



**Postgraduate Certificate**  
Pilates during Pregnancy,  
and Postpartum



## Postgraduate Certificate Pilates during Pregnancy, and Postpartum

- » 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/pilates-during-pregnancy-postpartum](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/pilates-during-pregnancy-postpartum)

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# 01

# Introduction

A few years ago, pregnancy was a period in which women were recommended to rest as much as possible and not to make any effort. But science has shown the opposite, and unless there is a medical risk, these patients can and should do moderate exercise on a continuous basis. In this way, physical activity brings multiple benefits for the course of pregnancy, childbirth, and postpartum recovery. That is why this qualification has been created for professionals to enhance their skills according to the most current content on Pilates and its impact on pregnant women. All of this in a 100% online pedagogical format and with an experienced faculty.



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*With TECH, you will strengthen your skills according to the most current content on Pilates and its impact on women's pregnancy"*

During pregnancy, the belly and pelvic floor muscles are subjected to increasing pressure as the baby develops. Nowadays, Pilates is a great option for a healthier pregnancy since it prevents back pain by strengthening the pelvic floor and the muscles that support the spine.

That is why Pilates has currently become the most exemplary option for how to carry a pregnancy, thanks to exercises that help with muscular pain derived from the change of posture and the toning of those muscles that will work the most during childbirth. In this context, this Postgraduate Certificate in Pilates during Pregnancy and Postpartum of 6 weeks duration.

In the course of this program, the physiotherapist will perform a complete update on the analysis of various problems in pregnancy and approach using the Pilates Method. Likewise, the graduate will delve into the late postpartum period and how the patient should prepare to return to physical activity and, from there, delve into concepts such as alterations of deep abdominal muscles and abdominal diastasis. A program that incorporates a specialized faculty that at the same time is supported with high-quality multimedia content, offering dynamism and convenience with the 100% online modality.

To access the wide variety, students only need a device with an Internet connection option to avoid unnecessary trips to an on-site study center. In addition, the effective Relearning system will help you to consolidate key concepts in a much easier way without the need to invest long hours in the study and memorization process.

This **Postgraduate Certificate in Pilates in Upper Limb Disorders** 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 focused on Pilates during Pregnancy and Postpartum
- The graphic, schematic, and eminently practical contents in which it is conceived provide scientific and practical information on those 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



*An academic proposal that adapts to you and your motivation to update your knowledge through a 100% online methodology"*

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*Integrate into your practice the most effective Postpartum therapeutic techniques to treat pregnant patients”*

The program's teaching staff includes professionals from the sector who bring the experience of their work to this training, as well as renowned specialists from reference societies and prestigious universities.

Its 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 an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*To access the wide variety of didactic material, all you need is an electronic device with an Internet connection.*

*Thanks to the Relearning system, you will consolidate the key concepts in a much more agile and simple way in less time.*



# 02 Objectives

This Postgraduate Certificate in Pilates during Pregnancy, and Postpartum has been created primarily to provide the professional with the most recent updates in the field of Physical Therapy. To this end, TECH provides the graduate with rigorous, high-quality content and the most up-to-date information, therefore ensuring the success in the development of the program. Upon completion of this qualification, the student will have acquired knowledge about the different techniques of this discipline, its benefits, recommendations, and contraindications throughout the pregnancy period.







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*At the end of this program, the graduate will have updated their knowledge about the benefits of Pilates for childbirth"*



## General Objectives

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- ♦ Enhance knowledge and professional skills in the practice and teaching of Pilates exercises on the floor, on different machines, and with implements
- ♦ Differentiate the applications of Pilates exercises and the adaptations to be made for each patient
- ♦ Establish an exercise protocol adapted to the symptomatology and pathology of each patient
- ♦ Delineate the progressions and regressions of exercises according to the different phases in the process of recovery from an injury
- ♦ Avoid contraindicated exercises based on prior assessment of patients and clients
- ♦ Handle in-depth the apparatus used in the Pilates Method
- ♦ To provide the necessary information to be able to search for scientific and updated information on Pilates treatments applicable to different pathologies
- ♦ Analyze the needs and improvements of Pilates equipment in a therapeutic space for Pilates exercise
- ♦ Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method
- ♦ Perform correctly and analytically exercises based on the Pilates Method
- ♦ Analyze the physiological and postural changes that affect pregnant women
- ♦ Design exercises adapted to the woman in the course of pregnancy until delivery
- ♦ Describe the application of the Pilates Method in high-level athletes





