

# Postgraduate Diploma Electrical Stimulation and Interferential Currents in Physical Therapy

Endorsed by the NBA





## Postgraduate Diploma Electrical Stimulation and Interferential Currents in Physical Therapy

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

Website: [www.techtute.com/in/physiotherapy/postgraduate-diploma/postgraduate-diploma-electrical-stimulation-interferential-currents-physical-therapy](http://www.techtute.com/in/physiotherapy/postgraduate-diploma/postgraduate-diploma-electrical-stimulation-interferential-currents-physical-therapy)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 24*

06

Certificate

---

*p. 32*

# 01

# Introduction

The results demonstrated by the therapeutic application of interferential currents in physiotherapy have been indescribable, achieving significant advantages in the physical recovery of certain muscle injuries. It is a technique that uses medium frequency stimulation to provide an analgesic and decontracting effect, becoming a fundamental guideline in the treatment of numerous pathologies. For this reason, TECH has developed a program specialized in this strategy, so that the graduates will find all the information they need to update their practice. So, in just 425 hours of theoretical and practical experience 100% online, the student will be able to perfect their skills in the use of the most innovative non-invasive treatments through Electrotherapy and TENS.





“

*Would you like to include the use of TENS in your physiotherapy practice or update it? Whatever the answer is, with this Postgraduate Diploma you will be able to do it 100% online"*

The use of interferential currents as a method of electrical stimulation for the treatment of certain muscle injuries and their associated comorbidities is becoming increasingly widespread in the physiotherapeutic practice. It encompasses a set of techniques that have demonstrated a considerable reduction in pain, as well as the normalization of the neurovegetative balance and an increase in local blood circulation. Thanks to this, pathologies such as myalgias, neuralgias or migraines have been treated through non-invasive procedures as an alternative to pharmacological ones, contributing to a considerable improvement in the health of the patients to whom they have been applied.

However, it is a clinical guideline that, by using technological tools, has evolved over time, implementing increasingly effective, specific and beneficial concepts for the health of the person. For this reason, TECH has developed a complete program that includes, precisely, the most cutting-edge information in this regard. Therefore, in just 6 months of 100% online academic experience, the graduates will be able to become a true Postgraduate Diploma in Electrical Stimulation and Interferential Currents. This is a program that will not only allow graduates to update their knowledge in relation to the use of TENS and non-invasive Electrotherapy treatments, but also to improve their skills in a guaranteed way through the mastery of its tools.

To do so, students will have 425 hours of diverse resources: a broad and comprehensive syllabus designed by the program's teaching team, a group of top-level professionals in the field of Physiotherapy, real clinical cases and various additional material to expand each section in a personalized way. Everything will be available in the Virtual Campus from the beginning of the course and can be downloaded to any device with internet connection for consultation, even after the academic experience that will mark a before and after in its way to clinical innovation.

This **Postgraduate Diploma in Electrical Stimulation and Interferential Currents in Physical Therapy** 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 Electrotherapy.
- ♦ 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

“*The program includes an exclusive section dedicated to interferential currents, so that you can get up to date on their advantages and disadvantages, as well as their recommended uses*”

“

*The Postgraduate Diploma also includes a specific module dedicated to the maintenance of electrostimulation tools, so that you can always make perfect use of them”*

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.

*You will work on the most innovative concepts of dry needling for different pathologies, with special emphasis on the latest keys of Electrotherapy.*

*Can you differentiate the physical characteristics of the waves and their beneficial properties for the treatment of each injury? In this program you will find the answer to update your knowledge.*



# 02 Objectives

The promising results demonstrated by electrical stimulation and interferential currents in the physiotherapeutic management of certain pathologies have made them the techniques par excellence for the treatment of various diseases. For this reason, the design of this program has been carried out with the aim that professionals in this field can be updated on its novel guidelines, as well as on the use of the latest tools that have come on the market for the use of TENS and Electrotherapy in the current clinical context.







