

# Postgraduate Certificate Injury Prevention and Rehabilitation Through Exercise

Endorsed by the NBA





## Postgraduate Certificate Injury Prevention and Rehabilitation Through Exercise

- » 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/injury-prevention-rehabilitation-through-exercise](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/injury-prevention-rehabilitation-through-exercise)

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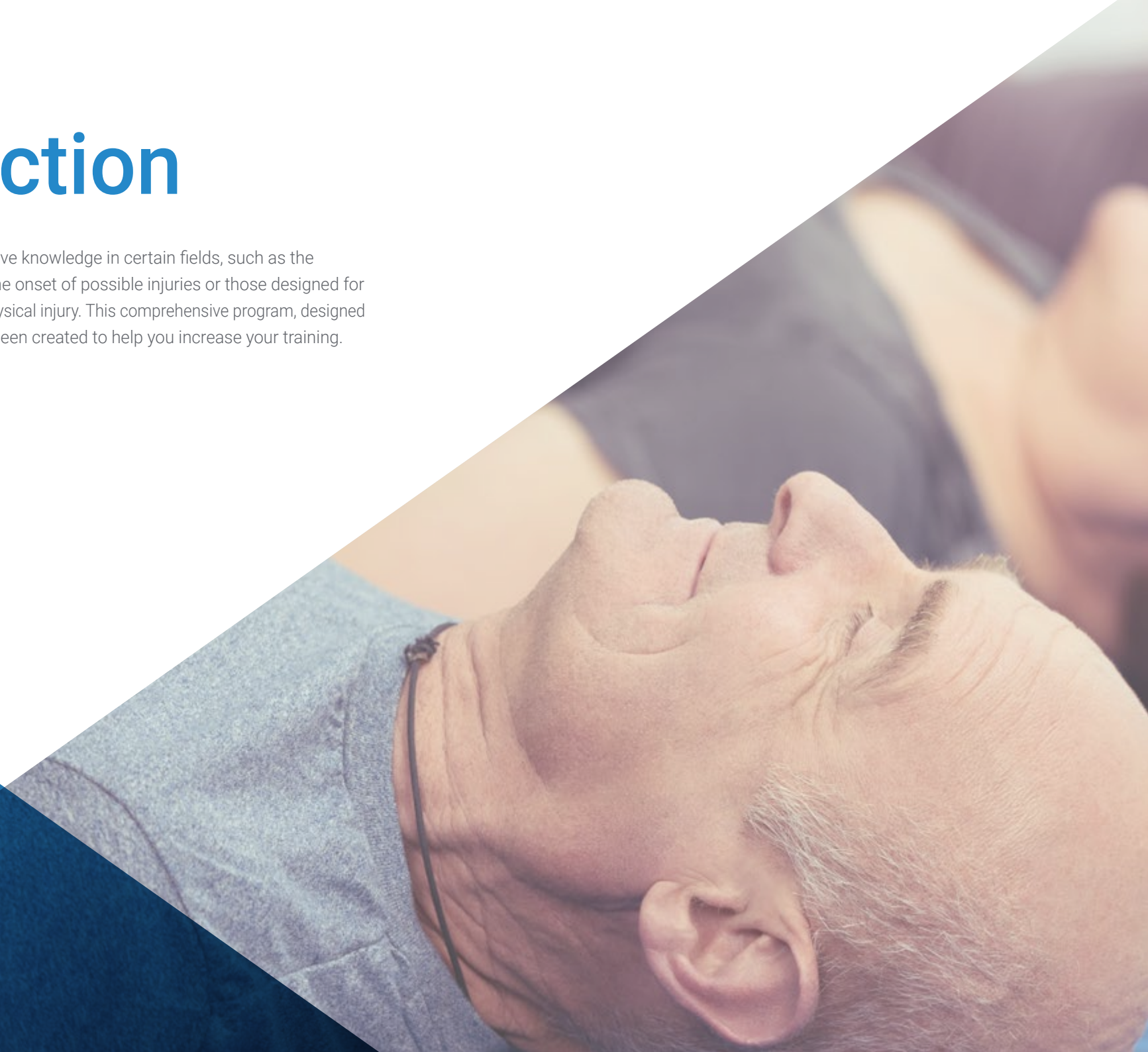
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# 01

# Introduction

Physiotherapists must have extensive knowledge in certain fields, such as the practice of exercises that prevent the onset of possible injuries or those designed for the readaptation of the body after physical injury. This comprehensive program, designed by leading experts in the field, has been created to help you increase your training.





