

The Kick off Program

Fundamentals for junior physiotherapists

Program Outline:

- **4 modules (each module 8 hours)** with total **32 hours** of intensive hands on training for clinically relevant contents which is important for each junior physiotherapist to gain the basic skills for proper assessment and treatment of their patients.
- This practical part will be delivered in an active education process of face to face discussion and interaction following an online theory part include **12 live zoom lectures** which will develop a sound clinical reasoning process.
- Certificates will be provided for participants who attend both the online theory part and the practical part **with minimum 80% attendance**.

Who can attend:

- Fresh graduate physiotherapists and internship year students.
- Any physiotherapist who needs to refresh his/her background knowledge and improve his/her manual skills with a simple and clear framework.

Teaching team:

- All AIMS MSK teaching team and assistance team will demonstrate the practical techniques, co-teach together and shadow you at the practical sessions, for more details about the intake you're going to attend in your city please contact AIMS phone numbers on What's App.

Venue, Timing:

- Alexandria (4 full practical days on Fridays from 9:00 am - 5:00 pm) will be held at Convention center, Faculty of Medicine, Alexandria Uni.
- Cairo intake (8 practical half days on Fridays from 5:30 - 9:30 pm) will be held at AIMS venue (125 Alamin st., Mohandseen, Cairo).

For more information or registration please contact:

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Topics to be covered on each module

4 Modules Each= 8 hrs.	Objectives & Topics to be covered	Pre-Online Lectures Topics
Module 1 Assessment Framework	<ul style="list-style-type: none"> - Assessment framework for all patients with different MSK disorders. - Differential diagnosis of different source of pain following sound clinical reasoning. - Practical application of clinically relevant special test with high level of evidence. - Case Studies and groups discussions. 	<ul style="list-style-type: none"> - Assessment Framework. - Evidence Based Practice How and Why?
Module 2 Palpation and Manual Therapy.	<ul style="list-style-type: none"> - Surface Anatomy and Palpation for the bony land marks in different body parts - Practical application of high & low-grade Mobilization techniques for the spine, upper and lower extremities joints. - Case Studies and groups discussions. 	<ul style="list-style-type: none"> - Principles of Mobilization. - Application of pain principles..
Module 3 Soft Tissue Techniques	<ul style="list-style-type: none"> - Practical application of different soft tissue techniques for selected clinically relevant muscles in different body parts. - include Muscle Energy Techniques. - Positional release technique. - Ischemic Compression technique. - Myofascial Release techniques. 	<ul style="list-style-type: none"> - Myofascial Trigger point management. - Introduction about fascia.
Module 4 Exercises & Motor control.	<ul style="list-style-type: none"> - Different types of muscle contraction and important considerations for exercises selection & prescription for each patient. - Proper tissue loading strategies using Closed vs Open Kinetic Chain exercises. - When to Strength the muscles or increase muscle power or endurance? And How? - Principles of proprioception, coordination training and motor control strategies. 	<ul style="list-style-type: none"> - Principles of exercises. - Stages of healing. - To strength or to control? - Relearning in neuro rehab.