“

*Thanks to the course of this program, you will be able to delve into the concept of accommodation and the importance of adjusting the frequency spectrum in the approach to various muscular pathologies”*



## General Objectives

---

- ♦ Make a compendium of the latest information related to electrostimulation and interferential currents for their therapeutic use in the current clinical context
- ♦ Provide the graduates with all the resources they need to perfect their skills in the use of the aforementioned techniques



*You will also be able to perfect your skills in post-puncture guidance, to ensure a favorable prognosis and a guaranteed recovery"*





## Specific Objectives

---

### **Module 1. Transcutaneous Electrical Stimulation (TENS)**

- ♦ Analyze Transcutaneous Electrical Stimulation (TENS)
- ♦ Know the analgesic effects of high frequency TENS

### **Module 2. Interferential Currents**

- ♦ Identify the main effects of high frequency
- ♦ Discover the latest high frequency applications

### **Module 3. Invasive Treatment in Electrotherapy**

- ♦ Describe the dry needling technique
- ♦ Understand the importance of post-puncture effects

# 03

## Course Management

TECH has selected for the direction and teaching of this program a specialized faculty in the field of physiotherapy, versed in the use of electrical stimulation and interferential currents in patients with various pathologies. Their vast experience in the use of this technique makes them the ideal agents to transmit the most innovative guidelines on its management, allowing graduates not only to update their knowledge, but also to use the recommendations of true experts for a state-of-the-art practice at the highest level.





“

*In the Virtual Campus you will find a direct communication tool to contact the teaching team and solve any doubts that may arise during the course of the program"*

## Management



### Ms. Sanz Sánchez, Marta

- ♦ Physiotherapy Supervisor at the Hospital Universitario 12 de Octubre
- ♦ Graduate in Physiotherapy from the School of Nursing and Physiotherapy of the University of Comillas
- ♦ Degree in Physiotherapy from the School of Nursing and Physiotherapy of the University of Alcalá de Henares
- ♦ Associate Professor at the Complutense University of Madrid



### Mr. Hernández, Leonardo

- ♦ Supervisor of the Rehabilitation Service Unit of the 12 de Octubre University Hospital
- ♦ Physiotherapist at the University Hospital of Guadalajara
- ♦ Postgraduate Certificate in Physiotherapy from the European University of Madrid
- ♦ Degree in Physiotherapy from Comillas Pontifical University
- ♦ Professional Master's Degree in Osteopathy by Gimbernat University School



### Dr. León Hernández, Jose Vicente

- ♦ Physiotherapist expert in the Study and Treatment of Pain and Manual Therapy
- ♦ PhD in Physiotherapy from the Rey Juan Carlos University
- ♦ Professional Master's Degree in the Study and Treatment of Pain from the Rey Juan Carlos University
- ♦ Degree in Chemical Sciences from the Complutense University of Madrid, specializing in Biochemistry
- ♦ Postgraduate Certificate in Physiotherapy from the Alfonso X el Sabio University
- ♦ Member and training coordinator at the Institute of Neuroscience and Movement Sciences

## Professors

### Mr. Suso Martí, Luis

- ♦ Physiotherapist
- ♦ Researcher at the Institute for Neurosciences and Movement Sciences
- ♦ Contributor to the popular science magazine NeuroRhab News
- ♦ Physiotherapy Degree: University of Valencia
- ♦ Doctorate, Autonomous University of Madrid
- ♦ Degree in Psychology. Open University of Catalonia
- ♦ Professional Master's Degree in "Advanced Physiotherapy in Pain Management"

### Mr. Losana Ferrer, Alejandro

- ♦ Clinical Physiotherapist and Trainer in New Technologies for Rehabilitation at Rebiotex
- ♦ Physiotherapist at CEMTRO Clinic
- ♦ Professional Master's Degree in Advanced Physiotherapy in Musculoskeletal Pain Management
- ♦ Postgraduate Diploma in Neuroorthopedic Manual Therapy
- ♦ University Advanced Training in Therapeutic Exercise and Invasive Physiotherapy for Musculoskeletal Pain
- ♦ Graduate in Physiotherapy in La Salle

