

## An Integrative Manual Therapy course with The PNF Concept

**3 days practical course: Cairo (20-21 January 2023)**

**By Sakis Adamidis and Ahmed Hefny**

### **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.

But do you know that PNF concept can be an effective tool you can add to your treatment plan for management of common spinal and peripheral Neuromusculoskeletal Disorders NMSD.

This course is an integration of different manual therapy approaches with the PNF concepts, which will provide the participants with a comprehensive, simple and clear clinical management framework.

### **Main Objectives:**

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

- Easily differentiate between possible causes of pain following the international classifications or guidelines.
- Understand how PNF works and can be an important tool to help patients with different neurological or musculoskeletal disorders.
- Improve your clinical reasoning skills to properly assess all aspects which may be clinically relevant to patient symptoms.
- Design an appropriate treatment plan that fit the patient needs based on reasonable clinical reasoning.
- Integrate and Incorporate different manual therapy approaches with PNF concepts to achieve the most functional outcomes.
- Apply different manual therapy and PNF techniques on different body parts (spine and extremities) confidently and effectively.

## **About the Instructors:**

### **Sakis Adamidis**

- Bachelor of physiotherapy National university of Greece, department of PT, Thessaloniki 1994 and DOCTORA IN PT National Sport Academy, Sofia 2010.
- Since 2010 clinical teacher and supervisor at different rehabilitation centres
- Since 2016 clinical teacher and lecturer in post graduate studies (Master program) in physiotherapy department of National University of Greece.
- Owner of a private sector in Thessaloniki, Greece where he deals with Musculoskeletal and Neurological patients for almost 30 years
- International accredited Instructor of three well known Big Concepts.
  - IPNFA Advanced instructor since 2007
  - MCTA Mulligan teacher since 2007
  - IBITA Bobath Teacher since 2015

### **Ahmed M. Hefny**

- Bachelor of physiotherapy Cairo University, Egypt 2004. Transitional Doctor of Physical Therapy DPT, Cairo University, Egypt 2016.
- Since 2016, International Instructor in Msk PT, OMT and Dry Needling.
- Medical Taping Instructor 2016, Kinetic Control Movement Therapist, 2018
- Certified Mulligan Practitioner 2015, Accredited Mulligan Concept Teacher 2022.
- Since 2016, Founder and Director of Therapy & Rehab Centers – Hurghada, Egypt.
- 2019 founder and director of Academy of International Medical Seminars (AIMS).

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

- A simple and comprehensive management approach of common spinal and peripheral Neuromusculoskeletal Disorders NMSD.
- An integration of different concepts which enhance efficient management strategies that fit every patient need.
- 60% of the course contents is practical application which can guarantee enough time to mastering new skills with experienced tutors supervision
- Active learning process which include Group discussions, activities and interaction to improve the level of your clinical reasoning skills.
- High clinical relevant contents with real patients interviews to see the immediate results that give you the confidence to use the techniques with your patients in the next day after the course.

### Course session plan and topics to be covered:

Time Schedule	Topics to be covered	Activity
<b>Day 1</b>	9:00 - 9:30 - Introduction to curriculum (expectation?)	ppt. slide
	9:30 - 10:30 - How Manual Therapy works (Ahmed)	Discussion
	10:30 - 11:30 - Introduction to PNF - part 1 (Sakis)	Theory
	11:30 – 12:30 Friday prayer break + Coffee Break	
	12:30 - 1:15 - Case Study of patient with <b>LBP</b>	Discussion
	12:45 - 1:30 - application OMT / PNF (small groups)	Practical
	2:00 – 2:30 Lunch Break	
	2:30 - 3:15 - Case Study of patient with <b>Neck pain</b>	Discussion
<b>Day 2</b>	3:15 - 4:00 - Manual Therapy / PNF (Practical application)	Practical
	9:00 - 9:30 - Review of day 1	Summary
	9:30 - 10:30 - Introduction to PNF - part 2 (Sakis)	Theory
	10:35 – 10:55 Coffee Break	
	11:00 - 12:00 - Real patient interview (with Spine problem)	Observation
	12:00 - 12:45 - Discussion, reflection and practical demo.	Discussion
	12:45 - 1:30 - Manual Therapy / PNF (Practical application)	Practical
	1:30 – 2:00 Lunch Break	
<b>Day 3</b>	2:00 - 2:45 - Case Study of patient with <b>Hip/Knee</b> pain	Discussion
	2:45 - 3:30 - Manual Therapy / PNF (Practical application)	Practical
	3:30 - 4:00 - Summary and Questions	Q & A
	9:00 - 9:30 - Review of day 2	Summary
	9:30 - 10:30 - Real patient interview (Extremity problem)	Observation
	10:35 – 10:55 Coffee Break	
	11:00 - 12:00 - Discussion, reflection and practical demo.	Discussion
	12:00 - 12:45 - Case Study of patient with <b>Shoulder</b> pain	Discussion
	12:45 - 1:30 - Manual Therapy / PNF (Practical application)	Practical
	1:30 – 2:00 Lunch Break	
	2:00 - 2:45 - Case Study of pt. with <b>Elbow, wrist or ankle.</b>	Discussion
	2:45 - 3:30 - Manual Therapy / PNF (Practical application)	Practical
	3:30 - 4:00 - Summary and Closing	Q & A

FOR REGISTRATION PLEASE:

WHATS APP: +201067906745 / +201050771120

Email: [info@physioaims.com](mailto:info@physioaims.com)