

# Professional Master's Degree Physiotherapy in Primary Care





## Professional Master's Degree Physiotherapy in Primary Care

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/physiotherapy/professional-master-degree/master-physiotherapy-primary-care](http://www.techtute.com/pk/physiotherapy/professional-master-degree/master-physiotherapy-primary-care)

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# 01

# Introduction

With this comprehensive program, students will acquire in-depth knowledge of the internal functioning of both the multidisciplinary team and the Physiotherapy unit in Primary Care; providing professionals with the tools they require to better adapt to the position. A unique opportunity to specialize and stand out in a sector where professionals are in high demand.





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*The latest diagnostic and therapeutic advances in Primary Care injuries”*

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.

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, including up-to-date studies and analyses in Primary Care.

The program 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 **Professional Master's Degree in Physiotherapy in Primary Care** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ◆ The 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
- ◆ Supplementary documentation databases that 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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*A comprehensive program created for physiotherapy professionals, which will allow you to balance it with other responsibilities and access it from any location with total flexibility”*

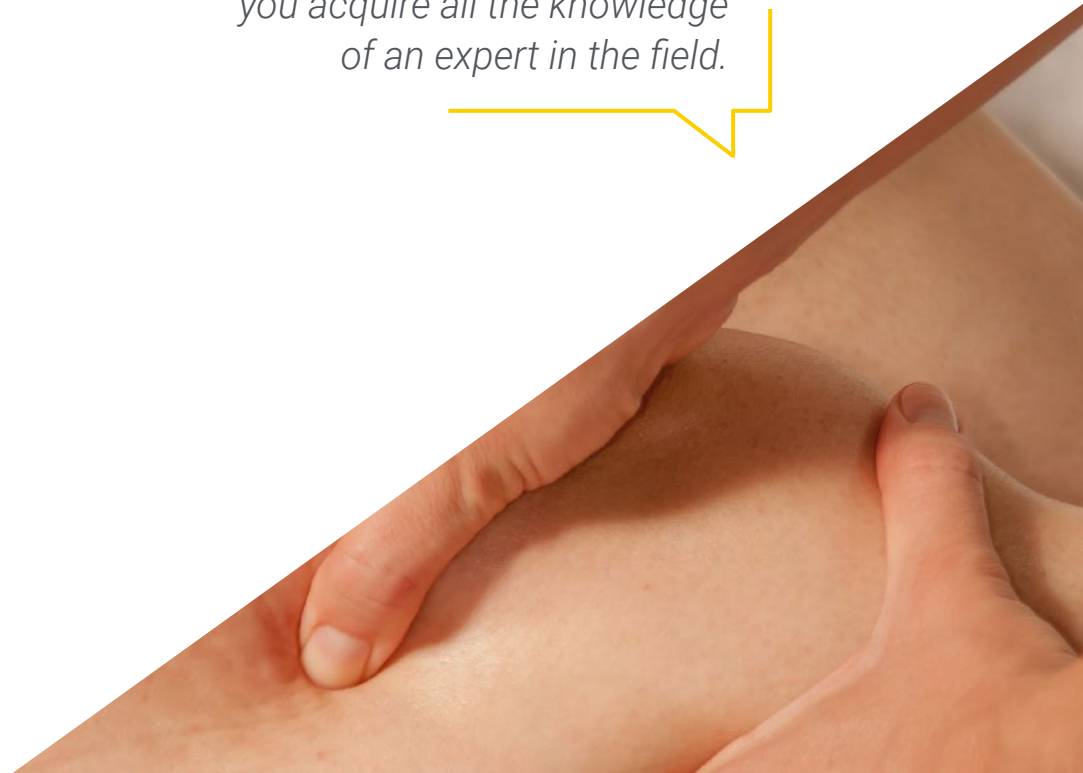
Our teaching staff is made up of working professionals. In this way we ensure that we deliver the educational update we are aiming for. A multidisciplinary team of professionals who are trained and experienced in different environments, who will develop the theoretical knowledge in an efficient way, but above all, they will bring their practical knowledge from their own experience to the program: one of the differential qualities of this program.

