

# Postgraduate Certificate

## Ankle Ultrasound in Physiotherapy





## Postgraduate Certificate Ankle Ultrasound in Physiotherapy

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/physiotherapy/postgraduate-certificate/ankle-ultrasound-physical-therapy](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/ankle-ultrasound-physical-therapy)

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# 01

# Introduction

In physiotherapy, ultrasound is essential to analyze the response to treatment of the patient suffering from an ankle injury and, if necessary, modify it for another type of therapy that is more beneficial for them. Therefore, because their use has a positive impact on the patient's recovery process, ultrasound devices are becoming increasingly popular in this discipline, making physiotherapists who are experts in their use highly valued professionals. Accordingly, TECH has created this 100% online program, with which the student will master the exploration techniques for the different types of sprains or tendinopathies and will be at the forefront of a sector with high demand.



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*Through this program, you will use up-to-date scanning techniques that allow you to efficiently diagnose the extent of an ankle sprain or tendinopathy”*

The ankle is one of the joints most affected by sports practice, whose injuries are present daily in rehabilitation centers or clinics. In this sense, ultrasound is the diagnostic test par excellence to observe the extent of these pathologies, since it offers a more accurate and safer detection than that obtained by other methods. This allows, in turn, to establish a treatment that is adapted to the type of ailment suffered by the patient and to the particular characteristics of the same, so that physiotherapists specialized in the use of ultrasound devices for ankle injuries are in great demand in the health area.

Given this circumstance, TECH has designed this program, through which the student will adopt the best mechanisms to detect and subsequently treat the various pathologies that occur in the different parts of this joint and thus provide high-level care to their patients. During 6 weeks of intensive learning, you will assimilate the most up-to-date examination techniques for deltoid or lateral ligament sprains and you will delve into the imaging follow-up of Achilles tendinopathy. You will also expand your skills in the use of dynamic ankle tests to measure joint flexibility.

Thanks to the 100% online methodology in which this program is developed, the student will have the possibility to develop their own study schedules to achieve an efficient teaching. Likewise, this program is taught by excellent professionals in the field of Medicine and Physiotherapy, who will provide the most updated didactic contents in the field of ankle ultrasound.

This **Postgraduate Certificate in Ankle Ultrasound in Physiotherapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Physical Medicine and Rehabilitation and in Physiotherapy
- ♦ 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
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*Perform an effective follow-up of the patient with a deltoid ligament sprain thanks to the knowledge acquired in this program"*



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*This program has a 100% online methodology that will allow you to achieve excellent learning without the need to travel to study centers”*

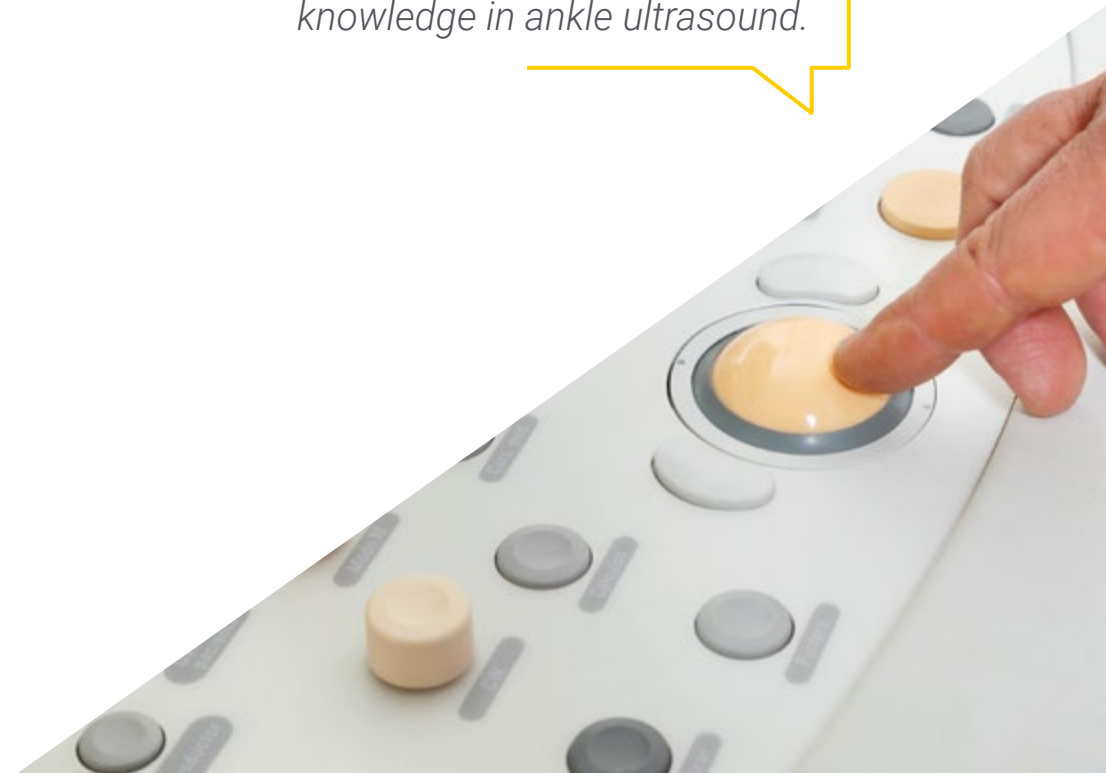
The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Learn how to handle dynamic ankle tests that allow the assessment of the stabilization or flexibility of the joint in patients with different types of pathologies.*

