

## THE BLEND

### Integrated Management of NMSD

#### **Overview:**

Evidence has shown the effectiveness of different manual therapy concepts. We believe that good clinicians who can choose and apply the appropriate concept for each patient based on sound clinical reasoning.

This program is an integration of different manual therapy concepts to provide a comprehensive management approach of common spinal and peripheral Neuromusculoskeletal Disorders (NMSD), which provides participants with a simple and clear clinical management framework.

The program curriculum also emphasizes exercise therapy and active management for long-term results and more functional outcomes addressing articular disorders, neural influence, and motor control system elements.

#### **What makes this program unique and different?**

- It's an integration of different manual therapy concepts in which participants are taught different skills and techniques that enhance efficient and effective management strategies that fit the patient's needs.
- Active learning process which includes (group discussions, activities and interaction in addition to PowerPoint presentation and practical labs).
- Develop participants' clinical skills based on sound clinical reasoning in the evaluation of the patient's presenting condition.
- A comprehensive management approach of common spinal and peripheral Neuromusculoskeletal Disorders (NMSD).
- Extensive practical training for a wide range of effective manual therapy techniques of different concepts with direct supervision of skilled tutors.
- Emphasis on active management and patient involvement for long-term results and more functional outcomes with addressing pain physiology.
- Pre-course distance learning (reading materials, videos and handouts) covering all parts of the program and saving time for the practical.

**By the end of this program, participants will be able to:**

- Classify most of NMSD using differential diagnosis and clinical reasoning skills following the international classifications or guidelines.
- Integrate different manual therapy concepts to achieve the most functional outcomes for the assessed condition.
- Apply different manual therapy techniques on different body parts (spine and extremities) confidently and effectively.
- Identify the conditions which are suitable for each manual therapy approach based on articular, neural or motor control disorder.
- Design an appropriate management programme that fit the patient needs based on a reasonable clinical reasoning.
- Incorporate the suitable manual treatment approaches, specific exercises with patient education to achieve a long term result.
- Address chronic pain disorders, and educate their patients to understand pain mechanisms and how to measure the yellow flags.



## Program curriculum (Topics to be covered)

### Block 1: Distance Learning (videos - pdf. - ppt. and articles)

- Clinical important consideration of anatomy and mechanics of the spine and peripheral joints - Introduction to Evidence Based Practice - Physiology of Soft Tissue injury - Red Flags and Yellow Flags - Outcome measures - Pain physiology - Central and Peripheral sensitization - Biopsychosocial Model vs. Biomechanical Model - Dermatomes and Myotoms - summary of Clinical Practice Guidelines and International Classifications - Extensive strong articles.

### Block 2: Lower Quadrant (4 days practical training) includes:

- A revision of all distance learning materials
- Assessment framework and differential diagnosis
- Practical application of different manual therapy techniques for assessment and management of patients with low back pain, hip and SIJ, knee and Ankle disorders.
- Core Stability and lumbar spine stabilization exercise
- Proximal control and Keys of Rehabilitation
- Exercise tailored Prescriptions and important considerations.
- Clinical reasoning and lower quadrant case studies discussions

### Block 3: Upper Quadrant (4 days practical training) includes:

- Differential diagnosis and Assessment framework for neck, shoulder complex, elbow and wrist disorders.
- Practical application of different manual therapy techniques for assessment and management of patients with UQ disorders.
- Deep neck muscle training and stabilization exercise.
- Neurodynamics applications for assessment and management.
- Upper limb Keys of Rehab. and exercise tailored Prescriptions.
- General LQ Case Studies small groups and open discussions.

- Final revision – Closing – and Final exam.

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