

# Postgraduate Diploma

Introduction to Primary Care,  
Electrotherapy and Manual-Active  
Therapies



## Postgraduate Diploma

### Introduction to Primary Care, Electrotherapy and Manual-Active Therapies

- » Modality: online
- » Duration: 6 monthst
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/physioterapy/postgraduate-diploma/postgraduate-diploma-introduction-primary-care-electrotherapy-manual-active-therapies](http://www.techtute.com/us/physioterapy/postgraduate-diploma/postgraduate-diploma-introduction-primary-care-electrotherapy-manual-active-therapies)

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# 01

# Introduction

This high-level program will detail the indications, contraindications, uses and recommendations of the different families of currents used in consultation.

Throughout this program, students will also delve into the fundamental theoretical aspects of the nature and transmission of pain; as well as in active therapy different techniques, with their respective clinical reasoning, seeking to provide new treatment ideas to carry out in consultation and also guide patients toward activities that benefit them more.



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*A complete and practical Postgraduate Diploma to learn everything you need to know to work as a physiotherapist in a real and direct way”*

Primary care is the most elementary health care and, at the same time, the most important area for health promotion, disease prevention and control in early stages.

It is important for physiotherapists to master a wide variety of manual therapies in order to adapt to the specific demands of each patient.

For this reason, this module presents the most commonly used therapeutic tools through a trained and experienced faculty. Given the sedentary lifestyles we have seen in the last decades, it is vitally important to use active therapies within the scheduled treatments, considered very useful tools for patients to continue working after treatment and improve their symptomatology.

Physiotherapists are part of a multidisciplinary team made up of a wide variety of professionals, so they must know how the system works in order to adapt quickly to it. It is essential, in turn, to master the theoretical-practical content of their specialty in order to deliver effective and quality work.

Each of our professors has a different specialty and training, which coupled with their experience in the sector, will make the content more varied, adopting different points of view and always oriented toward students expanding their knowledge, regardless of their background.

What makes this program different from the rest is the collaborative work put into the different specialties that make up the theoretical-practical content, training up-to-date studies and analyses in Primary Care.

This Postgraduate Diploma seeks to guide physiotherapists through the functions required in Primary Care, as well as to provide them with therapeutic tools and essential knowledge useful for professional work.

This **Postgraduate Diploma in Introduction to Primary Care, Electrotherapy and Manual-Active Therapies** offers you the advantages of a high-level scientific, teaching, and technological course. These are some of its most notable features:

- ♦ Latest technology in online teaching software
- ♦ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ♦ Practical cases presented by practicing experts
- ♦ State-of-the-art interactive video systems
- ♦ Teaching supported by telepractice
- ♦ Continuous updating and recycling systems
- ♦ Autonomous learning: full compatibility with other occupations
- ♦ Practical exercises for self-evaluation and learning verification
- ♦ Support groups and educational synergies: questions to the expert, debate and knowledge forums
- ♦ Communication with the teacher and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with
- ♦ an Internet connection
- ♦ Supplementary documentation databases are permanently available, even after the program



*Get up to date on all the latest developments in the field of physiotherapy by completing the most effective program on the subject available on the market”*

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*An effective and reliable Postgraduate Diploma that will take you through an interesting learning process, so you acquire all the knowledge of an expert in the field”*

