

# Postgraduate Certificate

## Pilates in Lower Limb Disorders





## Postgraduate Certificate Pilates in Lower Limb Disorders

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/sports-science/postgraduate-certificate/pilates-lower-limb-disorders](http://www.techtute.com/us/sports-science/postgraduate-certificate/pilates-lower-limb-disorders)

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# 01

# Introduction

The Pilates Method is more than a simple exercise regimen, it is also a physical activity that promotes the strengthening and conditioning of the mind in addition to enhancing balance and body stretching. According to the importance and boom of this discipline in recent decades, TECH has created this academic program aimed at professionals in the world of sports, providing them with a complete update on lower limb disorders and their approach through the different exercises of this discipline. All this with a 100% online pedagogical format, with high quality multimedia didactic content, elaborated by a team of teachers experienced in Physiotherapy. A unique opportunity through the largest digital academic institution in the world.



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*This Postgraduate Certificate is oriented to sport specialists like you, where it will enhance your knowledge in Hip, Knee and Ankle Pathologies”*

In sports, the lower extremities are the balance, stability and the essential axis to give start and continuity to a technical movement that the body must exercise. Therefore, multiple parts of this area are exposed to breakage or trauma according to the demand and fatigue of the same. In this way, Pilates and therefore flexibility have been essential in the prevention of injuries. By incorporating this discipline in different sports activities has been of great importance for athletes in recovery and physical rehabilitation.

In this way, the different investigations and studies carried out in this field have continued to advance, making the Pilates Method an important part of the great feats of the most important athletes in the world. Given the importance of this discipline, TECH has decided to develop this Postgraduate Certificate, which will provide the professionals with updates on Pilates in Lower Limb Disorders.

Students will enhance their skills related to the adequacy of protocols in specific exercises for the recovery process of injuries, as well as exercises on machines and implements. A program that has the support of a specialized teaching team and at the same time, accompanied by quality multimedia content that offers dynamism and comfort with the online mode.

Also, TECH emphasizes comfort and excellence, which is why this program offers the most complete and highest quality update, being a program of great flexibility as students only need a device with an Internet connection to easily access the virtual platform from the comfort of the place where they are.

This **Postgraduate Certificate in Pilates in Lower Limb Disorders** 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 Pilates
- 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



*Pilates is so important in sports disciplines that you will delve into concepts such as stability, flexibility and muscle strengthening"*

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*If you want to be at the forefront of the Pilates Method, with TECH you will be able to do so by taking the most complete updates in the sector"*

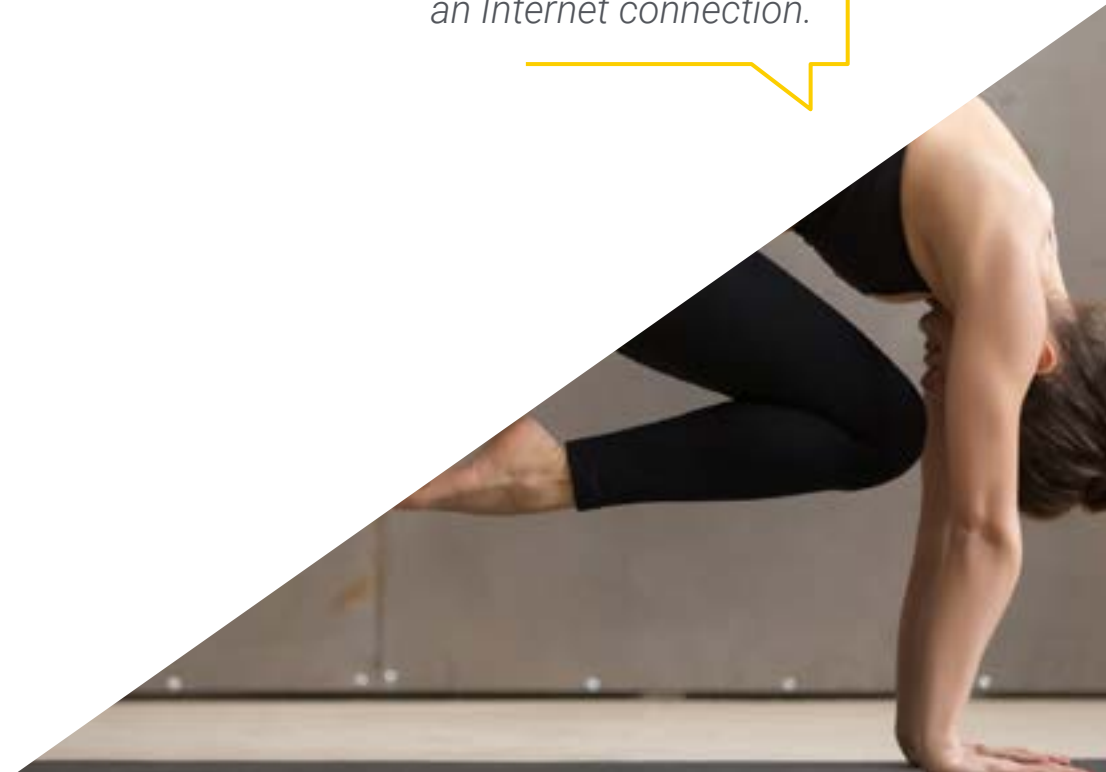
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 enhance your skills related to nerve entrapment in the lower limb.*