*The teachers of this program, specialists in Physical Medicine and Rehabilitation and experts in Physiotherapy, will provide you with the most professionally applicable knowledge in ankle ultrasound.*



# 02 Objectives

The Postgraduate Certificate in Ultrasound of the Ankle in Physical Therapy is designed with the idea in mind of favoring the expansion of the professional's knowledge of this subject, so that they can develop a high quality physiotherapeutic praxis with their patients. Throughout your academic experience, you will master the state-of-the-art examination techniques available to analyze the evolution of an injury in this joint. Your excellent learning will be guaranteed thanks to the general and specific objectives that TECH has designed for this program.







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*Incorporate into your work methodology the latest advances in ankle ultrasound to perform your physiotherapeutic functions in a solvent way”*



## General Objectives

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- Learn to locate the different anatomical structures of the region
- Identify pathologies for a correct treatment of ultrasound-guided rehabilitation medicine
- Define the limits of ultrasound
- Learn about the use of ultrasound in the framework of physiotherapist skills





## Specific Objectives

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- Learn the sonoanatomy of the ankle
- Describe the normal examination of the structures of the anterior aspect of the ankle
- Describe the normal examination of the structures of the lateral aspect of the ankle
- Describe the normal examination of the structures of the posterior aspect of the ankle
- Describe the normal examination of the structures of the medial aspect of the ankle
- Learn how to perform ultrasound-guided dynamic assessment tests for the ankle
- Identify the most common lesions, for a correct ultrasound-guided treatment and/or follow-up of their evolution
- Describe the least common pathologies that can affect the ankle



*Develop your skills in this area through this program and enjoy the excellent career prospects offered by the Physiotherapy sector”*

# 03

## Course Management

Thanks to TECH's untiring commitment to raise the quality of its academic programs to the highest level, this program has a teaching team made up of doctors specialized in Physical Medicine and Rehabilitation and excellent physiotherapists, who have developed their tasks in hospitals, clinics or cutting-edge centers. These professionals are responsible for developing all the teaching resources to which the student will have access during this academic period, so that the knowledge they will provide will be in tune with the latest developments in the sector.





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*Develop your physiotherapeutic skills with the best experts in the management of ankle ultrasound”*



## Management



### Dr. Castillo Martin, Juan Ignacio

- ♦ Head of Physical Medicine and Rehabilitation Service. Hospital 12 de Octubre. Madrid
- ♦ Doctor Specialist in Physical and Rehabilitation Medicine, Hospital Complex Ruber Juan Bravo
- ♦ Rehabilitation Physician at the Traffic Accidents Unit of the Ruber Juan Bravo Hospital Complex
- ♦ Rehabilitation Physician. Recoletas Cuenca Hospital
- ♦ Coordinator of continuing education of the Spanish Society of Cardiology in Exercise Testing with Oxygen Consumption
- ♦ Associate Professor, Complutense University of Madrid. Faculty of Medicine
- ♦ Teaching coordinator in continuing education courses at the Madrid Regional Ministry of Health: "Tertiary prevention in chronic cardiopathic patients. Cardiac Rehabilitation"
- ♦ Degree in Medicine and Surgery. University of Salamanca.
- ♦ Master's Degree in Cardiac Rehabilitation. SEC-UNED
- ♦ Master in Disability Assessment Autonomous University Madrid
- ♦ Master Child Disability. Complutense University of Madrid
- ♦ Doctorate Course: Neurosciences University of Salamanca.
- ♦ Member of the Spanish Society of Cardiology



