

# Postgraduate Certificate

## Pilates in Upper Limb Disorders





## Postgraduate Certificate

### Pilates in Upper Limb Disorders

- » 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-upper-limb-disorders](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/pilates-upper-limb-disorders)

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# 01

# Introduction

Pilates is an exercise modality currently recognized worldwide, practiced by athletes and people of all ages for muscle recovery or to maintain their physical health. Among its benefits are rehabilitation and injury prevention. This is why professionals have resorted to the integration of this discipline, leading them to innovate in therapeutic methods. For this reason, TECH has created this 100% online qualification that delves into the various exercises of this physical activity used to treat the main alterations in the Wrist, Elbow, or Shoulder. All this is through quality multimedia content developed by an excellent teaching team with extensive experience in this field of study.





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*TECH has created this 100% online qualification through high-quality content developed by a teaching team with extensive experience in the field of Physiotherapy”*

The practice of sports at an intensive level leads to the possibility of injury. All this has awakened the interest of the physiotherapeutic field in finding the best physical rehabilitation techniques, specifically for the upper limbs. Specialists in this area have been researching for many years on current stability and strengthening exercises that help the patient recover. But today, there are more innovative tools that will contribute to and complement these therapeutic sessions, which the specialist must master.

It is clear that Pilates is a discipline that has transcended by its boom in recent decades, generating all kinds of advances. The purpose of this activity has not changed, but its exercises, although they maintain some bases, have been perfected thanks to the studies taught from the therapeutic area. However, staying at the forefront of knowledge in this field is complex due to the variety of changes that are occurring. That is why TECH has created this Postgraduate Certificate designed for professionals to update their knowledge in this field of study.

The program consists of several academic topics in which the specialist will delve into the pathologies of the shoulder and its management, in addition to expanding their knowledge on the pathology of the elbow and its approach. On the other hand, it comprehensively collects the best functional exercises and the basic anatomical memory of the upper limb. A course that uses innovative tools in education, supported by a specialized faculty.

TECH offers you the best quality online education, giving you the possibility to take your virtual classes at any time of the day with the benefit of flexible scheduling. All you need is an electronic device with an Internet connection, avoiding unnecessary travel to a study center in person. In addition to applying the *Relearning* method for greater dynamism, allowing you to successfully develop the program.

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 and specialists in Pilates
- ◆ 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 self-assessment can be used 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



*TECH offers multimedia content to support you in reaching your Pilates update goals, providing dynamism and comfort with the online methodology"*



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*The professional will delve into the pathologies of the shoulder and expand their knowledge in areas of strengthening and joint mobility”*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading 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.

*This program gathers the best functional exercises in Pilates using innovative tools in education.*

*TECH applies the Relearning method, allowing to consolidate of the concepts in a simple way, achieving the successful development of the Postgraduate Certificate.*



# 02 Objectives

This Postgraduate Certificate has been created with the purpose of providing the professional with exclusive and up-to-date content on the field of Pilates in Upper Limb Disorders. That is why TECH, being at the forefront of online academics, offers such content through numerous multimedia didactic materials. Therefore, at the end of this updating process, the physiotherapist will have broadened their skills in the approach to hypomobile shoulder pathology, exercises for nerve entrapment in the upper limb, and joint mobility exercises on a machine.







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*This Postgraduate Certificate has been elaborated with the purpose of offering the specialist exclusive and updated material in the Pilates area"*



## 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
- ◆ Avoidance of contraindicated exercises based on prior assessment of patients and clients
- ◆ Handle the apparatus used in the Pilates Method in depth
- ◆ 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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- ◆ Identify the pathologies of the Shoulder and their management
- ◆ Develop knowledge about the pathology of the Elbow and its approach
- ◆ Delve into the pathology of the Wrist and its approach

“*At the end of the program, the professional will have broadened their knowledge of hypomobile shoulder pathology*”





# 03

# Course Management

TECH counts with renowned professionals so that the graduate can enhance their knowledge in the area of Pilates in Upper Limb Disorders. Therefore, this program has a highly qualified team with extensive experience in advanced techniques in Physiotherapy, Traumatology Physiotherapy, and Pilates Rehabilitation. In this way, students have the guarantees they need to be up to date in a booming field of study. In addition, the proximity of the faculty will allow to resolve any doubts that may arise regarding the content of this degree.