*TECH provides comfort with its flexible schedule and access to its virtual platform from an electronic device with an Internet connection.*



# 02

# Objectives

This Postgraduate Certificate in Pilates in Lower Limb Disorders has been developed mainly to provide the specialists with the most recent developments in the field of Sports Sciences. Therefore, TECH provides different tools of technological innovation, ensuring the success of the process and completion of the program. At the end of this program, the graduates will have completed an effective update through case studies that will allow them to integrate the most appropriate exercises for each condition.







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*With the technological tools that TECH offers you, you will successfully complete your updating process in the Pilates Method”*



## General Objectives

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- ♦ Enhance knowledge and professional skills in the practice and teaching of Pilates exercises on the floor, on different machines and with implements
- ♦ Differentiate the applications of Pilates exercises and the adaptations to be made for each patient
- ♦ Establish an exercise protocol adapted to the symptoms and pathology of each patient
- ♦ Delimit the progressions and regressions of the exercises according to the different phases in the recovery process of an injury
- ♦ Avoiding exercises that are contraindicated according to the previous assessment of patients and clients
- ♦ Handle in depth the apparatus used in the Pilates Method
- ♦ Provide the necessary information to be able to search for scientific and updated information on Pilates treatments applicable to different pathologies
- ♦ Analyze the needs and improvements of Pilates equipment in a therapeutic space destined to Pilates exercise
- ♦ Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method
- ♦ Perform correctly and analytically the exercises based on the Pilates Method
- ♦ Analyze the physiological and postural changes that affect the pregnant woman
- ♦ Design exercises adapted to the woman in the course of pregnancy until delivery
- ♦ Describe the application of the Pilates Method in high-level athletes





## Specific Objectives

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- Detect distinctive characteristics of each injury
- Address the alterations through exercises based on the Pilates Method
- Adapt specific exercise protocols for the injury recovery process



