

# Postgraduate Certificate

## Wrist Ultrasound in Physiotherapy





## Postgraduate Certificate

### Wrist Ultrasound in Physiotherapy

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

Website: [www.techtute.com/in/physiotherapy/postgraduate-certificate/wrist-ultrasound-physiotherapy](http://www.techtute.com/in/physiotherapy/postgraduate-certificate/wrist-ultrasound-physiotherapy)

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# 01

# Introduction

The wrist is a joint that suffers great wear and tear due to physical exercise or manual work, causing uncomfortable injuries that sometimes are not properly diagnosed and prevent the patient's recovery. As a result, ultrasound methods have evolved in visual quality to facilitate the detection of pathologies, treat them in a solvent way and reduce the pain caused by them. Given the benefits of these devices, physiotherapists must handle them perfectly to offer the best services to their users. For this reason, TECH has created this program, with which the student, in an online mode, will master the ultrasound-guided techniques to treat tendon injuries or wrist ruptures to be at the forefront of its sector.



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*Master, with this program, the most updated ultrasound-guided techniques to treat different types of tendon injuries of the wrist”*

The various tendinopathies or carpal tunnel syndrome are just some of the countless examples of wrist injuries that are treated daily in physiotherapy offices. The detection of these pathologies is carried out by means of new ultrasound devices, which offer a fast and rigorous diagnosis to adapt the physiotherapeutic program to the particularities of the ailment and of each patient. Therefore, the recovery of the functionality of the joint depends on its correct use, which means that physiotherapists must have a high level of competence in its use in order to offer the best quality of life to the injured person.

For this reason, TECH has designed this Postgraduate Certificate, through which the student will master the most efficient exploration techniques to diagnose and establish an adequate follow-up of the most common pathologies that occur in the wrist in order to improve their physiotherapeutic praxis. Throughout this academic period, you will adopt the procedures required to undertake the ultrasound-guided treatment of various injuries or expand your skills in the diagnosis of tenosynovitis or different types of ruptures.

Also, you will have valuable skills in the development of tests to assess the stability of the wrist.

Because this program is taught in a 100% online mode, the physiotherapist will enjoy an excellent learning experience without having to give up their personal and professional duties. Likewise, you will enjoy didactic materials elaborated by professionals who have experience in the handling of Wrist Ultrasound, reason why the contents that you will assimilate will be applicable in your work activity.

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

- ♦ The development of practical case studies presented by experts in Physical Rehabilitation Medicine 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 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



*After completing this program, you will increase your diagnostic and therapeutic capabilities for Wrist injuries, which will allow you to boost your access to the best rehabilitation centers”*

“

*Thanks to this Postgraduate Certificate, you will learn the latest advances in Wrist Ultrasound for Physical Therapy and you will become an expert in the field”*

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

*Optimize the diagnostic procedure and the follow-up of possible wrist injuries by taking this TECH program.*

*The Relearning system that characterizes this program offers you a tailored learning, adapting your study to the time you consider appropriate.*



# 02 Objectives

This program has been designed with the objective of allowing the physiotherapist to broaden his knowledge in the field of diagnosis and treatment of different pathologies by means of modern ultrasound methods. During the academic stage, you will assimilate the best exploration mechanisms and updated ultrasound-guided techniques that will enable you to develop a high level of care for all your patients with these types of lesions.





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*This is the best option you can find to advance your career. Enroll in this program to perfect your work methodology and improve your day-to-day professional life"*



## 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



*Generate, through this program, a sense of security in the performance of your practice as a physiotherapist that will help you grow personally and professionally”*





## Specific Objectives

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- Describe the sonoanatomy of the wrist joint
- Describe the normal examination of the structures of the dorsal aspect of the wrist
- Describe the normal examination of the structures of the palmar aspect of the wrist
- Identify the most common lesions of the wrist, to ensure correct ultrasound-guided treatment and/or monitoring of their evolution
- Learn how to perform ultrasound-guided dynamic assessment tests for the wrist
- Describe less common pathologies that can affect the wrist joint

# 03

## Course Management

With TECH's idea in mind to offer a first class education to all its students, this program is taught by physicians specialized in Physical Medicine and Rehabilitation and Physiotherapy professionals, who have worked in high prestige hospitals or in state-of-the-art centers and clinics. These experts are responsible for the elaboration of the didactic materials to which the student will have access throughout the course of this Diploma, which guarantees the applicability of the contents that will be offered.



