

# Postgraduate Diploma

## Dermocosmetics for Physiotherapists





## Postgraduate Diploma Dermocosmetics for Physiotherapists

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-dermocosmetics-physiotherapists](http://www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-dermocosmetics-physiotherapists)

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# 01

# Introduction

Skin cosmetics is a widespread field that has reached various disciplines such as physiotherapy. Millions of people are looking for new dermocosmetic treatments, so its expansion to other areas is very positive. Physiotherapy can apply a large number of specialized treatments and techniques to dermocosmetics, as they are complementary fields, and more and more patients are looking for expert physiotherapists to offer their services. As such, this qualification offers its students all the necessary skills to become great specialists in Dermocosmetics applied to Physiotherapy, thereby achieving a boost in their careers and in their lives.





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*Your career as a physiotherapist will take a turn for the better when you specialize in Dermocosmetics"*

People are looking for increasingly specialized skin care. Dermocosmetics initially started with a few disciplines that monopolized all the treatments, making it a very restricted and not very innovative area. However, the demand for new techniques and methodologies caused a transformation in this field and new disciplines were providing solutions to the different aesthetic problems.

In this way, Physiotherapy is one of them, and it is currently one of the fastest growing areas in the field of skin aesthetics. There are many patients looking for specialized physiotherapists, but there is still a lack of experts in the field who can offer the right services.

For this reason, this Postgraduate Diploma in Dermocosmetics for Physiotherapists is the answer for all those physiotherapists who are looking for a way to progress and find new career paths, as it provides them with numerous skills that they can put into practice immediately.

This **Postgraduate Diploma in Dermocosmetics for Physiotherapists** 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 Dermocosmetics applied to 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



*You know that this qualification will help you in your professional performance. Don't wait any longer and enroll"*

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*More and more patients are looking for expert dermocosmetic physiotherapists to provide them with the solutions they are looking for”*

The program's teaching staff includes professionals from the sector 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 course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will be able to launch new services that will attract new patients.*

*The key to success in the field of Physiotherapy is specialization.*



# 02 Objectives

The objective of this Postgraduate Diploma in Dermocosmetics for Physiotherapists is to offer students the possibility of expanding the repertoire of techniques, methods and services that they will be able to offer their patients thanks to the knowledge they will acquire. Therefore, the focus of this qualification is eminently practical, and it has been specially designed so that its contents can be applied immediately in the professional field. In this way, students will enjoy a high-level learning process fully adapted to their needs.







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*Your goals will be much closer with  
this Postgraduate Diploma”*



## General Objectives

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- ♦ Acquire the fundamental knowledge of all anti-aging modalities and aesthetic treatments, incorporating the necessary tools to perform this specialty in daily practice
- ♦ Comprehensively manage the aesthetic patient, being able to make an accurate diagnosis and apply the most appropriate treatment
- ♦ Update and reinforce the knowledge in dermatology necessary to perform a correct patient care
- ♦ Offer the physiotherapist the necessary tools and guidelines to deal efficiently with the different dermatological pathologies
- ♦ Reinforce the role of the physiotherapist in the treatment of these pathologies
- ♦ Identify the role of treatments in the prevention and treatment of dermatological pathologies



*This qualification will change your life. Enroll and check it out"*



## Specific Objectives

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### Module 1. Aesthetic Physiotherapy

- ♦ Know the basics of dermo-aesthetic physiotherapy
- ♦ Know how to structure the organization of the dermo-aesthetic medicine practice
- ♦ Correctly handle the hygienic and sanitary protocols in the dermo-aesthetic physiotherapy office
- ♦ Know how to manage sanitary waste
- ♦ Delve into the legal aspects that should govern health care in dermo-aesthetic physiotherapy

### Module 2. Aging and Cosmetic Assessment in Aesthetic Physiotherapy

- ♦ Present the historical background on which anti-aging medicine is based
- ♦ Define and become familiar with the most frequently used concepts in anti-aging medicine
- ♦ Examine the most accepted theories of aging and interrelate them with each other
- ♦ Understand the aging mechanisms associated with mitochondria
- ♦ Define telomere-related aging processes
- ♦ Establish the relationship between immunosenescence, aging and disease onset
- ♦ Analyze the importance of circadian rhythms in aging and acquire the skills to treat their alterations in an appropriate manner
- ♦ Evaluate the importance of the exposome in aging and generate channels to adapt it to the needs and expectations of the individual

### Module 3. Skin

- ♦ Know the anatomical structures of the skin
- ♦ Know the different approaches for facial and body flaccidity and volume loss
- ♦ Analyze the different functions of the skin
- ♦ Know which are the different skin cares according to the patient's stage of life
- ♦ In-depth knowledge of the effects of solar radiation on the skin and the different means of photoprotection
- ♦ Learn the different types of Skin
- ♦ Understand the basics of facial hygiene
- ♦ Know the different moisturizing techniques for the skin