**Dr. Cuenca - Martínez, Ferrán**

- ♦ Physiotherapist Expert in Pain Management
- ♦ Physiotherapist at FisisCranioClinic
- ♦ Physiotherapist at the Institute of Functional Rehabilitation La Salle
- ♦ Researcher at the Center for Higher University Studies (CSEU La Salle)
- ♦ Researcher at EXINH Research Group
- ♦ Researcher in the Motion in Brans Research Group of the Institute of Neuroscience and Movement Sciences (INCIMOV)
- ♦ Chief editor of The Journal of Move and Therapeutic Science
- ♦ Editor and publisher of NeuroRehab News magazine
- ♦ Author of several scientific articles in national and international journals
- ♦ PhD in Medicine and Surgery from the Autonomous University of Madrid.
- ♦ Graduate in Physiotherapy from the University of Valencia
- ♦ Professional Master's Degree in Advanced Physiotherapy in Pain Treatment by the UAM

**Dr. Gurdíel Álvarez, Francisco**

- ♦ Physiotherapist at Powerexplosive
- ♦ Physiotherapist at Fisad Clinic
- ♦ Physiotherapist for Ponferradina Sports Society
- ♦ PhD in Health Sciences from the Rey Juan Carlos University
- ♦ Degree in Physiotherapy by the University of Leon
- ♦ Degree in Psychology from UNED
- ♦ Professional Master's Degree in Advanced Physiotherapy in the Treatment of Musculoskeletal Pain by the Autonomous University of Madrid
- ♦ Postgraduate Diploma in Orthopedic Manual Therapy and Myofascial Pain Syndrome by the European University





**Ms. Merayo Fernández, Lucía**

- ◆ Physiotherapist Expert in Pain Management
- ◆ Physiotherapist in the Navarra Health Service
- ◆ Physiotherapist. Doctor San Martin Ambulatory
- ◆ Degree in Physiotherapy
- ◆ Professional Master's Degree in Advanced Physiotherapy in Musculoskeletal Pain Management

**Mr. Izquierdo García, Juan**

- ◆ Physiotherapist at the Cardiac Rehabilitation Unit of the 12 de Octubre University Hospital
- ◆ Postgraduate Certificate in Physiotherapy from the Rey Juan Carlos University
- ◆ University Specialist in Heart Failure by the University of Murcia.
- ◆ Professional Master's Degree in Health Care Management from the University of the Mid-Atlantic
- ◆ Postgraduate Diploma in Manual Therapy in Muscular and Neuromeningeal Tissue by the Universidad Rey Juan Carlos
- ◆ Member of: Multidisciplinary Cardiac Rehabilitation Unit of the 12 de Octubre University Hospital