## Professors

### Dr. Santiago Nuño, Fernando

- ◆ Physiotherapist, osteopath, podiatrist and co-director of Clínica Nupofis
- ◆ Physiotherapist and podiatrist at the Armstrong International Clinic.
- ◆ Orthopedist at Ortoaccesible
- ◆ Professor of Musculoskeletal Ultrasound and Ultrasound-guided Infiltration at the Complutense University of Madrid and the European University of Madrid.
- ◆ Doctor in Podiatry from the University of La Coruña.
- ◆ Physiotherapist specializing in Traumatology, Neurology and Sports Injury Rehabilitation in Armstrong International Clinic
- ◆ Master's Degree in Advanced Clinical Podiatry from the CEU-Cardenal Herrera University.
- ◆ Master's Degree in Clinical Management, Medical Direction and Assistance at the CEU-Cardenal Herrera Oria University.
- ◆ Master's Degree in Musculoskeletal Ultrasound by the CEU-Cardenal Herrera Oria University.
- ◆ Master of Specialist in Manual Therapy by the Complutense University of Madrid.
- ◆ Master in On-line Research in Podiatry by the Universidad Rey Juan Carlos Madrid.
- ◆ Master of Specialist and Supervisor of Orthopedic Products by the Complutense University of Madrid.

**Dr. Casado Hernández, Israel**

- ♦ Podiatrist and Podiatric Researcher
- ♦ Director of Vitalpie
- ♦ Podiatrist in grassroots soccer clubs such as Getafe CF or AD Alcorcón
- ♦ Associate lecturer in university studies
- ♦ Author of more than 20 scientific articles and 7 book chapters
- ♦ Doctor in Epidemiology and Clinical Research in Health Sciences Rey Juan Carlos University
- ♦ Degree in Podiatric Medicine from the Complutense University of Madrid
- ♦ Master in Podiatric Research, Universidad Rey Juan Carlos, Madrid

**Dr. García Expósito, Sebastián**

- ♦ Expert in radiodiagnostic applications and techniques
- ♦ Radiodiagnostic technician at Centro de la Mujer de Sanitas
- ♦ Radiodiagnostic technician at Hospital de la Zarzuela
- ♦ Degree in Bioimaging Production from the National University of Lomas de Zamora

**Dr. Moreno, Cristina Elvira**

- ♦ Physiotherapist expert in Musculoskeletal Ultrasonography
- ♦ Physiotherapist at the Nupofis Clinic
- ♦ Physiotherapist at Clínica Fisios Islas 21
- ♦ Physiotherapist at Clínica Más Fisio
- ♦ Physiotherapist at Parkinson Association Madrid
- ♦ Graduate in Physiotherapy from the Complutense University of Madrid
- ♦ Master in Musculoskeletal Ultrasound in Physiotherapy by CEU San Pablo University

**Dr. Nieri, Martín**

- ♦ Diagnostic Imaging Technician expert in Musculoskeletal Ultrasonography
- ♦ Diagnostic Imaging Technician at the University Hospital Son Espases
- ♦ CEO of Ultrasound & Teleradiology Assistance Service SL
- ♦ Director of the Department of Quality Control in Ultrasound in Service at Asistencia Ultrasonido & Teleradiología SL
- ♦ Freelance Diagnostic Imaging Technician
- ♦ Lecturer in Ultrasound training courses
- ♦ Participation in several Ultrasound projects

**Dr. Pérez Calonge, Juan José**

- ♦ Podiatrist expert in Integral Foot Surgery
- ♦ Podiatrist at Clínica Podológica Gayarre
- ♦ Author of the article Technique of direct examination of onychomycosis by microscopy with potassium hydroxide
- ♦ Doctor in Health Sciences from the Public University of Navarra
- ♦ Official Master's Degree in Health Expertise from the Complutense University of Madrid
- ♦ Official Master's Degree in Advanced Podiatry, CEU
- ♦ Expert in Surgery by the Complutense University of Madrid
- ♦ Course of Foot Infiltration by the Complutense University of Madrid

**Dr. Sánchez Marcos, Julia**

- ◆ Physiotherapist, osteopath and Pilates teacher at Clínica Nupofis
- ◆ Physiotherapist and osteopath at the Isabel Amoedo Physiotherapy Clinic
- ◆ Physiotherapist at the Hospital Vithas Nuestra Señora de Fátima
- ◆ Physiotherapist at ASPODES-FEAPS
- ◆ Physiotherapist at the Fisiosalud Clinic
- ◆ Master in Electrotherapy at CEU Cardenal Herrera University
- ◆ Expert in Ultrasound Sonoanatomy of the Locomotor Apparatus by the European University
- ◆ Course of Neurodynamics by Zerapi Fisioterapia Avanzada
- ◆ Course of Percutaneous Therapeutic Electrolysis "EPTE"
- ◆ Course of Neurodynamic Myofascial and Articular Fibrolysis "Hooks" by Instema
- ◆ Diathermy Course by Helios Electromedicina