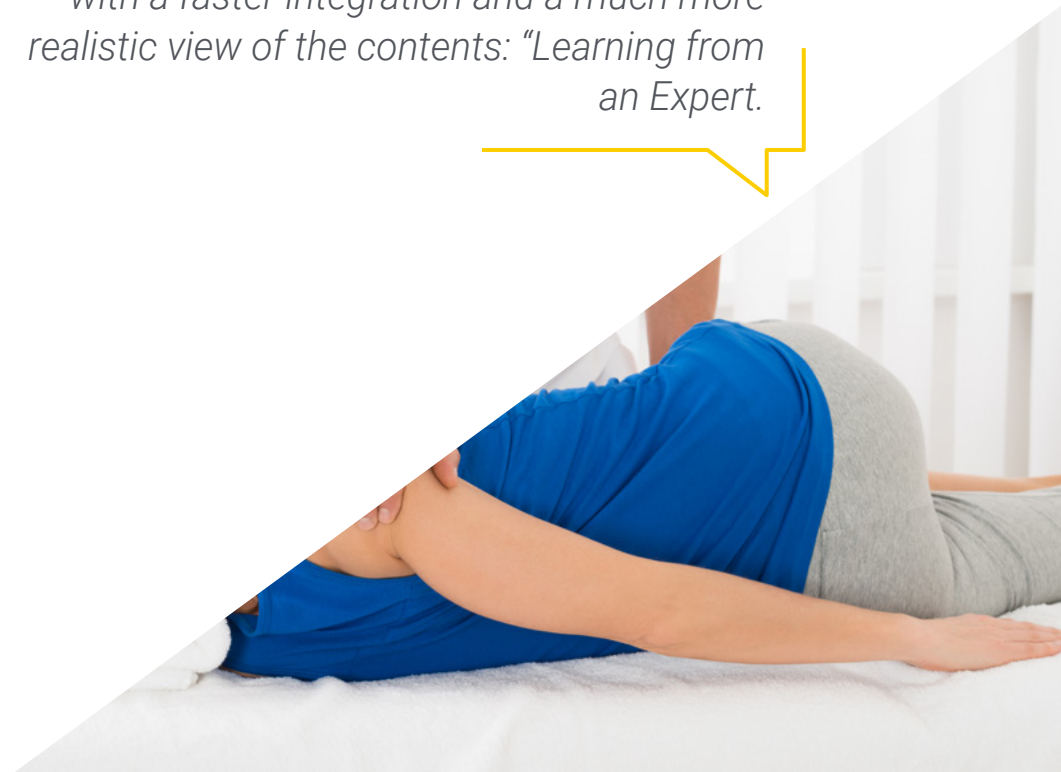
Our teaching staff is made up of working specialists. In this way, we ensure that we provide you with the training update we are aiming for. A multidisciplinary team of doctors trained and experienced in different environments, who will develop the theoretical knowledge in an efficient way, but, above all, will put at the service of the course the practical knowledge derived from their own experience: one of the differential qualities of this training.

This mastery of the subject is complemented by the effectiveness of the methodological design of this Postgraduate Diploma. Developed by a multidisciplinary team of e-learning experts, it integrates the latest advances in educational technology. This way, you will be able to study with a range of comfortable and versatile multimedia tools that will give you the operability you need in your training.

The design of this program is based on Problem-Based Learning: an approach that conceives learning as a highly practical process. To achieve this remotely, we will use telepractice learning: with the help of an innovative, interactive video system and *Learning from an Expert*, students will be able to acquire the knowledge as if they were actually dealing with the scenario they are learning about. A concept that will allow you to integrate and fix learning in a more realistic and permanent way.

*With a methodological design based on proven teaching techniques, this master's degree will take you through different teaching approaches to allow you to learn in a dynamic and effective way.*

*Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, which will provide you with a faster integration and a much more realistic view of the contents: “Learning from an Expert.”*



# 02 Objectives

This comprehensive Postgraduate Diploma has been created from start to finish to become a tool for personal and professional growth for physiotherapists. Its objective is to take you through a training course that will allow students to acquire the most up-to-date knowledge and techniques for the most advanced and competitive practice in this field.







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*With a real practical objective, you will achieve your training goals while boosting your professional profile to a higher level of excellence”*



## General Objectives

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- ♦ Know how to frame the physiotherapist in Primary Care
- ♦ Accumulate the necessary knowledge for good professional practice within the Health System
- ♦ Broaden the necessary tools to face the demands faced in physiotherapy room and take a holistic approach to treatment
- ♦ Design preventive work to improve patient quality of life and promote a correct use of the Health System





## Specific Objectives

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### Module 1. Introduction to Primary Care

- ♦ Describe the evolution of the health care system in Spain
- ♦ Frame Primary Care within the organization
- ♦ Describe the multidisciplinary team, the functions of each unit and the interactions between them
- ♦ Present the physiotherapy unit, its importance and growing evolution
- ♦ Provide knowledge of the functioning and the necessary skills for best professional practice

### Module 2. Manual Therapies and Active Therapies

- ♦ Provide an overview of the most commonly used therapies in clinical practice and, specifically, in Primary Care
- ♦ Develop each one of them through the basic theoretical principles that justify their use
- ♦ Expand knowledge of manual therapies unknown to students and , that can lead to changes in their treatments
- ♦ Expand knowledge of manual therapies unknown to students and that can lead to changes in their treatments
- ♦ Present practical examples of specific techniques to reinforce proper dexterity
- ♦ Adapt the therapies to the different types of patients and pathologies in consultation
- ♦ Update knowledge of the different types of therapies that require active patient collaboration