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*In order to provide you with the most updated didactic contents in Wrist Ultrasound in Physical Therapy, this program is taught by specialists in its daily use"*

## Management



### Dr. Castillo Martín, Juan Ignacio

- ♦ Head of Service of Physical Medicine and Rehabilitation at the University Hospital 12 de Octubre
- ♦ 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 at Hospital Recoletas Cuenca
- ♦ Coordinator of continuing education of the Spanish Society of Cardiology in Exercise Testing with Oxygen Consumption
- ♦ Associate Professor in UCM the Faculty of Medicine
- ♦ Teaching coordinator in continuing education courses at the Madrid Regional La 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 and Disability Assessment UAM
- ♦ Master in Child Disability. UCM
- ♦ PhD in Neuroscience. University of Salamanca
- ♦ Member of: Spanish Society of Pediatric Cardiology

## Professors

### Dr. Santiago Nuño, Fernando

- ◆ Physiotherapist, Osteopath, Podiatrist and Co-Director of La Clinica Nupofis
- ◆ Physiotherapist and podiatrist at the Armstrong International Clinic
- ◆ Orthopedist at Ortoaccesible
- ◆ Professor of Musculoskeletal Ultrasound and Ultrasound-guided Infiltrations in the UCM and at the Universidad UEM de Madrid
- ◆ PhD in Podiatry from the UDC
- ◆ Physiotherapist specializing in Traumatology, Neurology and Sports Injury Rehabilitation in Armstrong International Clinic
- ◆ Master's Degree in Advanced Clinical Podiatry from the CEU- UCH
- ◆ Master's Degree Own in Clinical Management, Medical and Healthcare Management from the CEU- CEU
- ◆ Professional Master's Degree in Musculoskeletal Ultrasound, CEU-UCH
- ◆ Master's Degree in Manual Therapy from the UCM of Madrid
- ◆ Online Master's in Podiatry Research from URJC
- ◆ Master of Specialist and Supervisor of Orthopedic Products by the UCMD

### Dr. Rivillas Gómez, Alberto

- ◆ Specialist in Physical Medicine and Rehabilitation
- ◆ Rehabilitation Physician at European Musculoskeletal Institute
- ◆ Physician at the Knee Unit of the European Musculoskeletal Institute
- ◆ Resident Medical Intern in Physical from Medicine and Rehabilitation at 12 de Octubre University Hospital

### Dr. Juano Bielsa, Álvaro

- ◆ Specialised Physician of Physical Medicine and Rehabilitation at the University Hospital 12 de Octubre
- ◆ Specialised Physician of Physical Medicine and Rehabilitation at the University Hospital HLA Moncloa
- ◆ Specialised Physician of Physical Medicine and Rehabilitation at Accidents Unit of the of Traffic University Hospital HLA Moncloa
- ◆ Speaker at Rehabilitation Scientific Conferences

### Dr. Uzquiano Guadalupe, Juan Carlos

- ◆ Medical Specialist in Physical Medicine and Rehabilitation in the Guttmann Institute
- ◆ Associate Professor in the Master in Neurorehabilitation at the Institut Guttmann
- ◆ Collaborator in the practical teaching of the Department of Radiology, Rehabilitation and Physiotherapy of the UCM
- ◆ Specialist in Physical Medicine and Rehabilitation at 12 de Octubre Hospital
- ◆ Master's Degree in Clinical Reasoning and Clinical Practice UAH
- ◆ Master's Degree in Musculoskeletal Ultrasound and Ultrasound-Guided Interventionism at CEU CEU San Pablo
- ◆ Postgraduate Diploma in Child Rehabilitation by UFV

### Dr. Carmona Bonet, María A.

- ◆ Specialist in Physical Medicine and Rehabilitation
- ◆ Teacher in university studies of Medicine
- ◆ Collaborating physician in practical teaching of medical studies
- ◆ Doctor by the Universidad Complutense de Madrid with the thesis *Shockwave treatment of skin ulcers with long evolution time*



**Dr. López Sáez, Mireya**

- ◆ PhD specialized in Physical Medicine and Rehabilitation
- ◆ Specialised Physician of Physical Medicine and Rehabilitation at the University Hospital 12 de Octubre
- ◆ Collaborating doctor in practical teaching for medical studies
- ◆ Member of the Illustrious Official College of Physicians of the Community of Madrid

**Dr. García Gómez, Nuria**

- ◆ Medical Specialist in Physical Medicine and Rehabilitation
- ◆ Specialised Faculty Physical Medicine and Rehabilitation at the Hospital 12 de Octubre
- ◆ Collaborator of the Department of Physical Medicine and Rehabilitation and Hydrology Physician at UCM
- ◆ Specialist in Family and Rehabilitation Medicine at Gregorio Marañón General University Hospital
- ◆ Physician in health care centers in the Southeast Health Area of Madrid
- ◆ Degree in Medicine and Surgery from the UAH
- ◆ Postgraduate Diploma in Neurorehabilitation by the Institute of Continuing Education of the UB







**Dr. Sevilla Torrijos, Gustavo**

- ♦ FEA of the Rehabilitation Service at the 12 of Octubre University Hospital
- ♦ FEA of the Rehabilitation Service at the of Torrejón University Hospital
- ♦ FEA of Rehabilitation of the Hospital de Guadarrama
- ♦ Specialist in Integral Assistance in Health Emergencies and Emergencies by the European University Miguel de Cervantes
- ♦ Postgraduate Course in Diagnostic Imaging in Musculoskeletal Pain
- ♦ Course in Updating in Localized Neuropathic Pain
- ♦ Course in Osteoarthritis and Pain Sensitization
- ♦ Member of: Spanish Society of Rehabilitation and Physical Medicine (SERMEF)