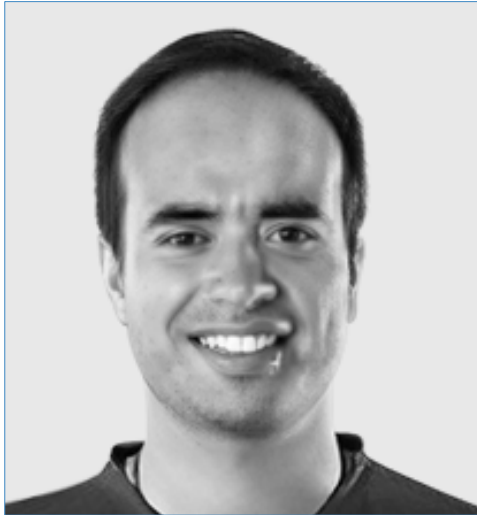


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*TECH has incorporated to this Postgraduate Certificate a faculty with great background and experience in Traumatological Physiotherapy and Pilates"*



## 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. Cortés Lorenzo, Laura

- ◆ Physiotherapist at Fiosiomon clinic
- ◆ Physiotherapist at the Technification Center of the Madrid Hockey Federation
- ◆ Physiotherapist in companies through Fisiowork S.L.
- ◆ Traumatologic physiotherapist in Artros Clinic
- ◆ Physiotherapist in Club SPV51 and Club Valdeluz of Field Hockey
- ◆ Postgraduate Certificate in Physiotherapy. Complutense University of Madrid



# 03

## Structure and Content

This Postgraduate Certificate contains the most current material on the execution of different exercises in the area of the Upper Limb and its types of pathology, carrying out a study plan guided to Pilates in Upper Limb Alterations. All this is through exclusive and updated content that guarantees the specialist the success of the program, supported by multiple audiovisual tools that offer dynamism through didactic resources and the innovative Relearning methodology.







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*A curriculum developed by experts,  
providing you with the best support  
with the multiple audiovisual tools  
that only TECH offers"*

## Module 1. Pilates in Upper Limb disorders

- 1.1. Basic anatomical recall
  - 1.1.1. Osteology of the Upper Limb
  - 1.1.2. Myology of the Upper Limb
  - 1.1.3. Biomechanics of the Upper Limb
  - 1.1.4. Good Practices
- 1.2. Stabilization exercises
  - 1.2.1. Introduction to stabilization exercise
  - 1.2.2. MATT stabilization exercises
  - 1.2.3. Machine stabilization exercises
  - 1.2.4. Best stabilization exercises
- 1.3. Joint mobilization exercises
  - 1.3.1. Introduction to joint mobility exercises
  - 1.3.2. Joint mobility exercises MATT
  - 1.3.3. Joint mobility exercises on machine
  - 1.3.4. Best joint mobility exercises
- 1.4. Strengthening exercises
  - 1.4.1. Introduction to strengthen exercises
  - 1.4.2. MATT strengthen exercises
  - 1.4.3. Machine strengthen exercises
  - 1.4.4. Best strengthen exercises
- 1.5. Functional exercises
  - 1.5.1. Introduction to functional exercises
  - 1.5.2. MATT functional exercises
  - 1.5.3. Machine stabilization exercises
  - 1.5.4. Best functional exercises
- 1.6. Shoulder Pathology Specific protocols
  - 1.6.1. Painful Shoulder
  - 1.6.2. Frozen shoulder
  - 1.6.3. Shoulder hypomobility
  - 1.6.4. Shoulder exercises







- 1.7. Elbow pathology Specific protocols
  - 1.7.1. Articular Pathology
  - 1.7.2. Muscle-tendon Pathology
  - 1.7.3. Post-traumatic or post-surgical elbow
  - 1.7.4. Elbow Exercises
- 1.8. Wrist Pathology
  - 1.8.1. Main syndromes
  - 1.8.2. Wrist pathology types
  - 1.8.3. Wrist Exercises
  - 1.8.4. Conclusions
- 1.9. Pathology of the Hand
  - 1.9.1. Main syndromes
  - 1.9.2. Hand pathology types
  - 1.9.3. Hand Exercises
  - 1.9.4. Conclusions
- 1.10. Nerve entrapments in the upper limb
  - 1.10.1. Brachial Plexus
  - 1.10.2. Peripheral Nerves
  - 1.10.3. Types of pathologies
  - 1.10.4. Exercises for nerve entrapments in the Upper Limb