**Mr. Román Moraleda, Carlos**

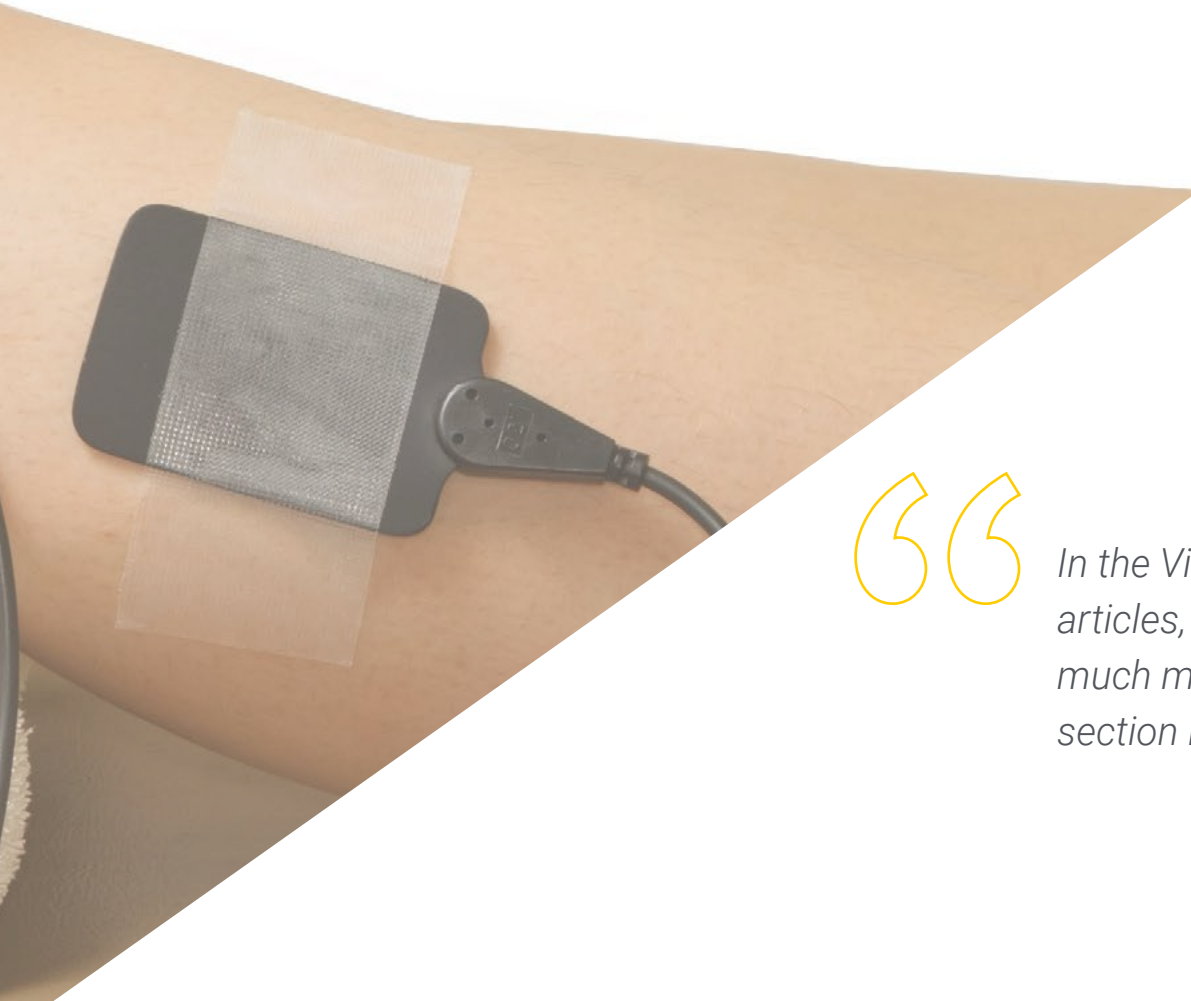
- ◆ Physiotherapist at the 12 de Octubre University Hospital
- ◆ Physiotherapist at the Paseo Imperial Health Center and at the Primary Care Service of the Hospital Universitario La Paz.
- ◆ Specialist in the Lymphatic Drainage Unit at the Hospital Universitario La Paz.
- ◆ Physiotherapist at the "José Villarreal" Day Care Center, Madrid.
- ◆ Postgraduate Diploma in Manual Lymphatic Drainage by the European University of Madrid
- ◆ Professional Master's Degree in Osteopathy (Eur. Ost DO). Francisco de Vitoria University-School of Osteopathy. FBEO

# 04

## Structure and Content

TECH is a pioneer in the international academic panorama for the use of the Relearning methodology for the development of its programs. The success of this pedagogical strategy lies in the reiteration of the most important concepts throughout the syllabus, favoring a gradual and natural updating of knowledge, ensuring greater durability of the information in the memory of the graduates. In addition, it is supported by the resolution of clinical cases based on real situations, thanks to which they can put their skills into practice and perfect them while at the same time keeping up to date with the latest developments in their profession.