This mastery of the subject is complemented by the effectiveness of the methodology used in the design of this course. 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 program will take you through different teaching approaches to allow you to learn in a dynamic and effective way.*

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



# 02 Objectives

This program has been created from start to finish to be a tool for personal and professional growth for physiotherapists. Its objective is to take students through a syllabus that will allow them to acquire the most up-to-date knowledge and techniques for the most advanced and competitive practice in the field.





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*With a real practical objective, this program will allow you to achieve your educational 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

- ◆ 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

- ♦ Broaden knowledge of 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**

- ♦ Take a deeper look into 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

### **Module 4. Neurophysiology of Pain and Neurorehabilitation**

- ♦ Understand the fundamental characteristics of the nervous system
- ♦ Unravel the concept of pain at a physiological level
- ♦ Describe the different impulses and fiber types
- ♦ Explain the different neurological pathologies treated in primary care
- ♦ Know the different specific neurological assessment protocols, including validated scales applicable in primary care
- ♦ Explain different active and passive treatments from the most prominent neurological schools to date
- ♦ Analyze and delve into specific pharmacology topics to become familiar with the medication

### **Module 5. Physiotherapy in Pediatrics and Pelvic Floor**

- ♦ Describe and provide guidance for the use of pelvic floor techniques in Primary Care

- ♦ Enrich students with different points of view and different disciplines within physiotherapy
- ♦ Describe the psychomotor evolutionary development of children

### **Module 6. Common Affectations**

- ♦ Recap on the anatomy of the lower limb
- ♦ Manage general ideas about the most frequent lower limb pathologies in Primary Care
- ♦ Identify pathologies in specific complementary tests and have a general idea of each one of them
- ♦ Obtain theoretical knowledge about the evolution and prognosis of different affectations
- ♦ Study specific tests to perform to adequately evaluate patients
- ♦ Apply indicated treatments and recommendations to patients

### **Module 7. Rachis: Craniocervical and Dorsal Region**

- ♦ Gain in-depth knowledge of studies on the global anatomy of the region and how it relates to other structures
- ♦ Evaluate the spinal area with specific tests of eminent practical use
- ♦ Take a closer look at the assessment and treatment tools of different schools within physiotherapy, always as they apply in Primary Care
- ♦ Acquire specific knowledge about the temporomandibular joint and its influences in different pathologies
- ♦ Highlight the importance of self-care and physical activities as part of a healthy routine for patients

### Module 8. Rachis: Lumbosacral Region

- ◆ Possess knowledge of the global anatomy of the region and how it relates to other structures
- ◆ Evaluate the spinal area with specific tests of eminently practical use
- ◆ Have an in-depth understanding of the evaluation and treatment tools used in different physiotherapy schools, always focusing on treatment possibilities in Primary Care
- ◆ Take a deeper look into the physiognomy of the peripheral nervous system, especially as it directly relates to pathologies in consultation
- ◆ Highlight the importance of self-care and physical activities as part of a healthy routine for patients

### Module 9. Upper Limb Therapeutic Approach

- ◆ Obtain the necessary theoretical training in anatomy, complex gear, muscular and tendon systems to treat their affections
- ◆ Present functional tests and diagnostic criteria as useful and practical as possible
- ◆ Present different treatment proposals to increase the probabilities of therapy success
- ◆ Delve into the study of ultrasound as a fundamental diagnostic tool in the tissues treated and, especially, in the joint complex
- ◆ Present the most frequent practical cases in consultation, treatment proposals and common progression

### Module 10. Cardiorespiratory System

- ◆ Provide knowledge and theoretical foundations of cardiopulmonary anatomy
- ◆ Study the relation with other nearby systems and their modifications
- ◆ Develop a way of assessing patients more holistically than structurally
- ◆ Assess the functionality of cardiopulmonary exercises and include them among common treatments
- ◆ Become deeply familiar with patient portfolios presenting these affectations in Primary Care, as well as the evaluation and treatment criteria
- ◆ Analyze the role played by respiratory physiotherapy during the COVID-19 pandemic



*Highly specialized objectives, in an update created to train the best professionals in Physiotherapy in Primary Care”*

# 03 Skills

After passing the course assessments, students will have acquired the professional competencies necessary for a quality and updated practice based on the most innovative didactic methodology.