“ *This Postgraduate Certificate contains the most recent material on the execution of different exercises in the area of the Upper Limb and its types of pathology*”

# 04

# 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.





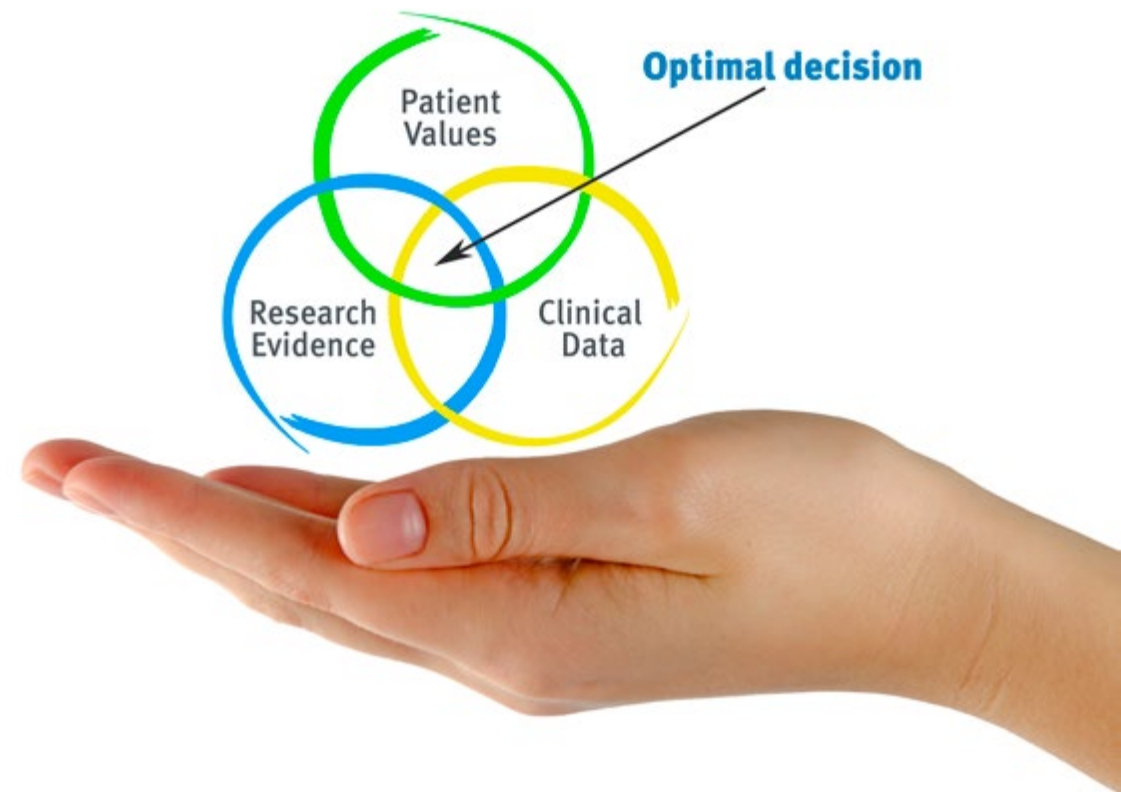
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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