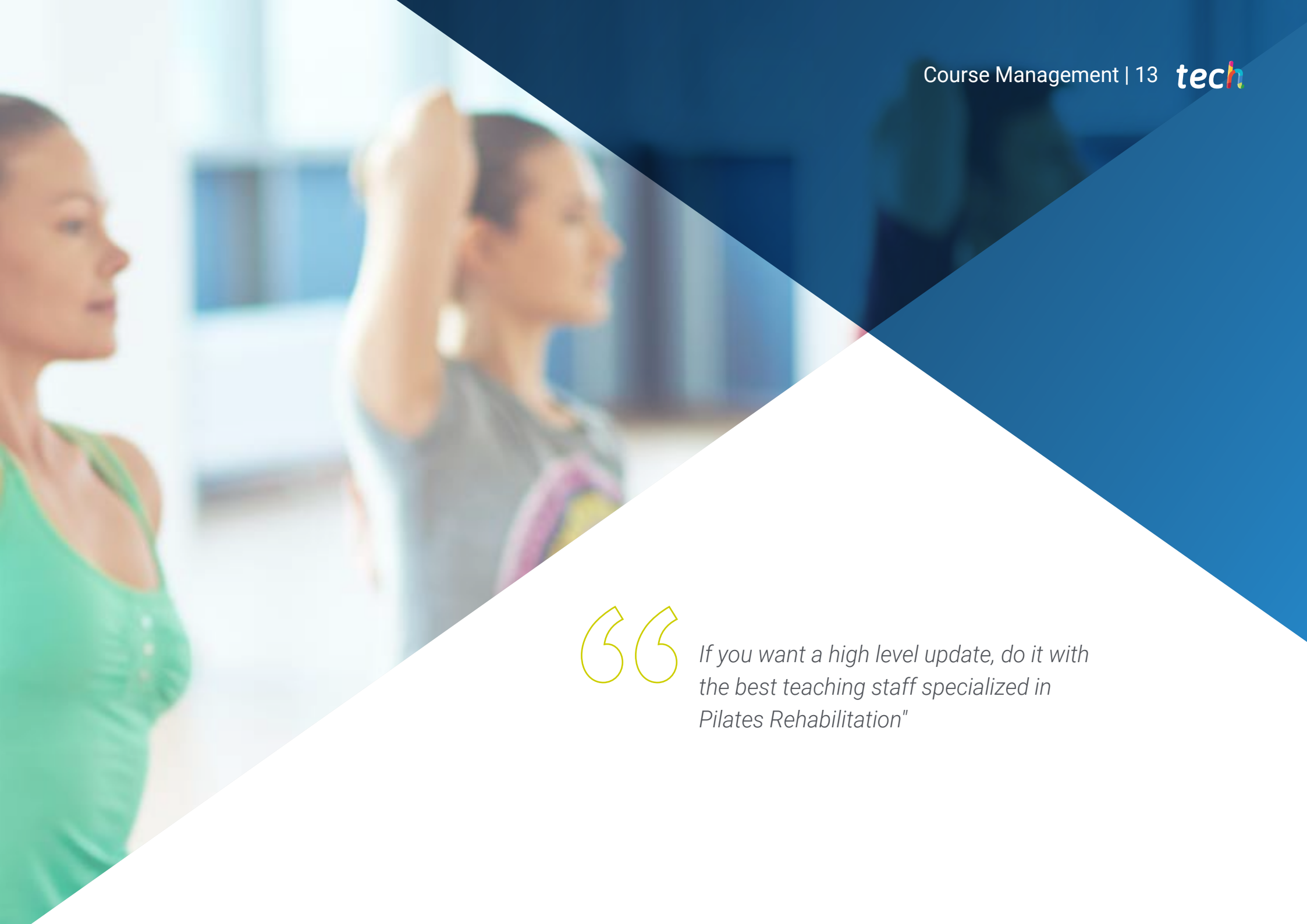
*During the development of the academic program you will find content related to exercises indicated in Mat, in Machines and with Implements"*

03

# Course Management

TECH aims to offer the professional the highest quality of content. For this reason, TECH provides in each of its programs the most innovative didactic tools, allowing the successful development of each of its programs. In this way, the graduates will have access to material specially designed by a faculty specialized in manual physical therapy in the locomotor system, rehabilitation, recovery and sports rehabilitation. Their wide experience and deep knowledge will allow the graduates to solve doubts or answer questions that may arise during the course of the program.





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*If you want a high level update, do it with the best teaching staff specialized in Pilates Rehabilitation"*

## International Guest Director

Dr. Edward Laskowski is a leading international figure in the field of Sports Medicine and Physical Rehabilitation. Board certified by the American Board of Physical Medicine and Rehabilitation, he has been an integral part of the prestigious staff at the Mayo Clinic, where he has served as Director of the Sports Medicine Center.

In addition, his expertise spans a wide range of disciplines, from Sports Medicine, to Fitness and Strength and Stability Training. As such, he has worked closely with a multidisciplinary team of specialists in Physical Medicine, Rehabilitation, Orthopedics, Physiotherapy and Sports Psychology to provide a comprehensive approach to the care of his patients.

Likewise, his influence extends beyond clinical practice, as he has been recognized nationally and internationally for his contributions to the world of sport and health. Accordingly, he was appointed by President George W. Bush to the President's Council on Physical Fitness and Sports, and awarded a Distinguished Service Award from the Department of Health and Human Services, underscoring his commitment to promoting healthy lifestyles.