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*Help your patients to prevent possible injuries with the practice of certain exercises”*

People, especially when doing intensive sports or when they have certain pathologies that can cause physical injuries, should perform a series of exercises to help prevent the appearance of possible injuries. To this end, it is important that physiotherapists have a high level of knowledge in this type of exercise, as they are the best qualified to provide advice.

In addition, in the event of any physical damage, a proper diagnosis must be made, after which the most appropriate therapeutic exercises can be applied to each case, allowing you to readapt the body after the injuries. In this sense, this Postgraduate Certificate offers a very complete training on this type of exercises, which will allow professionals to be more effective in their daily practice.

In order to train professionals in this field, TECH has designed this Postgraduate Certificate, which has been developed by a team of professionals of the highest level, with years of experience and experts in diagnosis of pathologies in different parts of the body.

In addition, this training has the advantage that it is carried out in a totally online format, so the student will be able to carry out his lessons in a totally self-directed way, choosing when and where to study, since he only needs to have a computer or mobile device with an internet connection. In this way, you will be able to perfectly combine your study time with the rest of your daily obligations.

This **Postgraduate Certificate in Injury Prevention and Rehabilitation Through Exercise** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts 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.
- ♦ New developments in therapeutic exercise for injury prevention and rehabilitation
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ With special emphasis on innovative diagnostic methodologies in physiotherapy
- ♦ 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



*Expand your knowledge in physiotherapy diagnostics and improve your patients' care and, therefore, their quality of life"*

“

*This Postgraduate Certificate is the best investment you can make in selecting a refresher program to update your knowledge in Exercise Injury Prevention and Rehabilitation”*

Its teaching staff includes professionals belonging to the field of physiotherapy, who bring to this training the experience of their work, in addition to recognized specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow physiotherapists situated and contextual learning, i.e. a simulated environment that will provide immersive education programmed to prepare for real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in the prevention and rehabilitation of injuries through exercise.

*Use the best educational methodology to continue your specialization in the field of physical therapy.*

*This 100% online Postgraduate Certificate will allow you to balance your studies with your professional work while increasing your knowledge in this field.*



# 02 Objectives

The Postgraduate Certificate in Injury Prevention and Rehabilitation Through Exercise is oriented to facilitate the performance of the highest level professional dedicated to physical therapy with the latest advances in the sector.





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*Become one of the best physiotherapists  
you can't miss the opportunity to study  
this Postgraduate Certificate with us”*



## General Objectives

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- Be increasingly independent in diagnosing and applying the best and most correct treatment techniques
- Planning treatment sessions and their short-, medium- and long-term objectives
- Assess and modify treatment techniques and patient goals



*A high-level course designed with the sole objective of enabling you to succeed”*





## Specific Objectives

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- ◆ Prevent and rehabilitate a large number of pathologies and injuries thanks to therapeutic exercise
- ◆ Know the phases of motor learning
- ◆ Know the importance of the core in this type of work and be aware of the influence of proprioception in learning

03

# Course Management

The program includes in its teaching staff leading experts in physiotherapy, who bring to this Training the experience of their work. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.





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*Leading professionals in the field have  
come together to teach you the latest  
advances in physiotherapy diagnostics”*



## Management



### Mr. Luis Pablo García Coronado

- ♦ Physiotherapist at La Paz University Hospital
- ♦ Supervisor of the Physiotherapy Department at La Paz University Hospital.
- ♦ Specialist in sports Physiotherapy, Re-training, electrotherapy, Pilates and Therapeutic exercise.
- ♦ Director at Fisioespaña C. B
- ♦ Director at Fisioganas S.L.
- ♦ Director at Pilates Wellness & Beauty S.L.