**Mr. Santiago Nuño, José Ángel**

- ◆ Physiotherapist, osteopath, dietician, nutritionist and co-director of the Nupofis Clinic
- ◆ Dietician and nutritionist in different physiological situations at Medicadiet
- ◆ Diploma in Physiotherapy from San Pablo CEU University
- ◆ Diploma in Human Nutrition and Dietetics from San Pablo CEU University
- ◆ Postgraduate Specialist in Food Exchange System for the preparation of diets and menu planning from the University of Navarra
- ◆ Physiotherapist specializing in Traumatology, Neurology and Rehabilitation of Sports Injuries at Armstrong International Clinic
- ◆ Specialist Master's Degree in Sports Physiotherapy from the Complutense University of Madrid
- ◆ Expert in Traditional Chinese Medicine and Acupuncture for Physiotherapists at the University of Castilla La Mancha

**Dr. Teijeiro, Javier**

- ◆ Director and physiotherapist of Atlas Clínica de Fisioterapia
- ◆ Physiotherapist and technical director of the Physiotherapy Service of the San Pablo and San Lázaro de Mondoñedo Welfare Center
- ◆ Regional Delegate of the Spanish Society of Ultrasound and Physical Therapy
- ◆ Physiotherapist of the Dinán Viveiro Clinic
- ◆ Doctorate in Health, Disability, Dependence and Welfare
- ◆ Master in Natural Medicine and its applications in Primary Care by the University of Santiago de Compostela
- ◆ Master's Degree in Pharmacology for Physiotherapists from the University of Valencia
- ◆ Official Master's Degree in Intervention in Disability and Dependency by the University of A Coruña
- ◆ Master in Diagnostic Imaging by the University of Valencia
- ◆ University Expert in Musculoskeletal Ultrasound by Francisco de Vitoria University

# 04

## Structure and Content

The syllabus of this Postgraduate Certificate is composed of 1 module with which the physiotherapist will significantly expand and update their knowledge and skills in the use of ultrasound devices to explore the different pathologies produced in the ankle. Likewise, the didactic resources available to the student during the duration of this program are accessible through formats such as the explanatory video, the evaluative tests or the interactive summary. This, added to the 100% online methodology of this program, favors an enjoyable and effective teaching without the student having to leave home.







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*The best content on Ankle Ultrasound in Physical Therapy, available in video or reading format, among others, you will find in this TECH" program"*

## Module 1. Lower Limb Ultrasound: Ankle

- 1.1. Normal Sonoanatomy of the Ankle
  - 1.1.1. Examination of the Anterior Aspect Structures
  - 1.1.2. Examination of the Lateral Aspect Structures
  - 1.1.3. Examination of the Medial Aspect Structures
  - 1.1.4. Examination of the Posterior Aspect Structures
- 1.2. Pathology of the Ankle
  - 1.2.1. Most Common Tendon Pathology
  - 1.2.2. Most Common Ligament Pathology
  - 1.2.3. Other Ankle Joint Pathologies
- 1.3. Dynamic Tests on the Ankle





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*The curriculum of this program, designed by experts in the management of ultrasound, will make you a leading professional in the field of Physical Therapy”*



