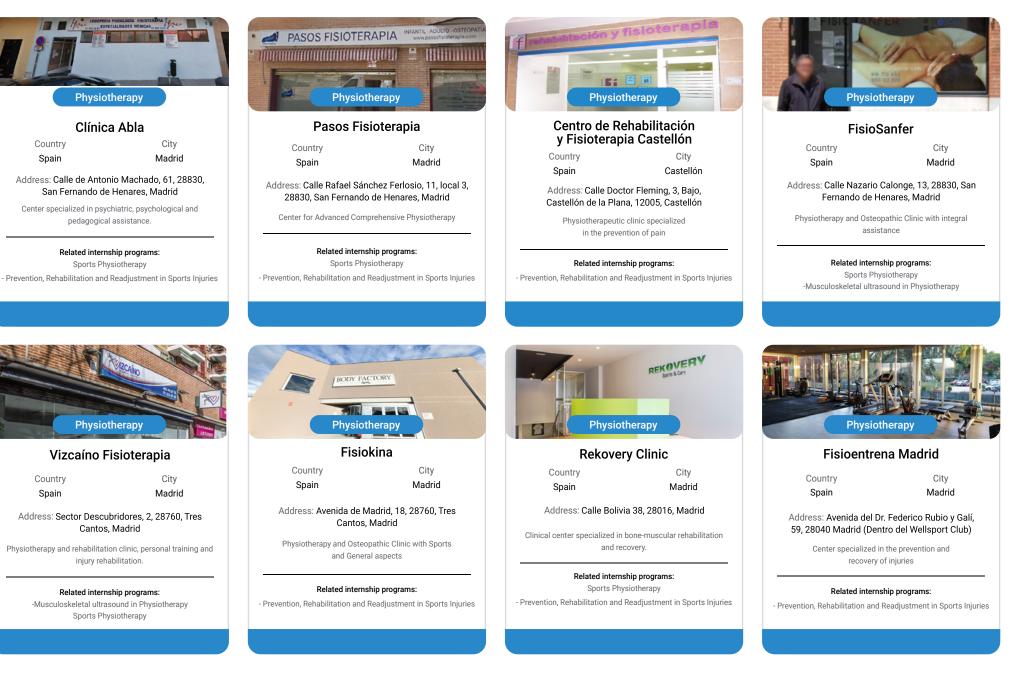
Related internship programs: Sports Physiotherapy

Prevention, Rehabilitation and Readjustment in Sports Injuries

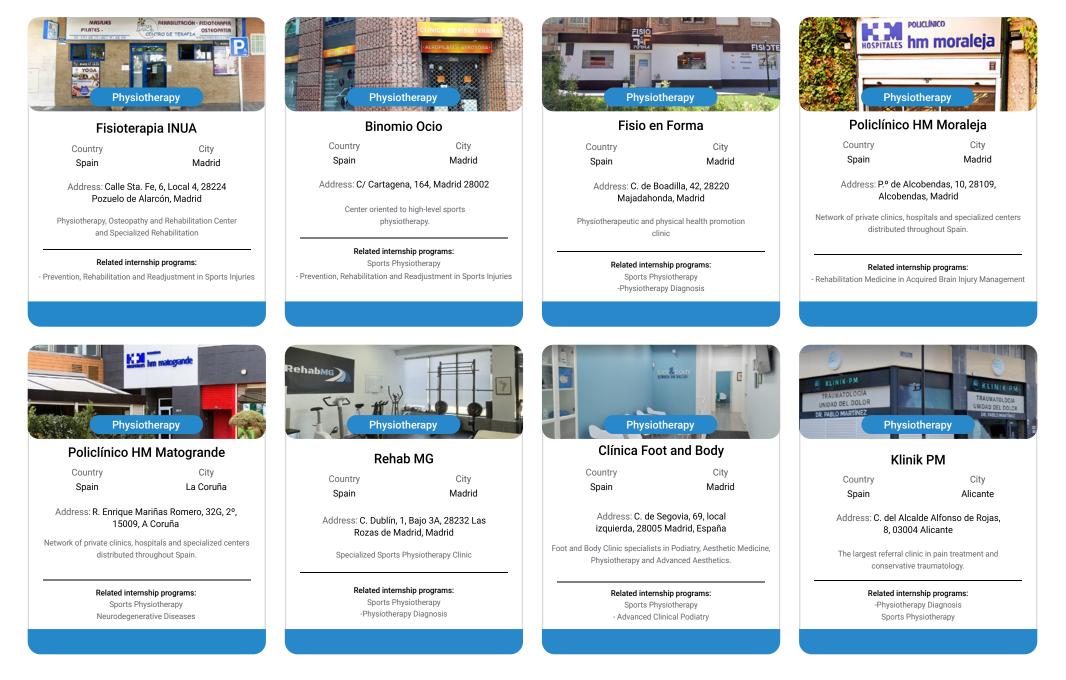
## tech 14 | Sports Injury Prevention, Rehabilitation and Readaptation