**Dr. Casado Hernández, Israel**

- ♦ Podiatrist and Podiatric Researcher
- ♦ Director of Vitalpie
- ♦ Podiatrist in grassroots soccer clubs such as Getafe CF and 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 URJC
- ♦ Degree in Podiatric Medicine from the Complutense University of Madrid
- ♦ Master's in Podiatry Research from URJC

**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 Bioimage Production from UNLZ

**Dr. Moreno, Cristina Elvira**

- ♦ Physiotherapist expert in Musculoskeletal Ultrasonography
- ♦ Physiotherapist at the Nupofis Clinic
- ♦ Physiotherapist at fisios Islas21 clinic
- ♦ Physiotherapist at La Clínica Más Fisio
- ♦ Physiotherapist at Parkinson La Association Madrid
- ♦ Degree in Physiotherapy from the UCM
- ♦ Master in Musculoskeletal Ultrasound in Physiotherapy by CEU San Pablo University

**Mr. 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 La Clínica Podológica Gayarre
- ♦ Author of the article Technique of direct examination of onychomycosis by microscopy with potassium hydroxide
- ♦ Doctorate in Health Sciences, UPNA
- ♦ Master's Degree in Health Expertise by UCM
- ♦ Official Master's Degree in Advanced Podiatry, CEU
- ♦ Postgraduate Diploma in Surgery by UCM
- ♦ Course in Foot Infiltration from UCM

**Ms. 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
- ♦ Professional Master's Degree in Electrotherapy, CEU-UCH
- ♦ Expert in Ultrasound Sonoanatomy of the Locomotor Apparatus by the European University
- ♦ Course in Neurodynamics by Zerapi Fisioterapia Avanzada
- ♦ Course in Percutaneous Therapeutic Electrolysis (EPTe)
- ♦ Course in Neurodynamic Myofascial and Articular Fibrolysis "Hooks" by Instema
- ♦ Diathermy Course by Helios in Electromedicine



**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
- ◆ Postgraduate Certificate in Physiotherapy, CEU San Pablo University
- ◆ Postgraduate Certificate in Nutrition Human and Dietetics from CEU San Pablo University
- ◆ Postgraduate Specialist in Food Exchange System for the preparation of diets and menu planning from the UPNA
- ◆ Physiotherapist specializing in Traumatology, Neurology and Sports Injury Rehabilitation in Armstrong International La Clinic
- ◆ Master's Degree in Sports Physiotherapy from the UCM of Madrid
- ◆ Expert in Traditional Chinese Medicine and Acupuncture for Physiotherapists La UCLM

**Dr. Teijeiro, Javier**

- ◆ Director and physiotherapist of La Clínica Atlas 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 USC
- ◆ Master's Degree in Pharmacology for Physiotherapists from the University of Valencia
- ◆ Official Master's Degree in Intervention in Disability and Dependency by the UDC
- ◆ Master in Diagnostic Imaging by the University of Valencia
- ◆ Postgraduate Diploma in Musculoskeletal Ultrasound at the UFV

# 04

## Structure and Content

The syllabus of this Postgraduate Certificate consists of 1 module through which the student will significantly enhance their skills and knowledge in the field of detection and treatment of pathologies produced in the wrist by means of ultrasound devices. The didactic materials to which you will have access during this academic itinerary are available in a different media such as explanatory videos, complementary readings or evaluative tests. For this reason, reinforced by the 100% online mode of delivery, you will enjoy learning adapted to your personal and academic needs.





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*This curriculum, developed by specialists in the management of Wrist ultrasound, will allow you to face with solvency numerous challenges present in your profession”*



## Module 1. Ultrasound of the Upper Limb: Wrist

- 1.1. Normal Sonoanatomy of the Wrist
- 1.2. Dorsal Aspect Examination
- 1.3. Palmar Aspect Examination
- 1.4. Wrist Pathology
- 1.5. Most Common Tendon Pathology
- 1.6. Other Wrist Joint Pathology
- 1.7. Dynamic Tests on the Wrist
- 1.8. Clinical Cases





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*Take this program and enjoy updated didactic content, accessible in formats such as explanatory videos, interactive summaries or readings”*

# 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 Wrist Ultrasound in Physiotherapy 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 Wrist Ultrasound in Physiotherapy** contains the most complete and up-to-date scientific 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 Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Wrist Ultrasound in Physiotherapy**

Official N° of Hours: **100 h.**



\*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

**tech** technological  
university

personalized service innovation

knowledge present

online training

development language

virtual classroom

## Postgraduate Certificate

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- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
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# Postgraduate Certificate

## Wrist Ultrasound in Physiotherapy