- ♦ Specialize in the preventive activities
- ♦ Provide a global vision of patient needs Include all types of therapies (active, active-assisted, passive) in your clinical reasoning
- ♦ Introduce the need to educate part of the population in exercise and activity, analyzing patients more comprehensively

### Module 3. Electrotherapy

- ♦ Specialize in the different families of currents used
- ♦ Describe the properties and indications of each one of them
- ♦ Delve deeper into the neurophysiological effect of these currents
- ♦ Detail parameters used in clinical practice

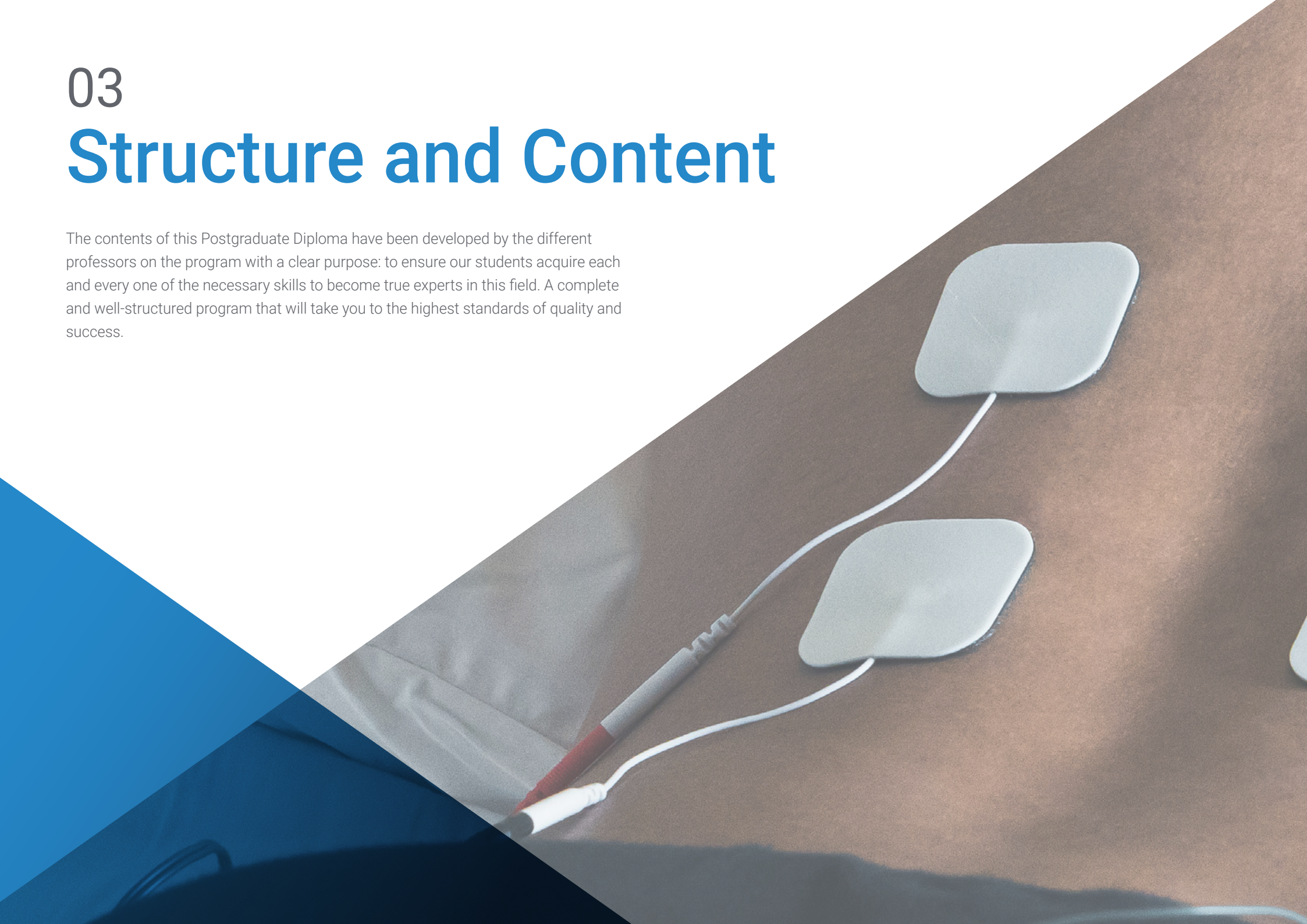


*Highly specialized objectives in a qualification created to train the best professionals in Physiotherapy in Primary Care”*

# 03

## Structure and Content

The contents of this Postgraduate Diploma have been developed by the different professors on the program with a clear purpose: to ensure our students acquire each and every one of the necessary skills to become true experts in this field. A complete and well-structured program that will take you to the highest standards of quality and success.





