

# Postgraduate Certificate Sports Injuries of the Knee

Endorsed by the NBA





## Postgraduate Certificate Sports Injuries of the Knee

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/physiotherapy/postgraduate-certificate/sports-injuries-knee](http://www.techtitute.com/pk/physiotherapy/postgraduate-certificate/sports-injuries-knee)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

01

# Introduction

Elite athletes must be in constant contact with physiotherapists to prevent and treat possible injuries, so they must have extensive knowledge in the field. In this case, at TECH we have designed this very complete Postgraduate Certificate in knee sports injuries, with the aim of training professionals in the diagnosis of these pathologies.





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*Acquire advanced knowledge in  
knee sports injuries and improve  
the health of your patients”*

The Postgraduate Certificate in Sports Injuries of the Knee has been created to train physical therapists in the diagnosis and treatment of this type of pathologies that affect athletes and, therefore, may affect them in their professional future. In this way, physiotherapists will acquire the latest and most advanced knowledge that will allow them to make more accurate diagnoses, improving their professional capacity and the health of their patients.

Specifically, the training program focuses on knee injuries, but also on other injuries related to the lower extremities, such as hip, ankle and foot injuries.

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 Sports Injuries of the Knee** 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 the diagnosis of Sports Injuries of the Knee
- ♦ Practical exercises where the self-assessment process can be carried out 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"*



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*This Postgraduate Certificate is the best investment you can make in selecting a refresher program to update your knowledge of knee sports injuries"*

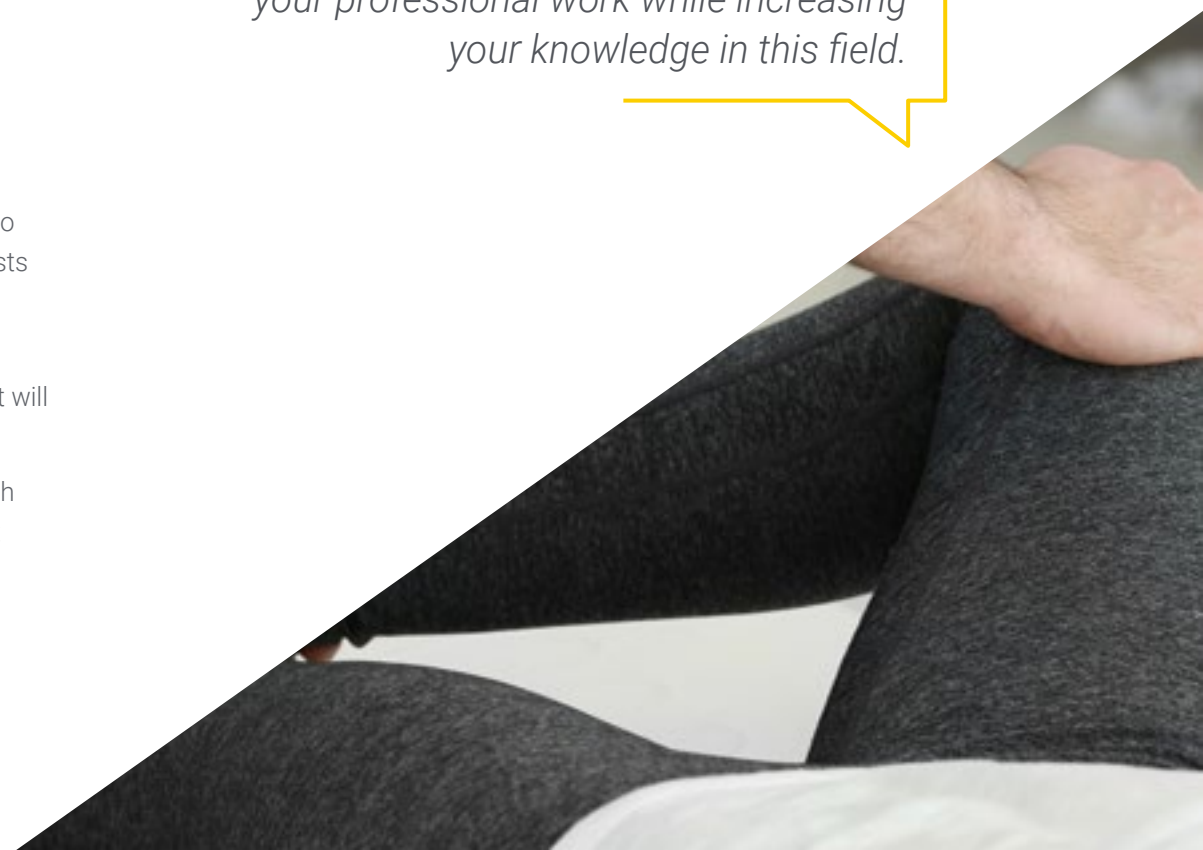
*Use the best educational methodology to continue your training in the field of physical therapy.*

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

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.

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 professional will be assisted by an innovative interactive video system created by renowned and experienced experts in temporomandibular pathology.



# 02 Objectives

The Postgraduate Certificate in Sports Injuries of the Knee 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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*To 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

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





## Specific Objectives

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- ◆ Know the most frequent pathologies of the lower limb
- ◆ Perform rapid diagnostics through the most effective means, in order to correctly manage recovery
- ◆ Pay special attention to new diagnostic methods, both manual and imaging, and how to use them to aid recovery



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.