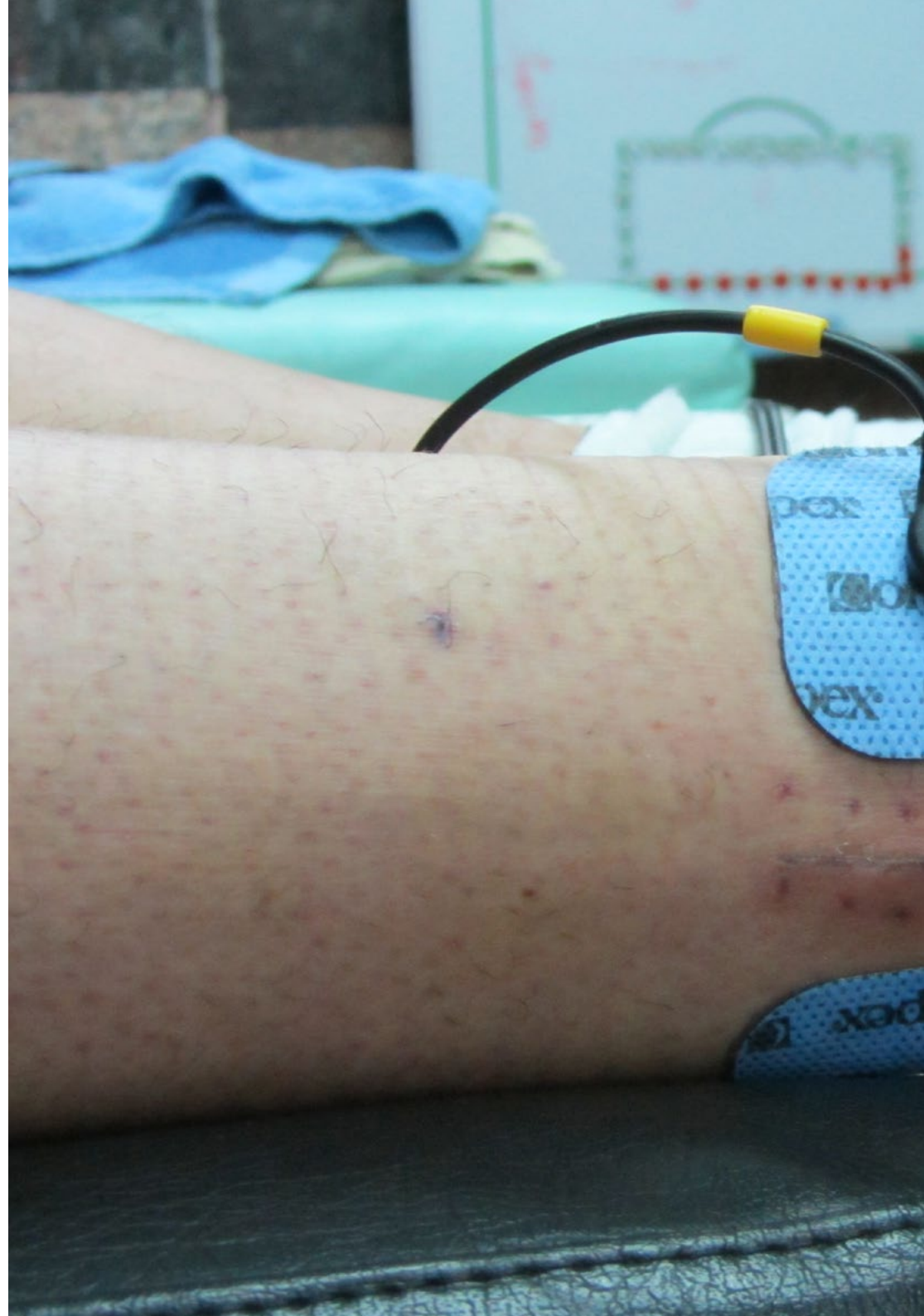


“

*In the Virtual Campus you will find: videos in detail, research articles, complementary readings, clinical cases, news and much more additional material for you to expand each section in a personalized way”*

