

# Neuro-PT

## Clinical Practice –“Made Easy”

### Course Description:

A three days practical training course designed to introduce participants to the updated views of the clinical practice in the assessment and treatment of **Adults** with neurological or neuromuscular dysfunction. The course will emphasize on an intensive hands-on manual practice that addresses variable problems of different neurological conditions with a strong stress on clinical reasoning, movement analysis and observational skills. Pre-course material will be provided in the form of an introductory lectures, in addition.

### Teaching Hours:

(21) Contact hours = 3 days (face-to-face)  
+ (4) recorded introductory lectures.

### Speakers:

**Dr. Bassam El-Nassag**, Assistant professor of neurological physical therapy, Cairo Uni.  
BOBATH certified Practitioner.

**Dr. Amina Awad**, Associate Professor of neurological physical therapy, Cairo Uni.

**Dr. Ahmad El-Kady**, Senior Supervisor at the out-patient clinic of neurological PT,  
Faculty of physical therapy, Cairo Uni.

### Target Population:

**This workshop/ course is suitable for:**

- Physiotherapists working in field of neurological rehabilitation.
- Physiotherapists who are interested to update their knowledge in the assessment and treatment of patients with different neurological conditions.

### General Course Objectives:

1. To link theoretical knowledge with the evidence-based clinical practice in the field of neurological-PT.
2. To enhance skills of observation, analysis & clinical reasoning during the management of patients with neurological disorders.
3. To develop the skills of problem solving during the management of patients with neurological disorders.
4. To develop efficient manual skills for the activation of upright postural control and efficient extremities' functional movement as well.

### **Educational Methods:**

Theoretical lecture, hands-on practical training, assignment and open discussion.

### **Educational Materials and Tools:**

PDF file of the presented Lectures.

**References:** Relevant course pre-readings and scientific articles will be provided.

### **Pre-course material:**

4 Introductory lectures will be uploaded one week before the beginning of the training course. **The lectures will include the following topics:**

1. Principles of Motor learning & Neural plasticity.
2. Systems controlling human movement. Part 1
3. Systems controlling human movement. Part 2
4. Normal versus efficient movement.

## **Training Program (3 practical days)**

**Timing : 9:00 am – 4:00 pm**

### **The main objectives of day (1) are to:**

1. Understand the concept of “Postural Sets”.
2. Develop skills in improving the function of different body segments (pelvis, thorax & scapula) as a basis for active sitting function.

Topic	Teaching method	Speaker
Systems controlling human movement	Linking theory to practice- lecture	Dr.Bassam Elnassag
Normal versus Efficient movement.	Linking theory to practice -lecture	Dr. Ahmed Al-Kady
Postural Set of active sitting	Demonstration	Dr. Amina Awad
<b>Moving within postural set of sitting through Pelvic control.</b>	Demonstration	Dr. Ahmed Al-Kady
Coffee Break (11.00-11.15 am)		
Hands-on Practice	Participant activity	Instructors
<b>Moving within postural set of sitting through Thorax and dorsal spine.</b>	Demonstration	Dr.Bassam Elnassag
Hands-on Practice	Participant activity	Instructors
Break (1.00-1.15 pm)		
Scapular setting & stability in sitting as a basis for upper extremity function.	Demonstration	Dr. Amina Awad
Lunch Break (2.00-2.30)		
Hands-on Practice	Participant activity	Instructors
Supine-lying as a postural set	Demonstration	Dr. Ahmed Al-Kady
Discussion Assignment (1): solving problem question		Interactive Discussion

**The main objectives of day (2) are:**

1. To understand the prerequisites for the function of transitions.
2. To develop efficient manual skills for improving the function of transition between different postures (supine to sitting, sitting to standing and vice versa).

Topic	Teaching method	Speaker
Discussing assignment (1).	Discussion	Instructors
Evidence-based Intervention Strategies	Linking theory to practice lecture	Dr.Bassam Elnassag
Improving hip & knee functional stability "selective activation"	Demonstration	Dr. Ahmed Al-Kady
Hands-on Practice	Participant activity	Instructors
Coffee Break (11:00-11:15 am)		
Movement Transitions (Sitting-to-lying & vice versa)	Demonstration	Dr.Bassam Elnassag
Friday Prayer Break (12:00-1:00 pm)		
Hands-on Practice	Participant activity	Instructors
Movement transitions (Sit-to-Stand & vice versa).	Demonstration	Dr. Amina Awad
Lunch Break (2:15-2:45 pm)		
Hands-on Practice	Participant activity	Instructors
Discussion Assignment(2): Solving-problem question		Interactive Discussion