## Professors

### Ms. Ana Fresia Márquez González

- ♦ Degree in Physiotherapy. University of Seville. 2012-2018
- ♦ Master's ThePowerMBA. 2019-2020
- ♦ Physiotherapist at: Cajasol Volleyball Team, CAPA Triathlon Club, En3nate Sports Center, Mutua SANIX, Seville Fibromyalgia Association, Pizarro Physiotherapy Clinic Since 2016
- ♦ Specialist in sports physiotherapy and therapeutic exercise, chronic pain diseases (fibromyalgia) and lymphatic drainage
- ♦ Expert in Physiotherapy Courses: Expert in Fibromyalgia and Expert in Therapeutic Exercise
- ♦ Pilates Course Spanish Federation of Pilates 2019-2020



# 04

## Structure and Content

The structure of the contents has been designed by the best professionals in the physical therapy sector, with an extensive background and recognized prestige in the profession, backed by the volume of cases reviewed, studied and diagnosed, and with extensive mastery of new technologies.





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*We have the most complete and up-to-date program on the market. We strive for academic excellence and we want you to achieve it too”*



## Module 1. Therapeutic Exercise

- 1.1. Therapeutic Exercise
  - 1.1.1. Concept of Therapeutic Exercise
  - 1.1.2. Physical exercise vs. therapeutic exercise
- 1.2. Phases of Motor Learning
  - 1.2.1. Cognitive Phase: Development of Global Coordination
  - 1.2.2. Associative Phase: Development of Fine Coordination
  - 1.2.3. Autonomous Phase: Stabilize Fine Coordination
- 1.3. Prevention and Rehabilitation of Injuries through Exercise
  - 1.3.1. Injury Prevention
  - 1.3.2. Readaptation for Sport
- 1.4. Influence of Learning on Proprioception
  - 1.4.1. Body Scheme
- 1.5. Specific Objectives with Each Type
  - 1.5.1. Functionality
  - 1.5.2. Readaptation to Training for Casual Athletes
  - 1.5.3. Readaptation to Training and Competition for Professional or Semi-Professional Athletes
- 1.6. Combination of Strength and Mobility to Gain Flexibility
  - 1.6.1. Benefits of the " Strength + Mobility " Combination Compared to Flexibility Work Alone
- 1.7. Progressions
  - 1.7.1. Progression of the Therapeutic Exercise Program
  - 1.7.2. Times
  - 1.7.3. Intensity







- 1.8. The Importance of the Core
  - 1.8.1. Definition of the Core
  - 1.8.2. Core work as a Mandatory Part of Any Type of Physical Rehabilitation or Training
  - 1.8.3. Women and the Core
- 1.9. Use of Yoga and Pilates Techniques in Therapeutic Exercise
  - 1.9.1. Yoga
  - 1.9.2. Pilates
- 1.10. Planning and Progression of Exercises with Equipment
  - 1.10.1. TRX
  - 1.10.2. Fitball
  - 1.10.3. Other Equipment Aimed at Functionality and Readaptation



*This will provide key education to advance in your career”*

# 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. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional physiotherapy practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.





## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.



*The physiotherapist/kinesiologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*