## Module 1. Transcutaneous Electrical Stimulation (TENS)

- 1.1. Fundamentals of Current Type used in TENS
  - 1.1.1. Introduction
    - 1.1.1.1. Theoretical Framework: Neurophysiology of Pain
      - 1.1.1.1.1. Introduction and Classification of Nociceptive Fibers
      - 1.1.1.1.2. Characteristics of Nociceptive Fibers
      - 1.1.1.1.3. Stages of the Nociceptive Process
  - 1.1.2. Antinociceptive System: Gating Theory
    - 1.1.2.1. Introduction to Current Type used in TENS
    - 1.1.2.2. Basic Characteristics of TENS Type of Current (Pulse Shape, Duration, Frequency and Intensity)
- 1.2. Classification of Current Type used in TENS
  - 1.2.1. Introduction
    - 1.2.1.1. Types of Electrical Current Classification
    - 1.2.1.2. According to Frequency (Number of Pulses Emitted per Second)
  - 1.2.2. Classification of Current Type used in TENS
    - 1.2.2.1. Conventional TENS
    - 1.2.2.2. TENS-Acupuncture
    - 1.2.2.3. Low Rate Burst TENS (Low Rate Burst)
    - 1.2.2.4. Brief or Intense TENS (Brief Intense)
  - 1.2.3. Mechanisms of Action of the TENS Current Type
- 1.3. Transcutaneous Electrical Stimulation (TENS)
- 1.4. Analgesic Effects of High-Frequency TENS
  - 1.4.1. Introduction
    - 1.4.1.1. Main Reasons for the Wide Clinical Application of Conventional TENS
  - 1.4.2. Hypoalgesia Derived from Conventional/High Frequency TENS
    - 1.4.2.1. Mechanism of Action
  - 1.4.3. Neurophysiology of Conventional TENS
    - 1.4.3.1. Gate Control
    - 1.4.3.2. The Metaphor





- 1.4.4. Failure of Analgesic Effects
  - 1.4.4.1. Main Mistakes
  - 1.4.4.2. Main Problem of Hypoalgesia by Conventional TENS
- 1.5. Analgesic Effects of Low-Frequency TENS
  - 1.5.1. Introduction
  - 1.5.2. Mechanisms of Action of TENS-mediated Hypoalgesia Acupuncture: Endogenous Opioid System
  - 1.5.3. Mechanism of Action
  - 1.5.4. High-Intensity and Low-Frequency
    - 1.5.4.1. Parameters
    - 1.5.4.2. Fundamental Differences from Conventional TENS Current
- 1.6. Analgesic Effects of Burst-Type TENS
  - 1.6.1. Introduction
  - 1.6.2. Description
    - 1.6.2.1. Burst-Type TENS Current Details
    - 1.6.2.2. Physical Parameters
    - 1.6.2.3. Sjölund and Eriksson
  - 1.6.3. Summary so far of the Physiological Mechanisms of both Central and Peripheral Analgesia
- 1.7. Importance of Pulse Width
  - 1.7.1. Introduction
    - 1.7.1.1. Physical Characteristics of Waves
      - 1.7.1.1.1. Definition of a Wave
      - 1.7.1.1.2. Other General Characteristics and Properties of a Wave
  - 1.7.2. Impulse Shape
- 1.8. Electrodes. Types and Application
  - 1.8.1. Introduction
    - 1.8.1.1. The TENS Current Device
  - 1.8.2. Electrodes
    - 1.8.2.1. General Characteristics
    - 1.8.2.2. Skin Care
    - 1.8.2.3. Other Types of Electrodes