## Specific Objectives

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- ◆ Differentiate the different phases of pregnancy
- ◆ Determine specific exercises for each phase
- ◆ Orient the woman during pregnancy, childbirth, and postpartum



*TECH provides you with high-quality content that you can access from the comfort of your computer from anywhere in the world"*

# 03

## Course Management

TECH offers an elite education for the students who attend its programs thanks to the most advanced didactic and technological tools, successfully carrying out the development of each of its qualifications. At the same time, the graduate will have access to a syllabus created by a faculty specialized in Pelvic Floor Physiotherapy and Advanced Techniques in Physiotherapy. Its wide experience and deep Knowledge will allow the Physiotherapist to solve doubts or answer questions that may arise during the course of this program.





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*The graduate will have access to a syllabus created by a faculty specialized in Pelvic Floor with a consolidated trajectory in the sector"*

## International Guest Director

Dr. Edward Laskowski is a leading international figure in the field of Sports Medicine and Physical Rehabilitation. Board certified by the American Board of Physical Medicine and Rehabilitation, he has been an integral part of the prestigious staff at the Mayo Clinic, where he has served as Director of the Sports Medicine Center.

In addition, his expertise spans a wide range of disciplines, from Sports Medicine, to Fitness and Strength and Stability Training. As such, he has worked closely with a multidisciplinary team of specialists in Physical Medicine, Rehabilitation, Orthopedics, Physiotherapy and Sports Psychology to provide a comprehensive approach to the care of his patients.

Likewise, his influence extends beyond clinical practice, as he has been recognized nationally and internationally for his contributions to the world of sport and health. Accordingly, he was appointed by President George W. Bush to the President's Council on Physical Fitness and Sports, and awarded a Distinguished Service Award from the Department of Health and Human Services, underscoring his commitment to promoting healthy lifestyles.

In addition, he has been a key element in renowned sporting events, such as the Winter Olympics (2002) in Salt Lake City and the Chicago Marathon, providing quality medical care. Add to this his dedication to outreach, which has been reflected in his extensive work in creating academic resources, including the Mayo Clinic CD-ROM on Sports, Health and Fitness, as well as his role as Contributing Editor of the book "Mayo Clinic Fitness for EveryBody." With a passion for debunking myths and providing accurate, up-to-date information, Dr. Edward Laskowski continues to be an influential voice in Sports Medicine and Fitness worldwide.



## Dr. Laskowski, Edward

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- Director, Mayo Clinic Sports Medicine Center, United States
- Consultant Physician to the National Hockey League Players Association, United States
- Physician at the Mayo Clinic, United States
- Member of the Olympic Polyclinic at the Olympic Winter Games (2002), Salt Lake City, Salt Lake City, United States
- Specialist in Sports Medicine, Fitness, Strength Training and Stability Training
- Board Certified by the American Board of Physical Medicine & Rehabilitation
- Contributing Editor of the book "Mayo Clinic Fitness for EveryBody"
- Distinguished Service Award from the Department of Health and Human Services
- Member of: American College of Sports Medicine



*Thanks to TECH you will be able to learn with the best professionals in the world*

## Management



### Mr. González Arganda, Sergio

- ♦ Physiotherapist of Atlético de Madrid Football Club (2005-2023)
- ♦ CEO Físio Domicilio Madrid
- ♦ Teacher in the Master's Degree in Physical Preparation and Sports Readaptation in Football
- ♦ Teacher in the Postgraduate Diploma in Clinical Pilates
- ♦ Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- ♦ Master's Degree in Osteopathy of the Locomotor System from the Madrid School of Osteopathy
- ♦ Expert in Pilates and Rehabilitation from the Royal Spanish Gymnastics Federation.
- ♦ Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ♦ Graduate in Physiotherapy from the Universidad Pontificia de Comillas