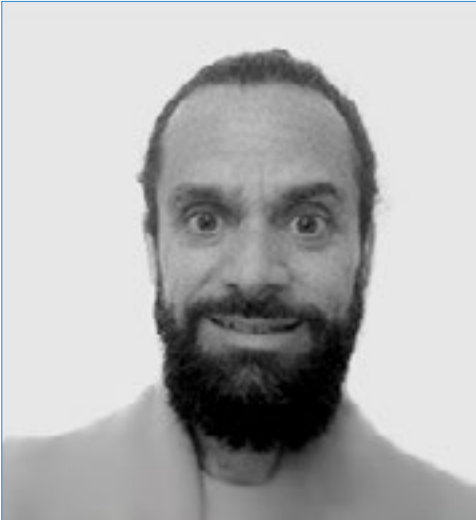




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*Leading professionals in the field have come together to teach you the latest advances in physiotherapy diagnostics.”*

## Management



### García Coronado, Luis Pablo

- 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.





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 academic program in the market. We strive for academic excellence and we want you to achieve it too"*

## Module 1. Diagnosis of the Lower Limbs

- 1.1. Hip Pathology
  - 1.1.1. Anatomy.
  - 1.1.2. Soft Tissue Injuries.
  - 1.1.3. Joint Injuries
  - 1.1.4. Acute or Overuse Injuries.
  - 1.1.5. Trauma Lesions
- 1.2. Knee Pathology
  - 1.2.1. Anatomy.
  - 1.2.2. Soft Tissue Injuries.
  - 1.2.3. Joint Injuries
  - 1.2.4. Acute or Overuse Injuries.
  - 1.2.5. Trauma Lesions
- 1.3. Ankle Pathology
  - 1.3.1. Anatomy.
  - 1.3.2. Soft Tissue Injuries.
  - 1.3.3. Joint Injuries
  - 1.3.4. Acute or Overuse Injuries.
  - 1.3.5. Trauma Lesions
- 1.4. Foot Pathology
  - 1.4.1. Anatomy.
  - 1.4.2. Soft Tissue Injuries.
  - 1.4.3. Joint Injuries
  - 1.4.4. Acute or Overuse Injuries.
  - 1.4.5. Trauma Lesions
- 1.5. Sports Injuries of the Hip.
  - 1.5.1. Sport and the Hip.
  - 1.5.2. Approach to the Hip in Sport.
  - 1.5.3. Recovery and Rehabilitation.







- 1.6. Sports Injuries of the Knee.
  - 1.6.1. Sport and the Knee.
  - 1.6.2. Approach to the Knee in Sport.
  - 1.6.3. Recovery and Rehabilitation.
- 1.7. Sports Injuries of the Ankle.
  - 1.7.1. Sport and the Ankle.
  - 1.7.2. Approach to the Ankle in Sport.
  - 1.7.3. Recovery and Rehabilitation.
- 1.8. Sports Injuries of the Foot.
  - 1.8.1. Sport and the Foot.
  - 1.8.2. Approach to the Foot in Sport.
  - 1.8.3. Recovery and Rehabilitation.
- 1.9. Anatomy of the Lower Limbs.
  - 1.9.1. Hip
  - 1.9.2. Knee.
  - 1.9.3. Foot
- 1.10. Conclusions.



*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.







“

*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. Gérvás, 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".

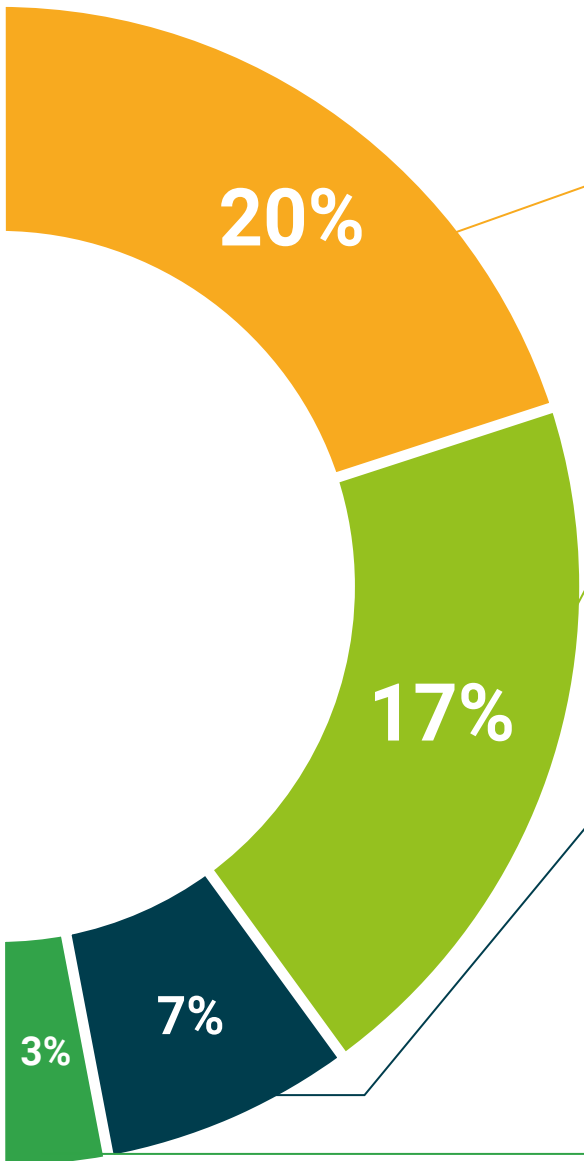


#### Additional Reading

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 Sports Injuries of the Knee guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Sports Injuries of the Knee** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Advanced Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Sports Injuries of the Knee**

Official N° of Hours: **150h.**

**Endorsed by the NBA**



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

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present

development language

virtual classroom

**tech** technological  
university

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