In addition, he has been a key element in renowned sporting events, such as the Winter Olympics (2002) in Salt Lake City and the Chicago Marathon, providing quality medical care. Add to this his dedication to outreach, which has been reflected in his extensive work in creating academic resources, including the Mayo Clinic CD-ROM on Sports, Health and Fitness, as well as his role as Contributing Editor of the book "Mayo Clinic Fitness for EveryBody." With a passion for debunking myths and providing accurate, up-to-date information, Dr. Edward Laskowski continues to be an influential voice in Sports Medicine and Fitness worldwide.



## Dr. Edward Laskowski

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- Director, Mayo Clinic Sports Medicine Center, United States
- Consultant Physician to the National Hockey League Players Association, United States
- Physician at the Mayo Clinic, United States
- Member of the Olympic Polyclinic at the Olympic Winter Games (2002), Salt Lake City, Salt Lake City, United States
- Specialist in Sports Medicine, Fitness, Strength Training and Stability Training
- Board Certified by the American Board of Physical Medicine & Rehabilitation
- Contributing Editor of the book "Mayo Clinic Fitness for EveryBody"
- Distinguished Service Award from the Department of Health and Human Services
- Member of: American College of Sports Medicine

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Mr. Sergio González Arganda

- Physiotherapist of Atlético de Madrid Football Club
- CEO Físio Domicilio Madrid
- Teacher in the Professional Master's Degree in Physical Preparation and Sports Readaptation in Soccer
- Teacher in the Postgraduate Diploma Pilates Clinical Pilates
- Teacher in the Professional Master's Degree in Biomechanics and Sports Physiotherapy
- Professional Master's Degree in Osteopathy of the Locomotor System from the Madrid School of Osteopathy
- Postgraduate Diploma in Pilates and Rehabilitation by the Royal Spanish Gymnastics Federation
- Professional Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- Graduate in Physiotherapy from the Pontifical University of Comillas





## Professors

### Mr. Pérez Costa, Eduardo

- CEO of Move2Be Physiotherapy and Readaptation
- Freelance physiotherapist, home treatment in Madrid
- Physiotherapist Natal Clinic San Sebastian de los Reyes
- Sports rehabilitation of the Zona Press Basketball Club
- Physiotherapist in the subsidiary of the UD Sanse
- Physiotherapist on the field with the Marcet Foundation
- Physiotherapist at Pascual & Muñoz clinic
- Physiotherapist at Fisio Life Plus clinic
- Professional Master's Degree in Manual Physiotherapy in the locomotor apparatus at the University of Alcalá
- Degree in Physiotherapy from the University of Alcalá

# 04

## Structure and Content

This university program has been developed and designed according to the most recent research in the sports field, establishing a syllabus that provides a great content on Pilates in Lower Limb Disorders. This Postgraduate Certificate is oriented to provide the expert with specialized and exclusive content related to the analysis of the antero-lateral and postero-medial chain of the lower limb. All this, by means of multiple multimedia tools that offer dynamism and a greater attractiveness to this program.



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*This program is focused on providing you with multiple valuable contents such as "Frequent pathologies susceptible to treatment with Pilates"*

## Module 1. Pilates in Lower Limb Disorders

- 1.1. Basic Anatomical Recall
  - 1.1.1. Osteology of the Lower Limb
  - 1.1.2. Myology of the Lower Limb
  - 1.1.3. Biomechanics of the Lower Limb
  - 1.1.4. Good Practices
- 1.2. Frequent Pathologies Suitable for Treatment with Pilates
  - 1.2.1. Growth Pathologies
  - 1.2.2. Pathologies in the Athlete
  - 1.7.3. Other Types of Pathologies
  - 1.7.4. Conclusions
- 1.3. Indicated Exercises in Mat, in Machines and with Implements. General Protocol
  - 1.3.1. Dissociation Exercises
  - 1.3.2. Mobilization Exercises
  - 1.3.3. Strengthening Exercises
  - 1.3.4. Functional Exercises
- 1.4. Hip Pathology
  - 1.4.1. Joint Pathology
  - 1.4.2. Muscle-Tendon Pathology
  - 1.4.3. Surgical Pathology. Prosthesis
  - 1.4.4. Hip Exercises
- 1.5. Knee Pathology
  - 1.5.1. Articular Pathology
  - 1.5.2. Muscle-Tendon Pathology
  - 1.5.3. Surgical Pathology. Prosthesis
  - 1.5.4. Knee Exercises
- 1.6. Ankle Pathology
  - 1.6.1. Articular Pathology
  - 1.6.2. Muscle-Tendon Pathology
  - 1.6.3. Surgical Pathology
  - 1.6.4. Ankle Exercises