## Professors

### Ms. Parra Nebreda, Virginia

- ♦ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ♦ Pelvic Floor Physiotherapist at Letfísio Clinic
- ♦ Physiotherapist at Orpea Nursing Home
- ♦ Master's Degree in Physiotherapy in Pelviperrineology at the University of Castilla-La Mancha
- ♦ Functional Ultrasound Training in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT
- ♦ Hypopressive training at LOW PRESSURE FITNES
- ♦ Degree in Physiotherapy from the Complutense University of Madrid





# 04

## Structure and Content

This Postgraduate Certificate focuses on providing the most updated and comprehensive information about the Pilates system during pregnancy and postpartum with the purpose of emphasizing how it influences the pregnant woman and postpartum recovery.

A syllabus that describes the fundamentals of this method, its evolution, and the main tools or instruments that facilitate its implementation in Physiotherapy Sessions. In this way, the graduate will be up to date in only 150 teaching hours of the different specific exercises that are implemented from this discipline to counteract pain and strengthen different areas of the body according to the gestation process.





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*You will delve into the different specific exercises to counteract pain and strengthen different areas of the body depending on the gestation process"*

## Module 1. Pillars during Pregnancy, Childbirth and Postpartum

- 1.1. First Trimester
  - 1.1.1. Changes in the first quarter
  - 1.1.2. Benefits and objectives
  - 1.1.3. Indicated exercises
  - 1.1.4. Contraindications
- 1.2. Second quarter
  - 1.2.1. Changes in the Second quarter
  - 1.2.2. Benefits and objectives
  - 1.2.3. Indicated exercises
  - 1.2.4. Contraindications
- 1.3. Third Trimester
  - 1.3.1. Changes in the third quarter
  - 1.3.2. Benefits and objectives
  - 1.3.3. Indicated exercises
  - 1.3.4. Contraindications
- 1.4. Birth
  - 1.4.1. Dilation and delivery phase
  - 1.4.2. Benefits and objectives
  - 1.4.3. Recommendations
  - 1.4.4. Contraindications
- 1.5. Immediate Postpartum
  - 1.5.1. Recovery and puerperium
  - 1.5.2. Benefits and objectives
  - 1.5.3. Indicated exercises
  - 1.5.4. Contraindications
- 1.6. Urinary Incontinence and Pelvic Floor
  - 1.6.1. Anatomy involved
  - 1.6.2. Pathophysiology
  - 1.6.3. Indicated exercises
  - 1.6.4. Contraindications





- 1.7. Problems in pregnancy and approach through the Pilates Method
  - 1.7.1. Body statics change
  - 1.7.2. Most Frequent Problems
  - 1.7.3. Indicated exercises
  - 1.7.4. Contraindications
- 1.8. Pregnancy preparation
  - 1.8.1. Benefits of physical training during pregnancy
  - 1.8.2. Recommended physical activity
  - 1.8.3. Indicated exercises for the first pregnancy
  - 1.8.4. Preparation during the search for the second and subsequent
- 1.9. Late Postpartum
  - 1.9.1. Long-term anatomical changes
  - 1.9.2. Preparation for the return to physical activity
  - 1.9.3. Indicated exercises
  - 1.9.4. Contraindications
- 1.10. Post-partum alterations
  - 1.10.1. Abdominal diastasis
  - 1.10.2. Static pelvic-prolapse shift
  - 1.10.3. Alterations of deep abdominal musculature
  - 1.10.4. Indications and contraindications in cesarean section



*The case studies give you a close look at the most effective methodology for dealing with first-time pregnant women"*