### Module 4. Most Frequent Dermatological Pathologies

- ♦ Update knowledge on the different pathologies susceptible to consultation in Physiotherapy, analyzing the different existing therapeutic approaches, both for treatment and prevention
- ♦ Develop a proposal of action protocols for each pathology described
- ♦ Define what is known as sensitive or reactive skin
- ♦ Analyze the different types of acne, and discover which ones we can address in the community pharmacy
- ♦ Delve into the study of alopecia, the differential characteristics between men and women and its evolution

- ♦ Approach the study of xerosis from a dermatological point of view, analyzing which diseases or treatments most commonly produce it, and what symptoms they present
- ♦ Differentiate existing treatments for hyperhidrosis
- ♦ Analyze the different types of dermatitis, their characteristics and their particular casuistry
- ♦ Define the different pigmentation transients, their treatment and possible preventive measures
- ♦ Analyze rosacea and its different stages, in order to facilitate its recognition and make a correct indication
- ♦ Delve into the study of psoriasis, addressing all its types and stages, the different existing treatments and preventive measures
- ♦ Address other pathologies with pruritus such as urticaria and angioedema
- ♦ Differentiate between the different existing treatments for scalp desquamative conditions
- ♦ Define less frequent pathologies such as toxicoderma or hydrosadenitis
- ♦ Analyze the different types of skin lesions that can be encountered and how they can be approached by the community pharmacy
- ♦ Study the different types of pathogens that can cause skin infections or infestations
- ♦ List the various dermatological pathologies caused by pathogenic agents
- ♦ Address the different pathologies that may appear in the oral cavity
- ♦ Update the different treatments used in nail and phanera conditions

03

# Structure and Content

The contents of this Postgraduate Diploma in Dermocosmetics for Physiotherapists have been designed by leading specialists in the field, who have been responsible for providing all their knowledge and experience so that students enjoy high-level learning. In this way, students who complete this program will be able to apply everything they have learned to their professional fields. This qualification is, therefore, what all physiotherapists seeking to specialize in skin cosmetics need.





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*The best content, now at your reach. Don't let it pass you by"*

### Module 1. Aesthetic Physiotherapy

- 1.1. Aesthetic Physiotherapy: New Developments in the Profession
- 1.2. NCP Applied to Aesthetics
- 1.3. Aesthetic Physiotherapy: New Developments in the Profession
- 1.4. Hygiene in the Aesthetic Office
  - 1.4.1. Antiseptics
  - 1.4.2. Hand Hygiene
  - 1.4.3. Utensil Hygiene
  - 1.4.4. Sanitary Waste Management
- 1.5. Organization of the Aesthetic Practice
- 1.6. Aesthetic Practice Management
- 1.7. The Ethical-Legal Aspect of Aesthetic Physiotherapy: Code of Ethics and Ethical Problems
  - 1.7.1. Criminal and Civil Liability of Physiotherapy Personnel
  - 1.7.2. Liability Insurance
  - 1.7.3. Informed Patient Consent Forms: Guidelines and Generic Models
- 1.8. Quality Management in Aesthetic Physiotherapy Practice
- 1.9. Urgent Care in the Aesthetic Physiotherapy's Office
- 1.10. Complications in Aesthetic Physiotherapy

### Module 2. Module 2. Aging and Cosmetic Assessment in Aesthetic Physiotherapy

- 2.1. History of Antiaging Medicine
- 2.2. Theories of aging. Pathophysiology
- 2.3. Species and Longevity
- 2.4. Mechanisms of Cellular Aging
- 2.5. Mitochondria
- 2.6. Chronobiology I. Suprachiasmatic Pineal Nucleus. Circadian Rhythm
- 2.7. Chronobiology II Sleep and Sleeplessness
- 2.8. Immunity. Immunosenescence
- 2.9. Telomeres and Telomerase
- 2.10. Exposome and Aging



### Module 3. Skin

- 3.1. Skin Anatomy and Structure of the Skin
- 3.2. Skin Appendages
  - 3.2.1. Hair
  - 3.2.2. Nails
  - 3.2.3. Sebaceous Glands
  - 3.2.4. Sweat Glands
- 3.3. Skin Functions and Elementary Lesions
  - 3.3.1. Protection
  - 3.3.2. Metabolism
  - 3.3.3. Temperature Regulation
  - 3.3.4. Sensory
  - 3.3.5. Excretory
  - 3.3.6. Energy Reserve
- 3.4. Skin Care in the Different Stages of Life: Neonatal, Pediatric, Adolescent, Adult, Geriatric, Pregnancy
  - 3.4.1. Neonatal
  - 3.4.2. Pediatric
  - 3.4.3. Adolescent
  - 3.4.4. Adult
  - 3.4.5. Geriatric
  - 3.4.6. Pregnancy
- 3.5. Embryology of the Skin and Skin Appendages
  - 3.5.1. Skin Development
  - 3.5.2. Hair Development
  - 3.5.3. Nail Development
  - 3.5.4. Skin Gland Development
- 3.6. Skin Types
  - 3.6.1. Density
  - 3.6.2. Skin Emulsion
  - 3.6.3. Skin Phototype
  - 3.6.4. Status

