

# Postgraduate Certificate

## Pilates in Upper Limb Disorders





## Postgraduate Certificate Pilates in Upper 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-upper-limb-disorders](http://www.techtute.com/us/sports-science/postgraduate-certificate/pilates-upper-limb-disorders)

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# 01

# Introduction

Pilates basically seeks to correct the posture until it is as healthy as possible or as close to the ideal posture as possible. Given the benefits of this method, balance, muscle strengthening, there are many athletes who integrate it to improve their technique and fitness. For this reason, TECH has designed this 100% online program in order to provide the Sports Science professionals with innovative content related to exercises adapted to the symptomatology and pathology of each patient with Upper Limb Disorders. All this, through a high quality audiovisual content, developed by an experienced teaching team with extensive experience in this physical activity and Physiotherapy.





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*TECH has a first level content in Pilates in Upper Limb Disorders that will allow you to update your knowledge in only 6 weeks"*

The most frequent problems observed in all individuals are muscular imbalances: shortened or retracted muscles that cause their antagonists to weaken. The loss of flexibility is a problem that goes beyond the decrease in joint ranges, so the joints suffer from the imbalance of tensions. Therefore, one of the benefits of Pilates exercises is the increase of flexibility in powerful and shortened muscles. The daily practice of flexibility exercises will keep the body healthier and even more so if you are an elite athlete, as this will prevent muscle or joint injuries.

Time goes by and Pilates is a discipline that has become even more famous and has been incorporated into sports activities thanks to its countless benefits to be in the best possible shape. And although the purpose has not changed, which is to provide welfare to people who practice it, it is evident that it has evolved and progressed, being an important part in the performance of the most important athletes in the world. This Postgraduate Certificate will provide the professionals with updates on Pilates in Upper Limb Disorders.

The graduates will expand their skills in specific areas related to the development of knowledge on the pathology of the elbow and its approach. A qualification that has a teaching team of great experience and at the same time, supported by a quality multimedia content providing facilities in the learning process in the academic program.

Also, TECH thinks in comfort and excellence, that is why this program provides the most complete and highest quality update, being a program of great flexibility by only needing a device with an Internet connection to easily access the virtual campus from the comfort of the place where you are.

This **Postgraduate Certificate in Pilates in Upper 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 the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions for experts, discussion forums on controversial issues and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*One of the benefits of Pilates is the increase of flexibility and with TECH you will delve into this and other specific aspects"*

“

*The professionals will strengthen and expand their knowledge regarding the identification of shoulder pathologies and their management”*

The program's teaching staff includes professionals from the industry who contribute their work experience to this 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.

*This program provides the best exercises focused on specific stretching of the Elbow, Wrist and Shoulder.*

*The good development and completion of this program goes hand in hand with the audiovisual support provided by TECH.*



# 02 Objectives

This Postgraduate Certificate in Pilates in Upper Limb Disorders has been designed with the purpose of providing the professional with the most recent updates in the field of Sports Sciences. In this way, TECH provides different tools of academic innovation, ensuring success in the development and completion of this program. At the end of this program, the students will have enhanced their skills in joint mobilization exercises and Upper Limb Myology.





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*This Postgraduate Certificate aims to provide the expert with unique and innovative content in MATT stabilization exercises”*



## 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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- ◆ Identify the pathologies of the shoulder and their management
- ◆ Develop knowledge of the pathology of the elbow and its approach
- ◆ Delve into the pathology of the Wrist and its approach



*This Postgraduate Certificate has important novelties in the correct performance of exercises based on the Pilates Method"*



03

# Course Management

TECH focuses on high quality education, offering an elite education for the students who attend its programs. To this end, it provides didactic tools that allow the successful development of each of its programs and a high-level teaching staff. In this way, the graduates will have access to a content created by a teaching staff specialized in physiotherapy, recovery and physical maintenance. Their great experience and deep knowledge will allow the graduates to solve doubts and answer questions that may arise in the development of this program.