- 1.7. Foot Pathology
  - 1.7.1. Joint and Fascial Pathology
  - 1.7.2. Muscle-Tendon Pathology
  - 1.7.3. Surgical Pathology
  - 1.7.4. Foot Exercises
- 1.8. Nerve Entrapments in the Lower Limb
  - 1.8.1. Brachial Plexus
  - 1.8.2. Peripheral Nerves
  - 1.8.3. Types of Pathology
  - 1.8.4. Exercises for Nerve Entrapments in the Lower Limb
- 1.9. Analysis of the Anterolateral Chain of the Lower Limb
  - 1.9.1. What is the Anterolateral Chain and how Important is it for the Patient?
  - 1.9.2. Important Aspects for Assessment
  - 1.9.3. Relationship of the Chain with Pathology Already Described
  - 1.9.4. Exercises for Working on the Anterolateral Chain
- 1.10. Analysis of the Postero-medial Chain of the Lower Limb
  - 1.10.1. What is the Postero-medial Chain and how Important is it for the Patient?
  - 1.10.2. Important Aspects for Assessment
  - 1.10.3. Relationship of the Complex with Pathology Already Described
  - 1.10.4. Exercises of Work on the Postero-Medial Chain



*With TECH you will gain and strengthen your skills to perform Pilates exercises that work the brachial plexus and peripheral nerves"*

# 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"*

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

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*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*





*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*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.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



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 highly 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.



### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



### Practising Skills and Abilities

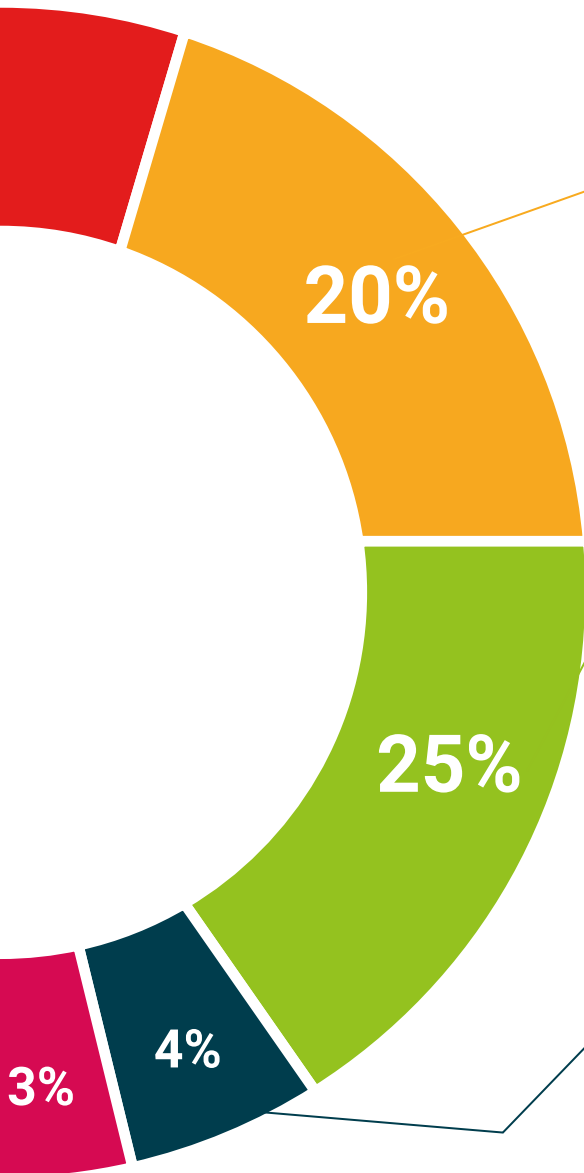
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### 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.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### 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 exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.



# 06 Certificate

The Postgraduate Certificate in Pilates in Lower Limb Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 Certificate in Pilates in Lower Limb Disorders** 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 Certificate** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Certificate in Pilates in Lower Limb Disorders**

Official N° of Hours: **150 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.





**Postgraduate Certificate**  
Pilates in Lower Limb Disorders

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