# 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:

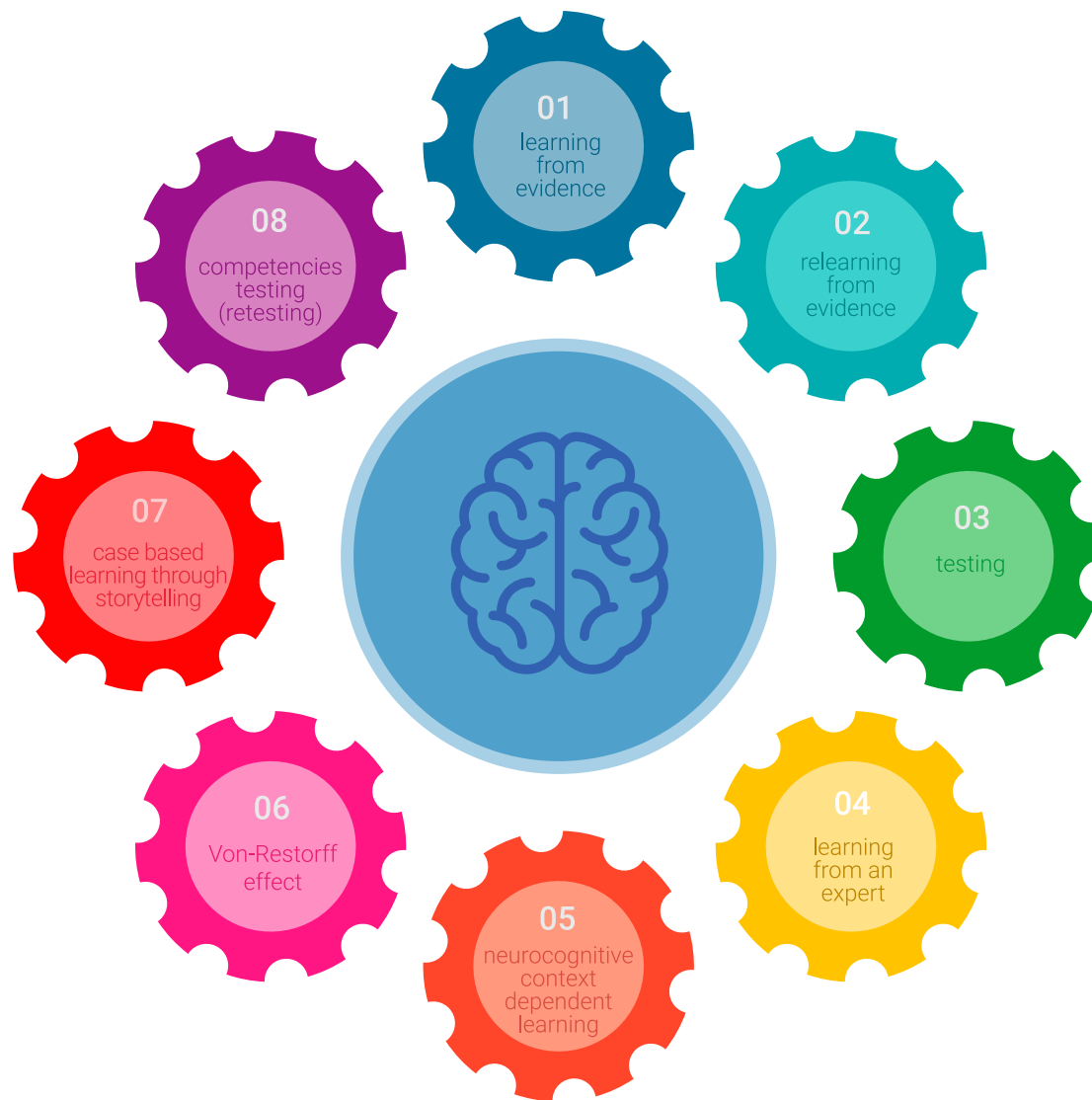
1. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist to better integrate 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