- 1.9. Practical Applications
  - 1.9.1. TENS Applications
  - 1.9.2. Impulse Duration
  - 1.9.3. Impulse Shape
  - 1.9.4. Intensity
  - 1.9.5. Frequency (F)
  - 1.9.6. Electrode Type and Placement
- 1.10. Contraindications
  - 1.10.1. Contraindications to the use of TENS Therapy
  - 1.10.2. Recommendations for Safe TENS Practice

## Module 2. Interferential Currents

- 2.1. Fundamentals of Interferential Currents
  - 2.1.1. Interferential Current Concept
  - 2.1.2. Main Properties of Interferential Currents
  - 2.1.3. Characteristics and Effects of Interferential Currents
- 2.2. Main Parameters of Interferential Currents
  - 2.2.1. Introduction to the Different Parameters
  - 2.2.2. Types of Frequencies and Effects Produced
  - 2.2.3. Relevance of Application Time
  - 2.2.4. Types of Applications and Parameters
- 2.3. Effects of High Frequency
  - 2.3.1. Concept of High Frequency in Interferential Streams
  - 2.3.2. Main Effects of High Frequency
  - 2.3.3. Application of High Frequency
- 2.4. Concept of Accommodation. Importance and Adjustment of the Frequency Spectrum
  - 2.4.1. Low-Frequency Concept in Interferential Currents
  - 2.4.2. Main Effects of Low Frequency
  - 2.4.3. Low-Frequency Application
- 2.5. Electrodes. Types and Application
  - 2.5.1. Main Types of Electrodes in Interferential Currents
  - 2.5.2. Relevance of Electrode Types in Interferential Currents
  - 2.5.3. Application of Different Types of Electrodes

- 2.6. Practical Applications
  - 2.6.1. Recommendations for the Application of Interferential Currents
  - 2.6.2. Techniques for the Application of Interferential Currents
- 2.7. Contraindications
  - 2.7.1. Contraindications to the Use of Interferential Currents
  - 2.7.2. Recommendations for Safe Practice Using Interferential Currents

## Module 3. Invasive Treatment in Electrotherapy

- 3.1. Invasive Treatment in Physical Therapy for Analgesic Purposes
  - 3.1.1. General Aspects
  - 3.1.2. Types of Invasive Treatment
  - 3.1.3. Infiltration vs. Puncture
- 3.2. Fundamentals of Dry Needling
  - 3.2.1. Myofascial Pain Syndrome
  - 3.2.2. Myofascial Trigger Points
  - 3.2.3. Neurophysiology of Myofascial Pain Syndrome (MPS) and Trigger Points
- 3.3. Post-Puncture Treatments
  - 3.3.1. Adverse Effects of Dry Needling
  - 3.3.2. Post-Puncture Treatments
  - 3.3.3. Combination of Dry Needling and TENS
- 3.4. Electrotherapy as an Adjunct to Dry Needling
  - 3.4.1. Non-Invasive Approach
  - 3.4.2. Invasive Approach
  - 3.4.3. Types of Electropuncture
- 3.5. Percutaneous Electrical Stimulation (PENS)
  - 3.5.1. Neurophysiological Fundamentals of PENS Application
  - 3.5.2. Scientific Evidence for the Application of PENS
  - 3.5.3. General Considerations for PENS Implementation
- 3.6. Advantages of PENS Over TENS
  - 3.6.1. Current Status of PENS Implementation
  - 3.6.2. Application of PENS in Lower Back Pain
  - 3.6.3. Application of PENS in Other Regions and Pathologies