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*Acquire expert skills in Physiotherapy in Primary Care with the a specialization in which knowledge will be converted into practice through highly interactive training”*



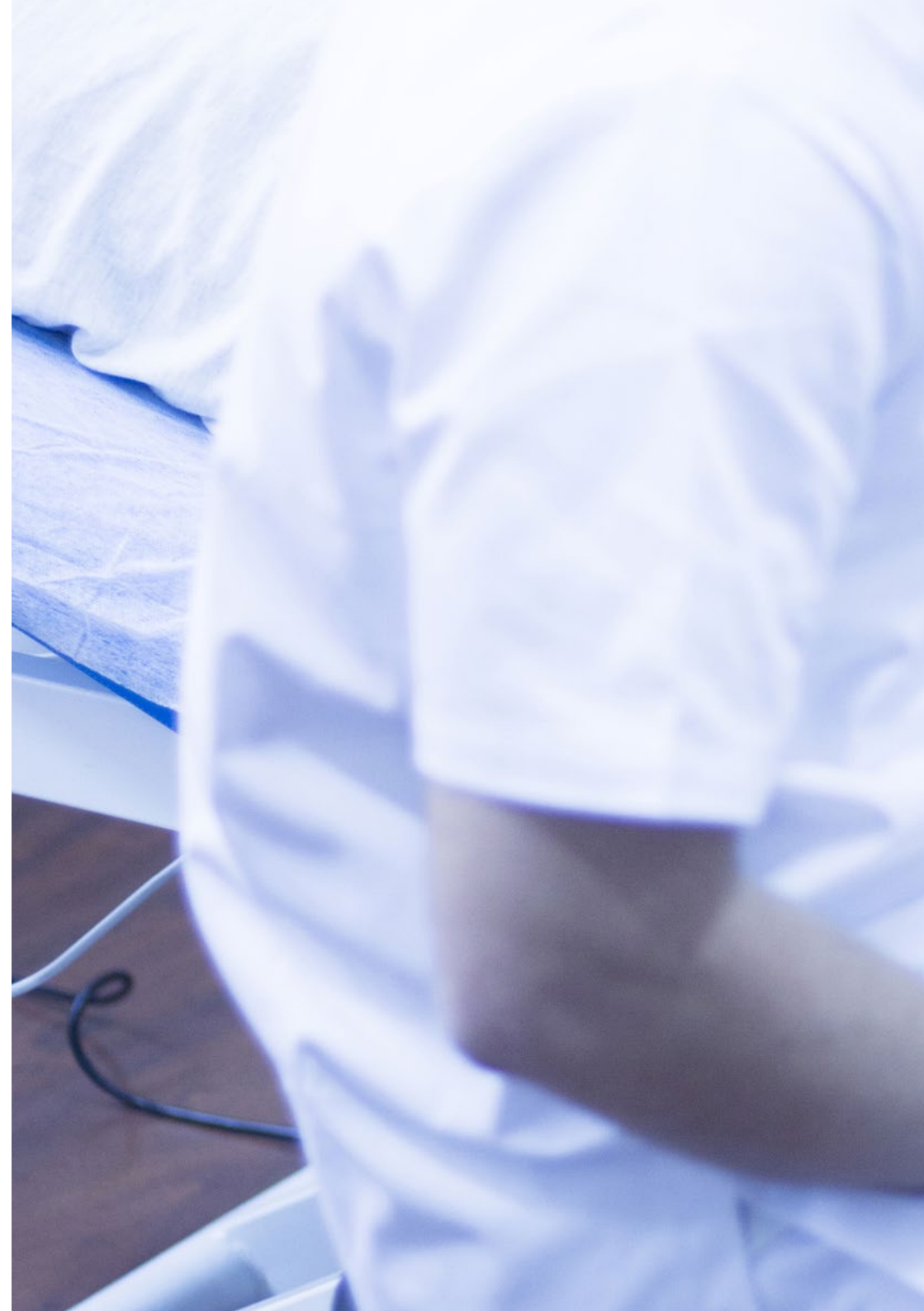
## General Skills

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- ◆ Apply the knowledge acquired in this program in daily Primary Care practice
- ◆ Employ tools and techniques used in Primary Care Physiotherapy
- ◆ Integrate therapeutic exercise in health promotion, both in healthy and sick populations
- ◆ Develop care models based on the most up-to-date evidence to improve patient quality of life