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

With this methodology we trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

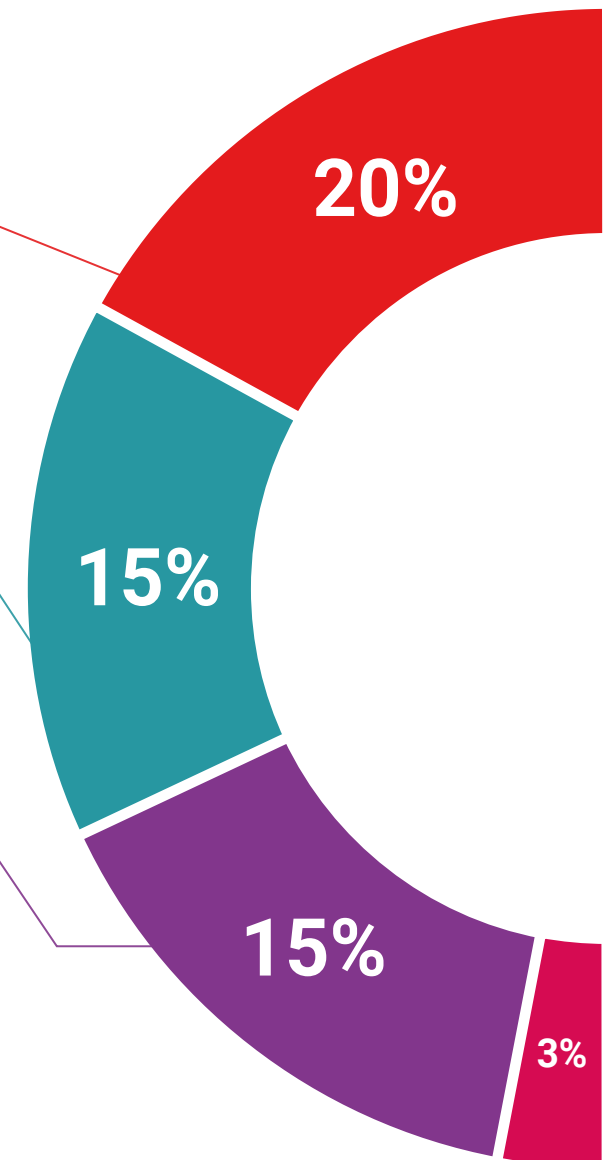
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

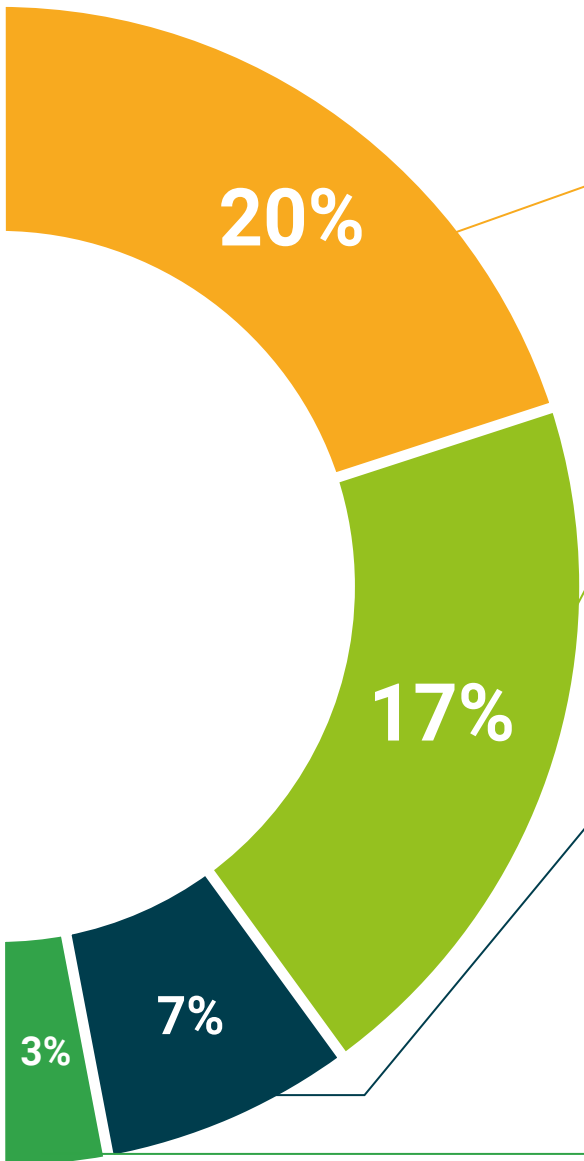
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.





06

# Certificate

The Postgraduate Certificate in Injury Prevention and Rehabilitation Through Exercise guarantees students, in addition to the most rigorous and up-to-date education, 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 Injury Prevention and Rehabilitation Through Exercise** 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 Injury Prevention and Rehabilitation Through Exercise**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





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Injury Prevention  
and Rehabilitation  
Through Exercise

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

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