

Internship Program

Therapeutic Pilates





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Internship Program
Therapeutic Pilates

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01 Introduction

Therapeutic Pilates focuses on the treatment of specific pathologies, such as Lumbalgias, Cervicalgias and Postural Problems. Therefore, the exercises are adapted to the individual needs of the patient, seeking not only to improve strength and flexibility, but also to reduce pain and prevent injuries. In addition, the practice of Therapeutic Pilates integrates breathing techniques that promote relaxation and improve the mind-body connection, contributing to emotional well-being. For this reason, TECH has created the present qualification, in which in 3 weeks specialists will be integrated into a team specialized in Therapeutic Pilates to get up to date on the latest developments and technologies available, therefore being able to bring them to their own daily practice in a comprehensive and efficient way.



With this Internship Program, you will acquire a thorough knowledge of anatomy and physiology, understanding how exercise can help in the rehabilitation of injuries and improvement of chronic conditions”





Therapeutic Pilates differs from traditional Pilates by focusing on exercises tailored to specific health needs, being especially beneficial for people with back, neck and joint problems. Recently, several studies have highlighted its ability to improve posture, increase flexibility and reduce stress, therefore contributing to the overall well-being of the individual. In addition, it is recommended to start with individual sessions supervised by physiotherapists to ensure a proper and safe practice, therefore facilitating a gradual progress in muscle recovery and strengthening.

And as the best way to perfect these skills is through practice, TECH has designed a program that consists of a 120-hour stay in a clinical center of reference in the field of Therapeutic Pilates. In this way, over 3 weeks, graduates will become part of a team of specialists of the highest level, with whom they will work actively in the management of different patients and their pathologies. In this way, they will be able to update not only on the most effective physiotherapy procedures, but will also be able to implement them in their practice.

Furthermore, during the stay they will have the support of an assistant tutor, who will ensure that all the requirements for which this Internship Program have been designed are met. On this basis, specialists will work with total guarantee and security in the handling of the most innovative technology, as well as in the use of the therapeutic and diagnostic techniques that have had the best results to date.

02

Why Study an Internship Program?

This specialization will allow them to acquire specific skills to design and direct exercise programs adapted to different physical conditions and individual needs, something essential for professionals in areas such as physiotherapy, sports medicine and personal training. In addition, it will not only focus on injury rehabilitation, but will also promote prevention and general wellness, becoming a valuable tool in daily practice. Therefore, upon completion of this program, they will be better prepared to offer a comprehensive and personalized approach to their patients.



Taking this Internship Program in Therapeutic Pilates will be an excellent option for those who wish to gain knowledge of movement and its impact on physical health”

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

The academic market is plagued by teaching programs that are poorly adapted to the daily work of the specialist and that require long teaching hours, often not very compatible with personal and professional life. TECH offers a new learning model, 100% practical, that allows 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 objectives of this program will be to provide physical therapists with a thorough understanding of the principles and fundamentals of Pilates, as well as its application in therapeutic contexts. In this way, professionals will be specialized in the identification and assessment of individual patient needs, enabling them to design personalized exercise programs that address injuries, chronic conditions and the improvement of overall wellness. In addition, they will delve into techniques for adaptation and modification of exercises to ensure the safety and effectiveness of the practice, as well as foster effective communication between practitioner and client.



General Objectives

- ♦ Provide knowledge of anatomy and biomechanics of the body
- ♦ Develop practical skills in teaching Pilates
- ♦ Adapt Pilates exercises to different conditions and individual needs
- ♦ Promote the prevention of injuries through the practice of Pilates
- ♦ Improve the effectiveness of rehabilitation interventions
- ♦ Recognize and address various pathologies and physical conditions
- ♦ Promote a holistic approach to health and wellness
- ♦ Integrate Therapeutic Pilates into clinical and wellness settings
- ♦ Evaluate the progress and evolution of clients throughout the process
- ♦ Specialize to offer a personalized accompaniment in the practice of Pilates





Specific Objectives

- ♦ Study the fundamental principles of Therapeutic Pilates
- ♦ Analyze the relationship between posture and movement
- ♦ Identify the characteristics of the main musculoskeletal injuries
- ♦ Know the methods of functional evaluation
- ♦ Learn breathing techniques and their application in Pilates
- ♦ Design personalized exercise programs
- ♦ Implement exercise modification strategies according to needs
- ♦ Practice the use of specific Pilates equipment
- ♦ Encourage body awareness in practitioners
- ♦ Develop effective communication skills
- ♦ Establish health and wellness goals for patients
- ♦ Integrate relaxation and stress management techniques
- ♦ Evaluate progression and effectiveness of Pilates programs
- ♦ Promote education on ergonomics and healthy habits
- ♦ Create a safe and motivating environment during sessions
- ♦ Collaborate with other health care professionals in treatment
- ♦ Analyze clinical cases to apply theoretical knowledge
- ♦ Promote the practice of Pilates as a tool for self-care
- ♦ Encourage continuing professional development in the field of Pilates
- ♦ Evaluate the impact of Therapeutic Pilates on the quality of life of patients