*Take the step and join one of the largest online universities in the world"*







## Specific Skills

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- ◆ Describe the multidisciplinary team, the functions of each unit and the interactions between them
- ◆ Understand the fundamental characteristics of the nervous system
- ◆ Describe the properties and indications of each one of them
- ◆ Develop each one through the basic theoretical principles that justify their use
- ◆ Describe and provide guidance on which of these techniques may be useful for Primary Care patients
- ◆ Identify pathologies in specific complementary tests and have a general idea of each one of them
- ◆ Evaluate the spinal area with specific tests of eminent practical use
- ◆ Possess knowledge of the global anatomy of the region and how it relates to other structures
- ◆ Present functional tests and diagnostic criteria that prove useful and practical
- ◆ Assess the functionality of cardiopulmonary exercises and include them among common treatments

# 04

# Structure and Content

The contents of this program have been developed by the different professors on the course 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 gradually take you through each and every one of the learning processes that professional physiotherapists need in Primary Care. With an added 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

#### Module 4. Neurophysiology of Pain and Neurorehabilitation

- 4.1. Organization of the Nervous System
- 4.2. Transmission and Fibers
  - 4.2.1. Afferent Pathway
  - 4.2.2. Efferent Pathway
- 4.3. Types of Pain
  - 4.3.1. Visceral Pain
  - 4.3.2. Somatic Pain
  - 4.3.3. Neuropathic Pain
  - 4.3.4. Features of Acute and Chronic Pain
- 4.4. Neurological Involvement
- 4.5. Assessing Neurological Involvement
- 4.6. Physiotherapy in Central Nervous System Disorders
- 4.7. Physiotherapy in Peripheral Nervous System Disorders
- 4.8. Active Therapy Treatment
- 4.9. Manual Therapy Treatment
- 4.10. Frequent Pathology Pharmacology

#### Module 5. Physiotherapy in Pediatrics and Pelvic Floor

- 5.1. Abdomino-Pelvic Anatomy and Physiology
- 5.2. Perineal Physiopathology
- 5.3. Treatment Techniques
- 5.4. Pelvis and Pelvic Floor Exercises
- 5.5. Specific Treatment Programs
- 5.6. Introduction to Pediatric Physiotherapy
- 5.7. Psychomotor Development Assessment
- 5.8. Physiotherapeutic Approach
- 5.9. Pediatric Respiratory Physiotherapy
- 5.10. Child Orthoses

#### Module 6. Lower Limb Therapeutic Approach

- 6.1. Joint Physiology
- 6.2. Muscle Physiology
- 6.3. Foot and Biomechanical Gait Analysis
- 6.4. Most Common Pathologies
- 6.5. Evaluation
- 6.6. Functional Tests
- 6.7. Nerve Structures
- 6.8. Manual Treatments
- 6.9. Active and Active-Assisted Therapies
- 6.10. Daily Activities that Generate Pathology

#### Module 7. Rachis: Craniocervical and Dorsal Region

- 7.1. Joint Physiology
- 7.2. Muscle Physiology
- 7.3. Temporomandibular Joint (TMJ)
- 7.4. Most Common Pathologies
- 7.5. Evaluation
- 7.6. Functional Tests
- 7.7. Nerve Structures
- 7.8. Visual Therapy Treatment
- 7.9. Treatment with Active and Active-Assisted Therapies
- 7.10. Daily Activities that Generate Pathology

**Module 8. Rachis: Lumbosacral Region**

- 8.1. Joint Physiology
- 8.2. Muscle Physiology
- 8.3. Most Common Pathologies
- 8.4. Related Structures that Cause Pathology
- 8.5. Evaluation
- 8.6. Functional Tests
- 8.7. Nerve Structures
- 8.8. Visual Therapy Treatment
- 8.9. Treatment with Active and Active-Assisted Therapies
- 8.10. Daily Activities that Generate Pathology