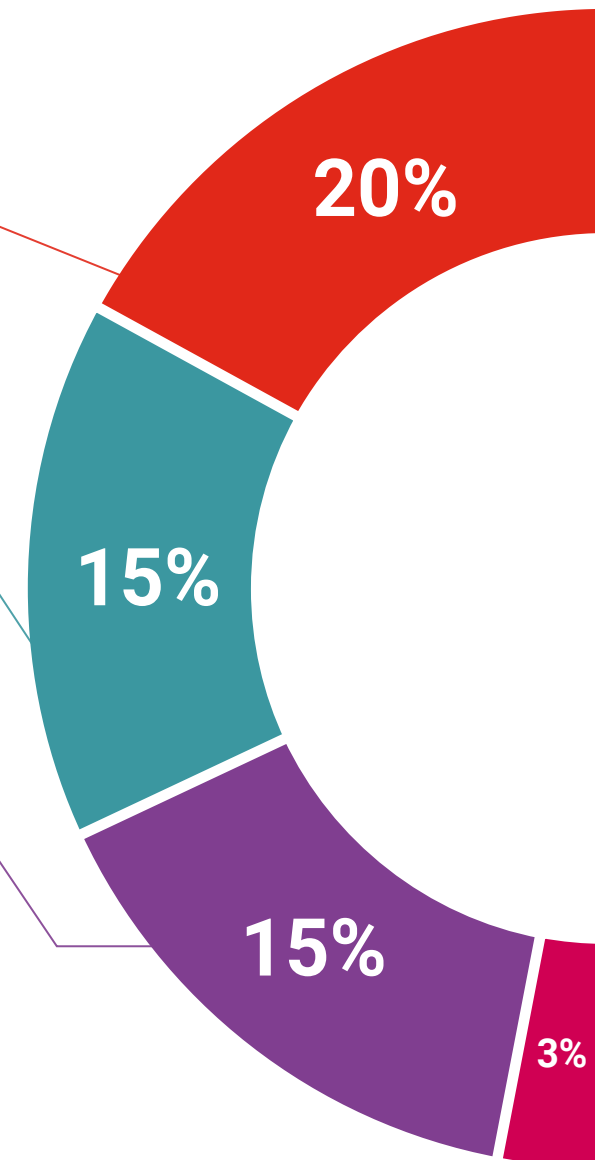
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

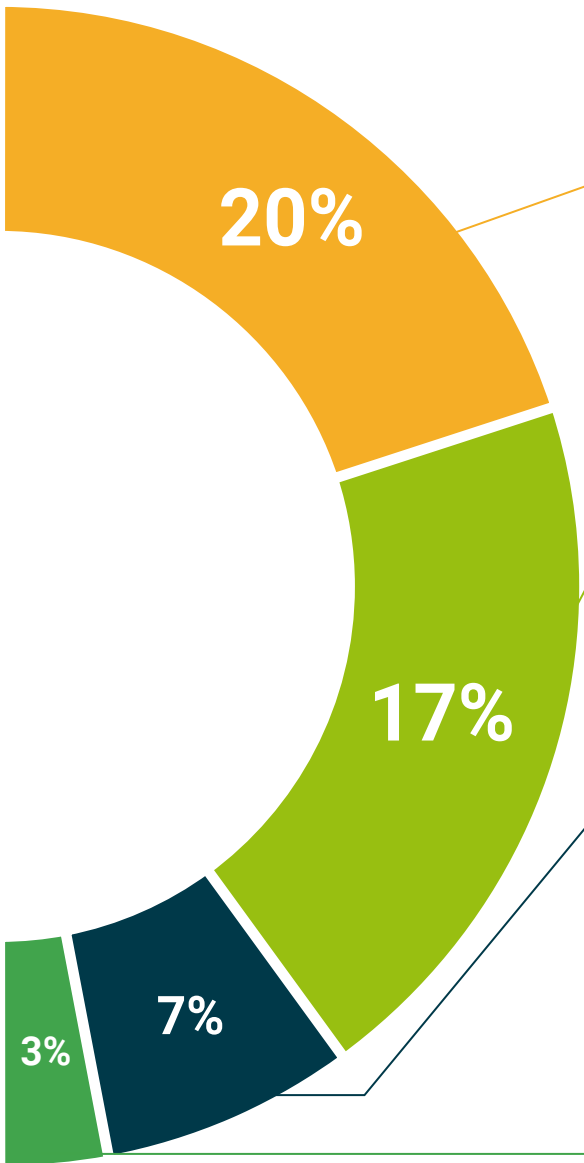
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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 Pilates during Pregnancy and Postpartum 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 Pilates during Pregnancy, and Postpartum** 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 Pilates during Pregnancy, and Postpartum**

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



**Postgraduate Certificate**  
Pilates during Pregnancy,  
and Postpartum

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- » Duration: 6 weeks
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# Postgraduate Certificate

## Pilates during Pregnancy, and Postpartum