04

Educational Plan

The Internship Program in Therapeutic Pilates consists of a practical clinical stay of 3 weeks duration, from Monday to Friday, with 8 consecutive hours of practical specialization, 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 completely Internship Program 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

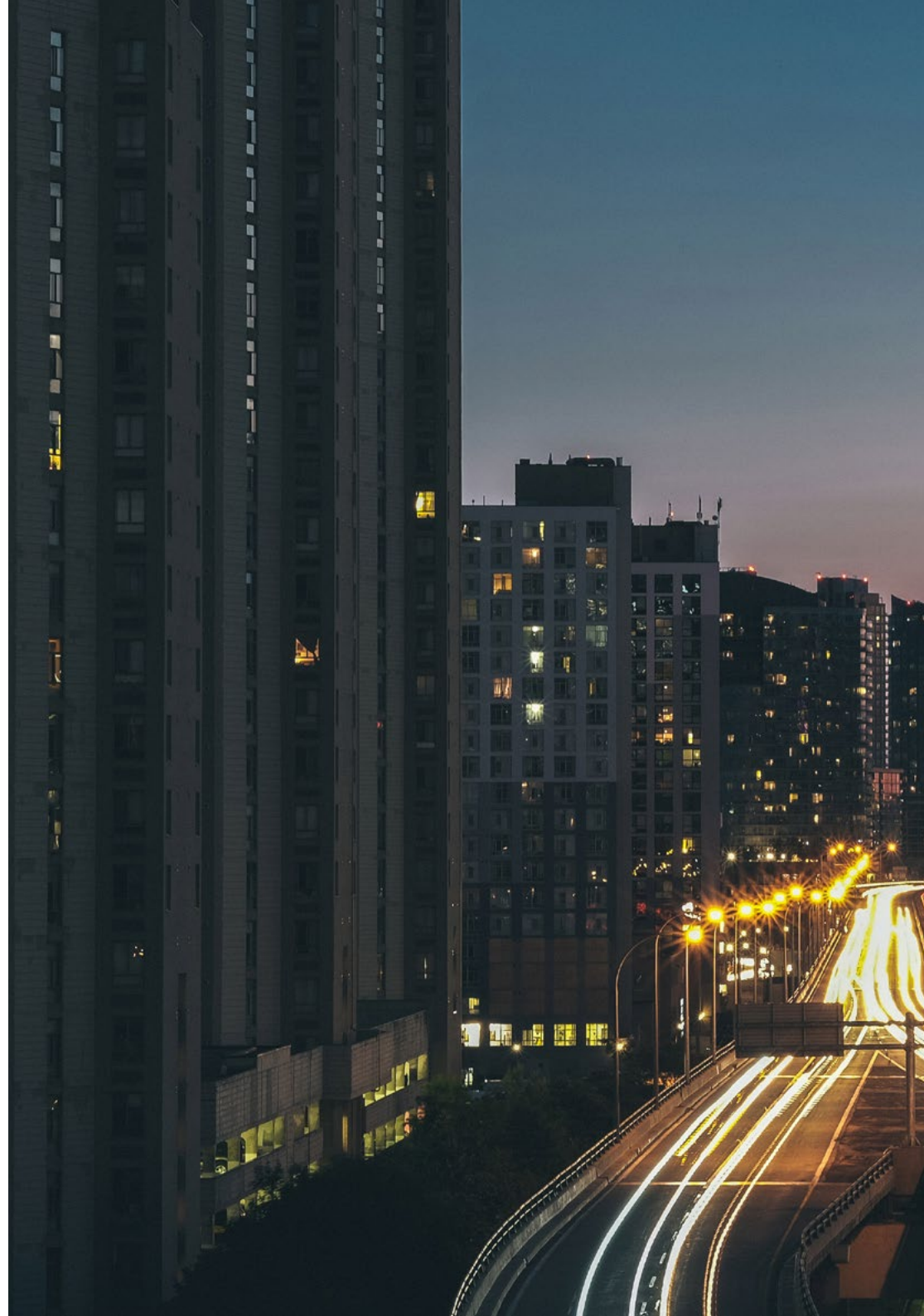
05

Where Can I Do the Internship Program?

In its maxim of offering quality education within the reach of most people, TECH has decided to broaden the academic horizons so that this program can be provided in various centers around the country. Therefore, this is a unique opportunity that will allow professionals to continue to grow their career alongside the best specialists in the sector in various referral clinics.


“

Observation and analysis of postural correction and alignment techniques will be encouraged, allowing you to adapt movements to the specific needs of your patients”





The student will be able to do this program 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

Related internship programs:

- Diagnosis in Physiotherapy
- Sports Physiotherapy



Make the most 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 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 Internship Program 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 an **Internship Program's diploma 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: **Internship Program in Therapeutic Pilates**

Duration: **3 weeks**

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

Accreditation: **4 ECTS**



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

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