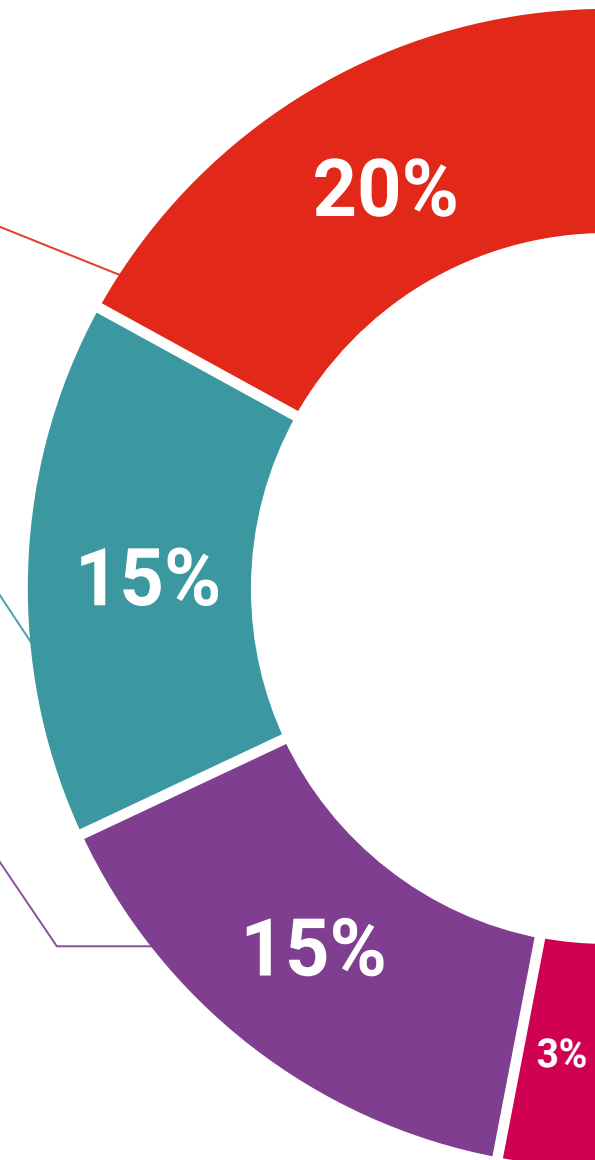
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

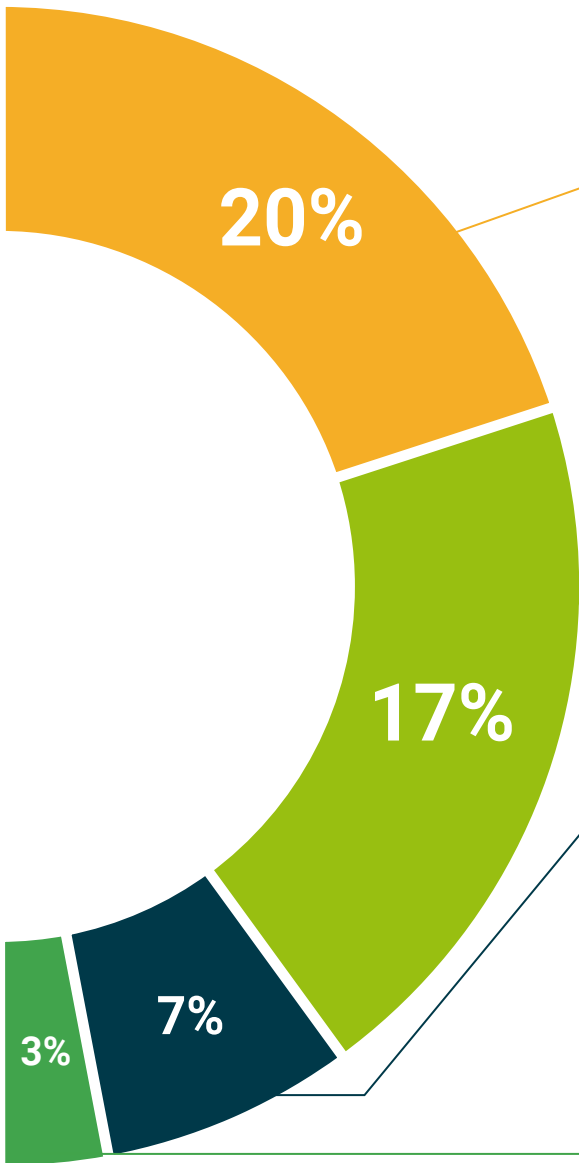
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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.





# 05 Certificate

The Postgraduate Certificate in Pilates in Upper Limb Disorders 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 in Upper Limb Disorders** 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 in Upper Limb Disorders**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



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