### Sports Injury Prevention, Rehabilitation | 15 tech and Readaptation



## tech 16 | Sports Injury Prevention, Rehabilitation and Readaptation



### Sports Injury Prevention, Rehabilitation | 17 **tech** and Readaptation



## 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 pillars of Physiotherapy clinic in Pozuelo

Related internship programs: - MBA in Digital Marketing Project Management



## Premium global health care Fuenlabrada

Country City Spain Madrid

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

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

Related internship programs: - MBA in Digital Marketing Project Management



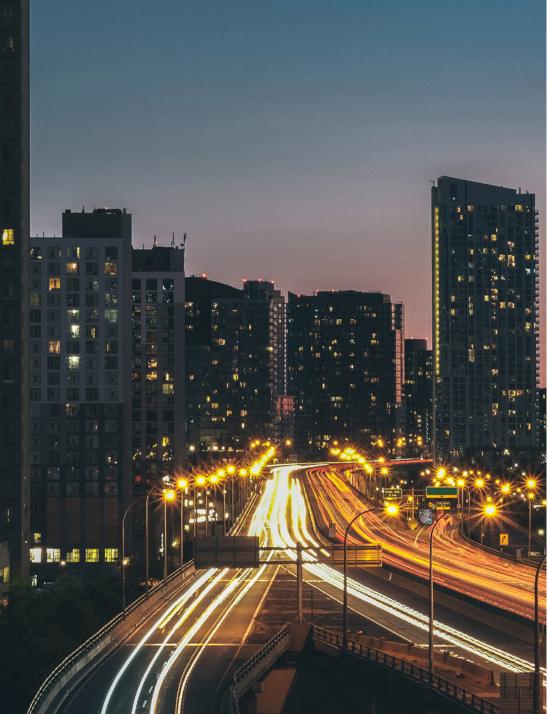
## Premium global health care Pozuelo

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 pillars of Physiotherapy clinic in Pozuelo

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



## tech 18 | Sports Injury Prevention, Rehabilitation and Readaptation



**Ossis Ortho Sport Clinic** City Country

Mexico Quintana Roo

Address: Plaza Ossis Wellness Center, Ubicado en Av. Huayacan esg. 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



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



#### Fénix Terapia Física

City

Mexico City

Country	
Mexico	

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



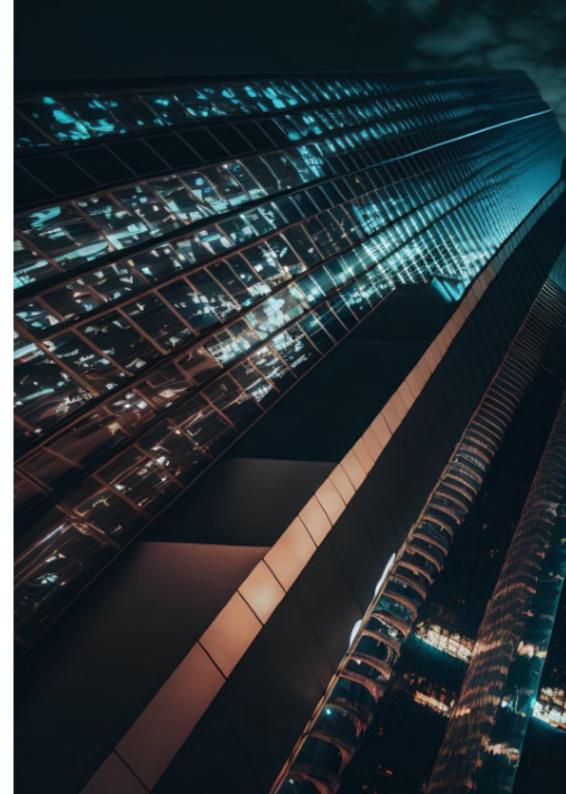
#### Clínica de Fisioterapia Integral Mover-T

Country City Mexico Mexico City

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

Integral Physiotherapy Clinic

Related internship programs: -Physiotherapy Diagnosis - Electrotherapy in Physiotherapy





### Sports Injury Prevention, Rehabilitation | 19 **tech** and Readaptation



Domus Medica Caserta		
Country Italy	City Campania	
Address: Via Giuseppe Maria Bosco, 63, 81100 Caserta CE, Italia		
Integral Health Clinic and Physiotherapy		
Related internship programs:		
- Prevention, Rehabilitation and	Readjustment in Sports Injuries	

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.

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 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 private qualification will allow you to obtain a **Internship Program diploma in Sports Injury Prevention, Rehabilitation and Readaptation** 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: Internship Program in Sports Injury Prevention, Rehabilitation and Readaptation Duration: 3 weeks

Attendance: Monday to Friday, 8-hour consecutive shifts

Accreditation: 4 ECTS





Internship Program Sports Injury Prevention, Rehabilitation and Readaptation

# Internship Program Sports Injury Prevention, Rehabilitation and Readaptation

Endorsed by the NBA

