

Postgraduate Diploma

Physiotherapy and
Physiology of the Skin:
Applied Aesthetic
Treatments



Postgraduate Diploma Physiotherapy and Physiology of the Skin: Applied Aesthetic Treatments

- » 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-physiotherapy-physiology-skin-applied-aesthetic-treatments

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01

Introduction

Skin treatments are very common in the aesthetic industry. Millions of people around the world regularly undergo one of them, making it an activity in high demand. New disciplines such as Physiotherapy have opened up to this type of treatment, as they can contribute their specific knowledge to this area, combining aesthetic specialization with in-depth knowledge of Skin Physiology. Therefore, this qualification offers its students the possibility of becoming great experts in the field, opening the doors to obtain patients seeking aesthetic treatments and thereby advancing professionally.





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Offer innovative aesthetic treatments to your patients and get the change you were looking for in your professional life"

Aesthetics and skin care is a growing field. Years ago, the treatments applied in this field were carried out in a small number of disciplines, so the techniques and methods used were very limited. Nowadays, treatments have diversified, and aesthetics has expanded to other areas that can provide great solutions and wellness to patients.

One such field is physiotherapy, which has numerous tools to treat and care for its patients. However, to carry out these tasks effectively, it is important to have the right skills. As such, this Postgraduate Diploma in Physiotherapy and Physiology of the Skin: Applied Aesthetic Treatments offers its students an update of knowledge and competencies that will serve them to be able to provide new services to their users and patients.

In this way, Physiotherapy can provide numerous aesthetic techniques applied to the skin, and this program is the answer for all those professionals seeking to specialize in the field and thereby achieve all their vital objectives.

This **Postgraduate Diploma in Physiotherapy and Physiology of the Skin: Applied Aesthetics Treatment** 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 aesthetic skin treatments
- ♦ 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 will be a great
physiotherapist specializing
in aesthetic skin treatments"*

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Your patients will be very satisfied with the new services you will offer them”

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.

Your career will experience a significant boost when you complete this program.

This is the qualification you were looking for. Don't wait any longer and enroll.



02 Objectives

The main objective of this Postgraduate Diploma in Physiotherapy and Physiology of the Skin: Applied Aesthetic Treatments is to make available to its students new skills and knowledge that will help them to be able to offer new services to their patients. As a result, both the professionals who take this qualification and their patients will be satisfied with the treatments and techniques learned here. This program is focused, therefore, on the practice of the physiotherapist and, for that reason, everything that is taught has a direct application in the workplace.





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The life you imagine starts here. Enroll in this Postgraduate Diploma"



General Objectives

- 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
- Know the general characteristics of the skin and its anatomy
- Know the basic characteristics of dermo-aesthetic treatments for the body
- Discern between the most effective treatments in each case



There is no better qualification to achieve your goals"





Specific Objectives

Module 1. Aesthetic Physiotherapy

- ♦ Know the basics of dermo-aesthetic physiotherapy
- ♦ Know how to structure the organization of the dermo-aesthetic physiotherapy 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. Skin

- ♦ Know the anatomical structures of the skin
- ♦ Explore other fields related to the skin: hair, nails, sebaceous and sweat glands, etc
- ♦ 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 3. Peeling in Dermocosmetics

- ♦ Identify suitable patients for treatment, prepare the skin prior to treatment, and conduct effective monitoring and prescription of the Post-Peel treatment, depending on expected effects of each chemical agent or a combination of chemical agents
- ♦ Understand the possible adverse effects of peeling and their treatments
- ♦ Explore types of Peels and common indications
- ♦ Examine the skin for adequate pre-preparation
- ♦ Delve into general cosmetic skin care
- ♦ Address pathologies such as acne or aging

03

Structure and Content

This qualification is structured into 3 modules, through which students will learn everything about Dermo-aesthetics applied to Physiotherapy, Skin Physiology, dermo-cosmetic treatments and other techniques such as chemical peelings or facial rejuvenation. In this way, professionals who take this Postgraduate Diploma will enjoy high-level contents that will turn them into true specialists in the field.





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*These are the contents in
which you need to specialize”*

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. Skin

- 2.1. Skin Anatomy and Structure of the Skin
- 2.2. Skin Appendages
 - 2.2.1. Hair
 - 2.2.2. Nails
 - 2.2.3. Sebaceous Glands
 - 2.2.4. Sweat Glands



- 2.3. Skin Functions and Elementary Lesions
 - 2.3.1. Protection
 - 2.3.2. Metabolism
 - 2.3.3. Temperature Regulation
 - 2.3.4. Sensory
 - 2.3.5. Excretory
 - 2.3.6. Energy Reserve
- 2.4. Skin Care in the Different Stages of Life: Neonatal, Pediatric, Adolescent, Adult, Geriatric, Pregnancy
 - 2.4.1. Neonatal
 - 2.4.2. Pediatric
 - 2.4.3. Adolescent
 - 2.4.4. Adult
 - 2.4.5. Geriatric
 - 2.4.6. Pregnancy
- 2.5. Embryology of the Skin and Skin Appendages
 - 2.5.1. Skin Development
 - 2.5.2. Hair Development
 - 2.5.3. Nail Development
 - 2.5.4. Skin Gland Development
- 2.6. Skin Types
 - 2.6.1. Density
 - 2.6.2. Skin Emulsion
 - 2.6.3. Skin Phototype
 - 2.6.4. Status
- 2.7. Skin Hygiene
- 2.8. Skin Hydration
 - 2.8.1. Manual Techniques
 - 2.8.2. Materials and Technical Methods
 - 2.8.3. Specific Cosmetics
 - 2.8.4. Equipment

Module 3. Peeling in Dermocosmetics

- 3.1. General Aspects
- 3.2. Advance Preparation
- 3.3. Superficial Peeling
- 3.4. Medium Peeling
- 3.5. Deep Peeling
- 3.6. Post Peeling Care: Adverse Effects and their Treatment
- 3.7. Introduction to Dermocosmetics
- 3.8. General Cosmetic Skin Care
- 3.9. Specific Cosmetic Care



Incorporate new aesthetic treatments to your services and watch your patient numbers increase"

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 Physiotherapy and Physiology of the Skin: Applied Aesthetic Treatments guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Physiotherapy and Physiology of the Skin: Applied Aesthetic Treatments** contains the most complete and up-to-date scientific program 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 Physiotherapy and Physiology of the Skin: Applied Aesthetic Treatments**

Official N° of hours: **450 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

personalized service innovation

knowledge present certificate

development language

virtual classroom

tech technological
university

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