# 05

# 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.





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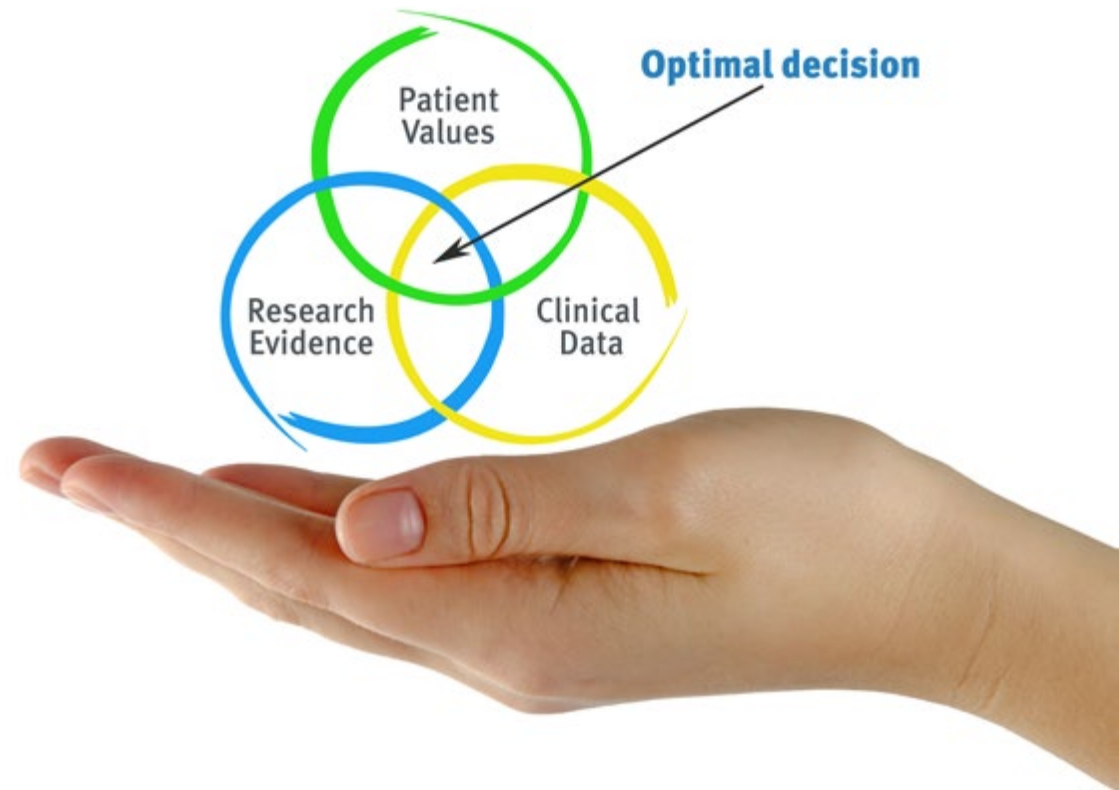
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## 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. Gervas, 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".

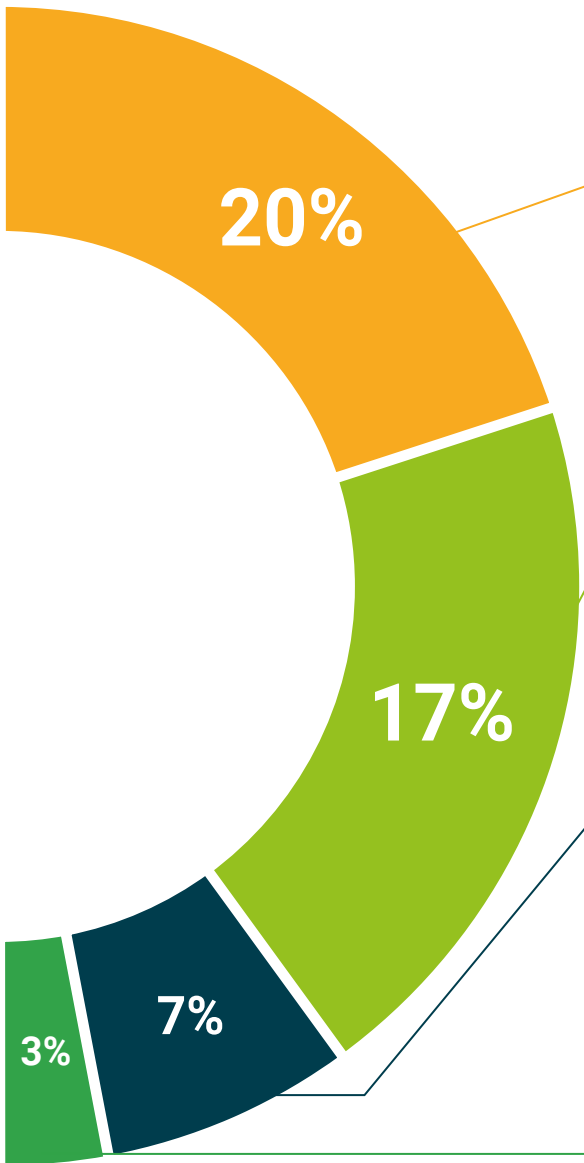


#### Additional Reading

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.



# 06 Certificate

The Postgraduate Certificate in Ankle Ultrasound in Physiotherapy guarantees, in addition to the most rigorous and updated knowledge, access to a Postgraduate Certificate issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Ankle Ultrasound in Physiotherapy** 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** title 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: **Postgraduate Certificate in Ankle Ultrasound in Physiotherapy**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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

**tech** global  
university

**Postgraduate Certificate**  
Ankle Ultrasound  
in Physiotherapy

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