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*A comprehensive syllabus that will take you gradually through each and every one of the lessons that the professional sports physiotherapist needs. With a bonus: The commitment to excellence that characterizes us”*

### Module 1. Introduction to Primary Care

- 1.1. The Evolution of the Health System
- 1.2. Legal Framework
- 1.3. Health Area and Basic Health Zone
- 1.4. Physiotherapy in Primary Care
- 1.5. Physiotherapy in Specialized Care
- 1.6. Multidisciplinary team
- 1.7. Services Portfolio
- 1.8. Physiotherapy Unit
  - 1.8.1. Physiotherapist Functions
  - 1.8.2. Consultation Dynamics
  - 1.8.3. Computer Application
- 1.9. Education of Health
- 1.10. Historical Framework of Physiotherapy

### Module 2. Manual Therapies and Active Therapies

- 2.1. Massage Therapy
- 2.2. Structural and Visceral Osteopathy
- 2.3. Dry Needling
- 2.4. Manual Lymphatic Drainage
- 2.5. Functional Bandaging and Kinesiotape
- 2.6. Kinesiotherapy
- 2.7. Pilates
- 2.8. Global Stretching and Proprioception
- 2.9. Complementary Tests
- 2.10. Clinical Reasoning





### Module 3. Electrotherapy

- 3.1. Introduction
- 3.2. Types of Current and Properties
- 3.3. High Frequency Current
  - 3.3.1. Microwave
  - 3.3.2. Short Wave
- 3.4. Variable Current
- 3.5. Direct or Galvanic Current
  - 3.5.1. Fundamental Principles
  - 3.5.2. Effects
- 3.6. Interferential Currents
  - 3.6.1. Fundamental Principles
  - 3.6.2. Effects
- 3.7. Ultrasound
  - 3.7.1. Fundamental Principles
  - 3.7.2. Effects
- 3.8. Infrared
  - 3.8.1. Fundamental Principles
  - 3.8.2. Effects
- 3.9. Muscle Potentiation
- 3.10. Remainder of Tools in Electrotherapy
  - 3.10.1. Laser
  - 3.10.2. Magnetotherapy



*A comprehensive teaching program, structured in well-developed units, oriented toward a high impact learning and training experience”*

# 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.







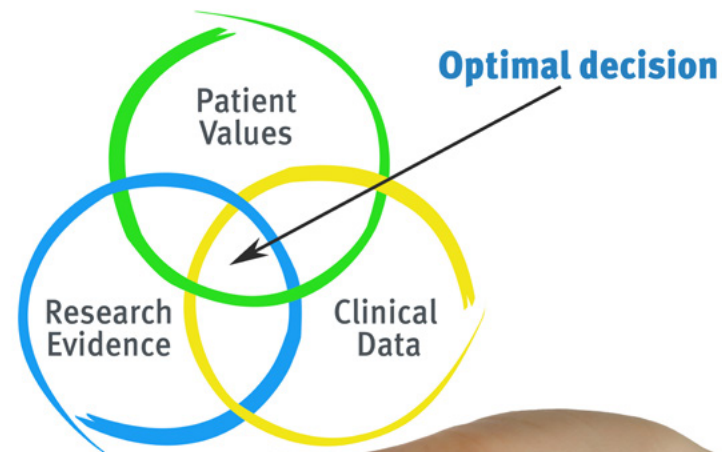
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

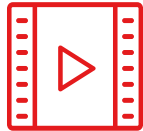
*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