**Module 9. Upper Limb Therapeutic Approach**

- 9.1. Joint Physiology
- 9.2. Muscle Physiology
- 9.3. Muscle Chains and Related Structures
- 9.4. Most Common Affectations
- 9.5. Evaluation
- 9.6. Functional Tests
- 9.7. Nerve Structures
- 9.8. Visual Therapy Treatment
- 9.9. Active and Active-Assisted Therapies
- 9.10. Daily Activities that Generate Pathology

**Module 10. Cardiorespiratory System**

- 10.1. Anatomical and Physiological Basis of the Respiratory and Cardiac Systems
- 10.2. Types of Respiratory Pathologies
- 10.3. Evaluation of the Respiratory System
- 10.4. Respiratory Physiotherapy Techniques in Primary Care: Ventilation Reeducation
- 10.5. Respiratory Physiotherapy Techniques in Primary Care: Secretion Drainage
- 10.6. Respiratory Physiotherapy Techniques in Primary Care: Cardiorespiratory Training and Directed Exercises
- 10.7. Respiratory Physiotherapy Techniques in Primary Care: Aerosols and Mechanical Ventilators
- 10.8. Treating Obstructive Pathologies
- 10.9. Treating Restrictive Pathologies
- 10.10. Physiotherapy in Primary Care and COVID-19



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

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







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

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Physiotherapists/kinesiologists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional physiotherapy practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*The physiotherapist/kinesiologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

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

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



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Professional Master's Degree in Physiotherapy in Primary Care guarantees you, in addition to the most rigorous and updated training, access to a Professional Master's Degree issued by TECH Technological University.





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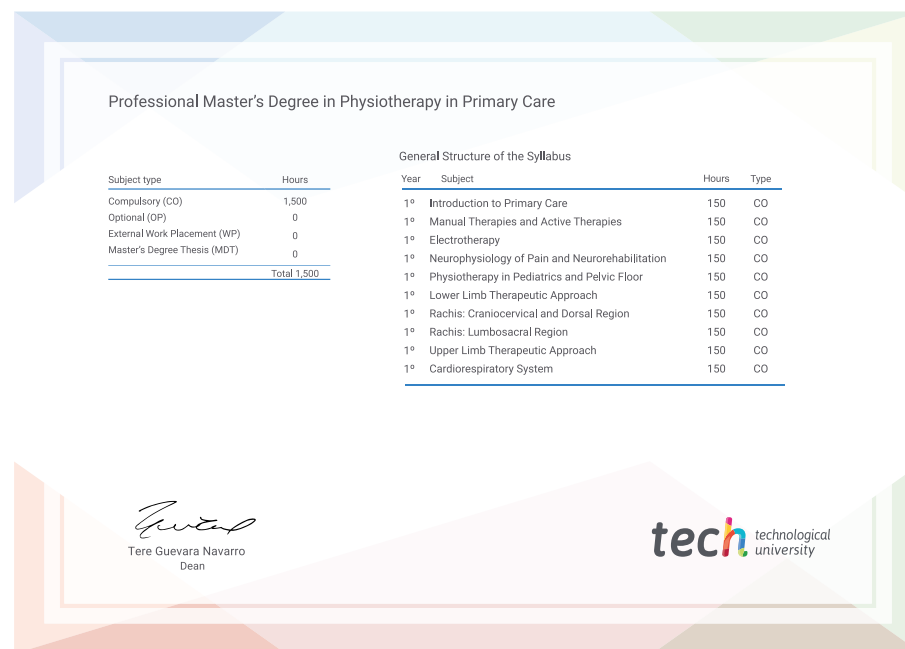
*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This **Professional Master's Degree in Physiotherapy in Primary Care** contains the most complete and updated scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will express the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Professional Master's Degree in Physiotherapy in Primary Care**  
 Official N° of hours: **1,500 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma 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 quality  
development languages  
virtual classroom



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Physiotherapy in Primary Care

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- » Dedication: 16h/week
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