- 3.7. Use of Electrodes
  - 3.7.1. General Information on the Application of Electrodes
  - 3.7.2. Variations in the Application from of Electrodes
  - 3.7.3. Multipole Application
- 3.8. Practical Applications
  - 3.8.1. Justification for the Implementation of the PENS
  - 3.8.2. Applications in Lower Back Pain
  - 3.8.3. Upper Quadrant and Lower Limb Applications
- 3.9. Contraindications
  - 3.9.1. Contraindications Derived from TENS
  - 3.9.2. Contraindications Derived from Dry Needling
  - 3.9.3. General Considerations
- 3.10. Invasive Treatments for Regenerative Purposes
  - 3.10.1. Introduction
    - 3.10.1.1. Electrolysis Concept
  - 3.10.2. Intratissue Percutaneous Electrolysis
    - 3.10.2.1. Concept
    - 3.10.2.2. Effects
    - 3.10.2.3. State-of-the-Art Review
    - 3.10.2.4. Combination with Eccentric Exercises
- 3.11. Physical Principles of Galvanism
  - 3.11.1. Introduction
    - 3.11.1.1. Physical Characteristics of Direct Current
  - 3.11.2. Galvanic Current
    - 3.11.2.1. Physical Characteristics of Galvanic Current
    - 3.11.2.2. Chemical Phenomena of Galvanic Current
    - 3.11.2.3. Structure
  - 3.11.3. Iontophoresis
    - 3.11.3.1. Leduc's Experiment
    - 3.11.3.2. Physical Properties of Iontophoresis
- 3.12. Physiological Effects of Galvanic Current
  - 3.12.1. Physiological Effects of Galvanic Current
  - 3.12.2. Electrochemical Effects
    - 3.12.2.1. Chemical Behavior
  - 3.12.3. Electrothermal Effects
  - 3.12.4. Electrophysical Effects
- 3.13. Therapeutic Effects of Galvanic Current
  - 3.13.1. Clinical Application of Galvanic Current
    - 3.13.1.1. Vasomotor Action
    - 3.13.1.2. Effect on the Nervous System
  - 3.13.2. Therapeutic Effects of Iontophoresis
    - 3.13.2.1. Penetration and Elimination of Cations and Anions
    - 3.13.2.2. Drugs and Indications
  - 3.13.3. Therapeutic Effects of Intratissue Percutaneous Electrolysis
- 3.14. Types of Percutaneous Application of Galvanic Currents
  - 3.14.1. Introduction to Application Techniques
    - 3.14.1.1. Classification According to Electrode Placement
      - 3.14.1.1.1. Direct Galvanizing
  - 3.14.2. Indirect Galvanizing
  - 3.14.3. Classification According to the Technique Applied
    - 3.14.3.1. Intratissue Percutaneous Electrolysis
    - 3.14.3.2. Iontophoresis
    - 3.14.3.3. Galvanic Bath
- 3.15. Application Protocols
  - 3.15.1. Galvanic Current Application Protocols
  - 3.15.2. Intratissue Percutaneous Electrolysis Application Protocols
    - 3.15.2.1. Procedure
  - 3.15.3. Iontophoresis Application Protocols
    - 3.15.3.1. Procedure
- 3.16. Contraindications
  - 3.16.1. Contraindications of Galvanic Current
  - 3.16.2. Contraindications, Complications and Precautions of Galvanic Current

# 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. 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.

“

*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 Diploma in Electrical Stimulation and Interferential Currents in Physical Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





The image features two black graduation caps (mortarboards) against a bright blue sky with light, wispy clouds. One cap is in the foreground on the left, and another is slightly behind it on the right. The caps are tilted upwards. The bottom right corner of the image transitions into a white diagonal shape where the text is located.

“

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

This **Postgraduate Diploma in Electrical Stimulation and Interferential Currents in Physical Therapy** 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 Diploma** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Diploma in Electrical Stimulation and Interferential Currents in Physical Therapy**

Official N° of Hours: **425 h.**

**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.



**Postgraduate Diploma**  
Electrical Stimulation  
and Interferential Currents  
in Physical Therapy

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

# Postgraduate Diploma Electrical Stimulation and Interferential Currents in Physical Therapy

Endorsed by the NBA