- 3.7. Skin Hygiene
- 3.8. Skin Hydration
  - 3.8.1. Manual Techniques
  - 3.8.2. Materials and Technical Methods
  - 3.8.3. Specific Cosmetics
  - 3.8.4. Equipment

### Module 4. Most Frequent Dermatological Pathologies

- 4.1. Acne
- 4.2. Rosacea
- 4.3. Seborrheic Dermatitis
- 4.4. Atopic Dermatitis
- 4.5. Contact Dermatitis
- 4.6. Pigmentation Disorders: Hyperpigmentation
- 4.7. Pigmentation Disorders: Hypopigmentation
- 4.8. Psoriasis
- 4.9. Skin Infections and Infestations Caused by Pathogenic Agents: Bacteria
- 4.10. Skin Infections and Infestations Caused by Pathogenic Agents: Viruses
- 4.11. Ichthyosis
- 4.12. Urticaria and Angioedema
- 4.13. Scars



*This is one of those opportunities  
that can change your life"*

# 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.







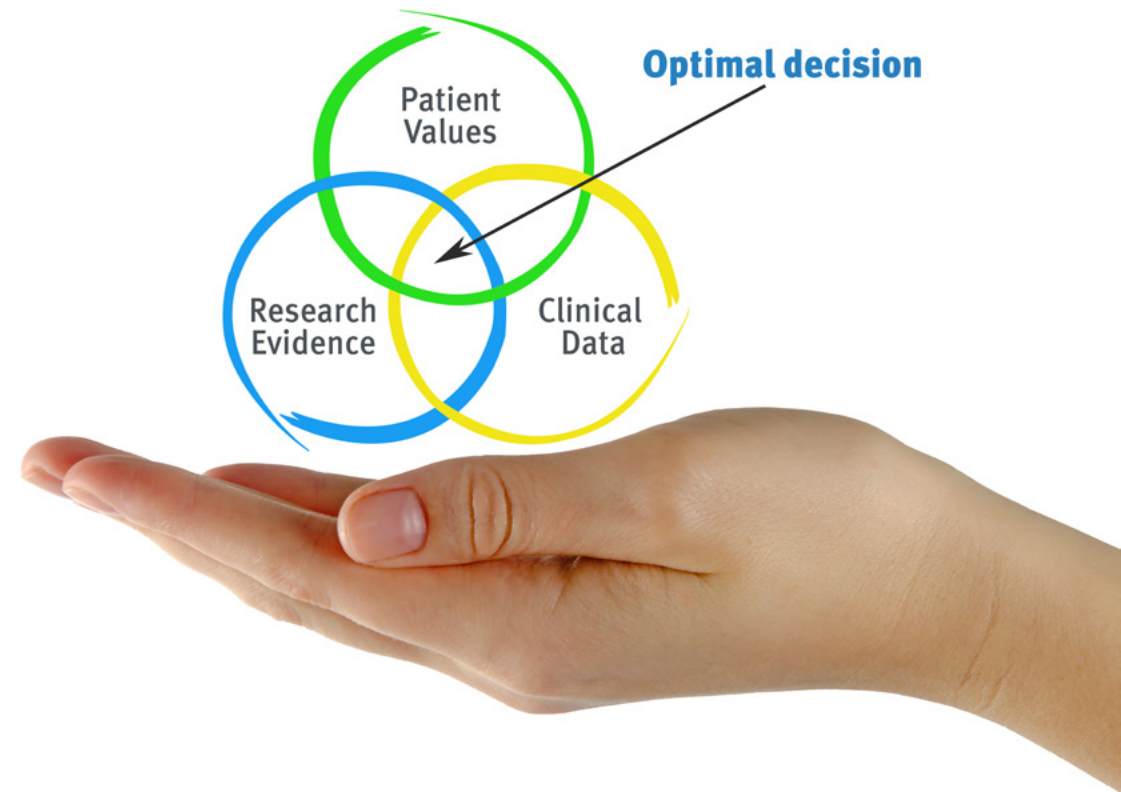
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Diploma in Dermocosmetics for Physiotherapists guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 private qualification will allow you to obtain a **Postgraduate Diploma in Dermocosmetics for Physiotherapists** 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** private qualification 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 Diploma in Dermocosmetics for Physiotherapists**

Modality: **online**

Duration: **6 months**

Accreditation: **24 ECTS**



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
online training  
development language  
virtual classroom



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