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

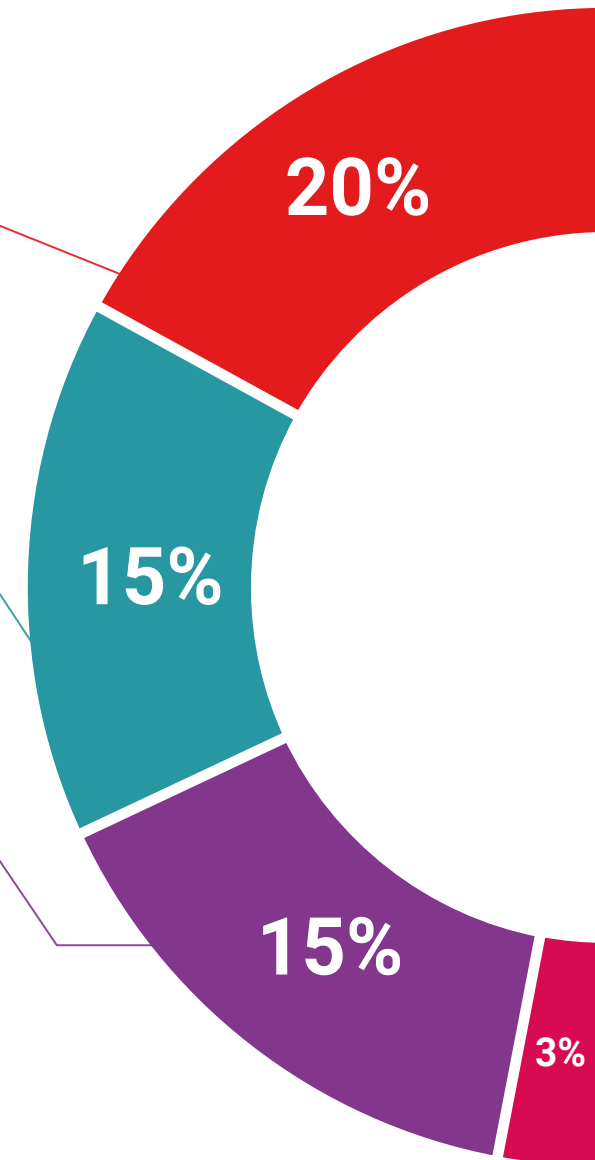
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

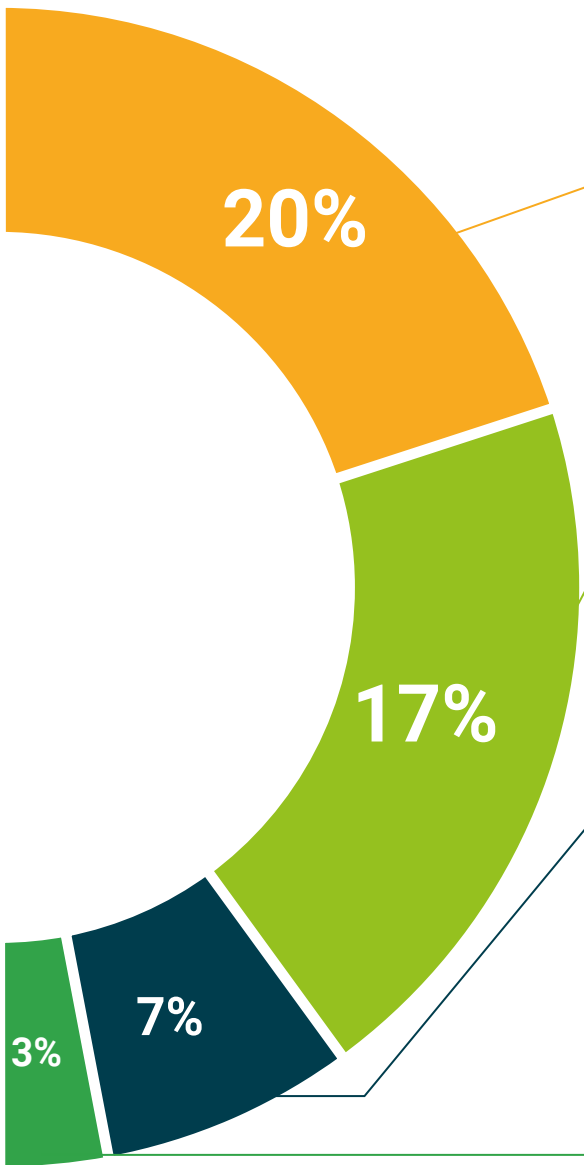
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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 Introduction to Primary Care, Electrotherapy and Manual-Active Therapies 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 Introduction to Primary Care, Electrotherapy and Manual-Active Therapies** 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 Introduction to Primary Care, Electrotherapy and Manual-Active Therapies**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



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

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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