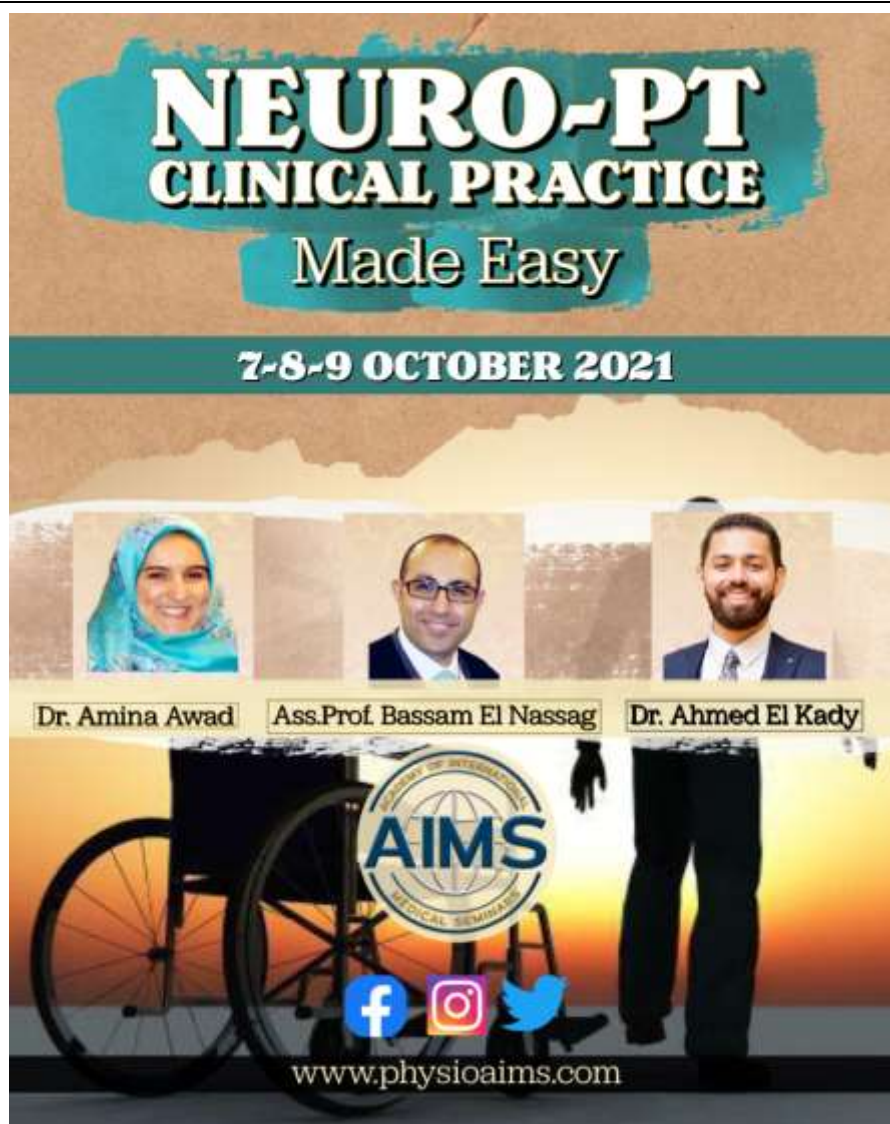
**The main objectives of day (3) are to:**

1. To develop efficient manual skills for improving standing balance and stepping initiation.
2. To improve analysis, clinical reasoning & problem-solving skills during the management of neuro-patients.

Topic	Teaching method	Speaker
Discussing assignment (2).	Discussion	Instructors
Selective activation of foot & ankle muscles.	Demonstration	Dr.Amina Awad
Hands-on Practice	Participant activity	Instructors
Promoting Active standing Postural set.	Demonstration	Dr. Bassam Elnassag
Coffee Break (10.45-11.00 am)		
Hands-on Practice	Participant activity	Instructors
Clinical session (1)	Patient (1)	Dr.Amina Awad

	demonstration	
Break (12.30-12.45 pm)		
Activation of muscle components required for stepping initiation.	Demonstration	Dr. Bassam Elnassag
Clinical session (2)	Patient (2) demonstration	Dr.Ahmed Al-Kady
Lunch Break (2:15-2:45 pm)		
Analysis and discussion of patients.	How to set a treatment plan?	Instructors
Summary & practical tips		Instructors
Discussion and closing		Instructors

FOR REGISTRATION PLEASE:  
**CONTACT: +201067906745 / +201050771120**  
**EMAIL: [info@physioaims.com](mailto:info@physioaims.com)**



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