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*In this course you will find a professional team specialized in Pilates, Rehabilitation and Osteopathy of the Locomotor System”*



## 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

### Ms. Cortés Lorenzo, Laura

- ♦ Physiotherapist in Fiosiomon clinic and in the Madrid Hockey Federation
- ♦ Physiotherapist in Fiosiomon clinic and in the Madrid Hockey Federation
- ♦ Physiotherapist at Fiosiomon Clinic
- ♦ Physiotherapist in the Technification Center of the Hockey Federation of Madrid
- ♦ Physiotherapist in companies through Fisiowork S.L
- ♦ Traumatologic physiotherapist in Artros Clinic
- ♦ Physiotherapist in Club SPV51 and Club Valdeluz Hockey Hierba
- ♦ Postgraduate Certificate in Physiotherapy. Complutense University of Madrid





# 04

## Structure and Content

This Postgraduate Certificate has been developed based on the most recent studies in the field of the Pilates Method, establishing a Syllabus that provides a robust content on Pilates in Upper Limb Disorders. This program is guided to offer exclusive information on nerve entrapments in the Upper Limb and MATT and machine strengthening exercises. All this, by means of multiple multimedia tools that offer dynamism and a greater attractiveness to this program.





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*Thanks to the Relearning method, based on the reiteration of content, the graduates will reduce the hours of study and memorization"*

## Module 1. Pilates in Upper Limb Disorders

- 1.1. Basic Anatomical Recall
  - 1.1.1. Osteology of the Upper Limb
  - 1.1.2. Myology of the Upper Limb
  - 1.1.3. Biomechanics of the Upper Limb
  - 1.1.4. Good Practices
- 1.2. Stabilization Exercises
  - 1.2.1. Introduction to Stabilization Exercises
  - 1.2.2. MATT Stabilization Exercises
  - 1.2.3. Stabilization Exercises in Machine
  - 1.2.4. Best Stabilization Exercises
- 1.3. Joint Mobilization Exercises
  - 1.3.1. Introduction to Joint Mobility Exercises
  - 1.3.2. MATT Joint Mobility Exercises
  - 1.3.3. Joint Mobility Exercises on Machines
  - 1.3.4. Best Joint Mobility Exercises
- 1.4. Strengthening Exercises
  - 1.4.1. Introduction to Strengthening Exercises
  - 1.4.2. MATT Strengthening Exercises
  - 1.4.3. Strengthening Exercises on a Machine
  - 1.4.4. Best Strengthening Exercises
- 1.5. Functional Exercises
  - 1.5.1. Introduction to Functional Exercises
  - 1.5.2. MATT Functional Exercises
  - 1.5.3. Functional Exercises in Machine
  - 1.5.4. Best Functional Exercises
- 1.6. Shoulder Pathology. Specific Protocols
  - 1.6.1. Painful Shoulder
  - 1.6.2. Frozen Shoulder
  - 1.6.3. Hypomobile Shoulder
  - 1.6.4. Shoulder Exercises





- 1.7. Elbow Pathology. Specific Protocols
  - 1.7.1. Articular Pathology
  - 1.7.2. Muscle-Tendon Pathology
  - 1.7.3. Post-Traumatic or Post-Surgical Elbow
  - 1.7.4. Elbow Exercises
- 1.8. Wrist Pathology
  - 1.8.1. Main Syndromes
  - 1.8.2. Type of Wrist Pathology
  - 1.8.3. Wrist Exercises
  - 1.8.4. Conclusions
- 1.9. Hand Pathology
  - 1.9.1. Main Syndromes
  - 1.9.2. Type of Hand Pathology
  - 1.9.3. Hand Exercises
  - 1.9.4. Conclusions
- 1.10. Nerve Entrapments in the Upper Limb
  - 1.10.1. Brachial Plexus
  - 1.10.2. Peripheral Nerves
  - 1.10.3. Types of Pathology
  - 1.10.4. Exercises for Nerve Entrapments in the Upper Limb

“ *TECH provides various tools around the Pilates Method so that you can successfully integrate it into your training and recovery sessions for athletes* ”



# 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 Upper 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 Upper 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 Upper 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.





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Pilates in Upper Limb Disorders

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