



**Dr. D.Y. PATIL COLLEGE OF PHYSIOTHERAPY**

**Dr. D.Y.PATIL VIDYAPEETH, PUNE**

(Deemed to be University)

Re-accredited by NAAC with a CGPA of 3.62 on a four point scale at 'A' Grade.

(An ISO 9001:2008 Certified University)

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## Post Graduate Diploma in Manual Therapy

This one year course will provide an **amalgamation** of various **manual therapy** concepts for neuro-musculoskeletal examination and treatment procedures into **one complete** formulated system of orthopaedic manual therapy.

### Admission to the Program

Eligibility: BPT / BPTth (From Recognised University)

Selection: Based on BPT / BPTth merit (combined for all 4 years)

### Course Fees

For Indian Students: Rs. 75,000/- INR

For NRI Students: 1,164 USD

For Foreign Students: 2,145/- USD

### Who should enroll

- Physiotherapists who wish to master and excel their skills in Manual Therapy
- Clinicians unable to devote two years in full time Masters Course

### About Manual Therapy

Examination & treatment approaches in Manual Therapy have been developed various NUMERO UNO in Manual Therapy like Mulligan, Butler, Edwards, Elvey, Maitland, McConnell, McKenzie, Shacklock, different osteopathic, chiropractic and several taping concepts.

The art of subjective and physical examination from Manual Therapy perspective needs to be inculcated in clinicians, rather than spoon feeding the therapist with a dead end protocol based on individual concepts. An integration of the various approaches, including best of the clinical techniques from different concepts will be delivered to the candidates.

### For more details and admissions, contact:

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# **Post Graduate Diploma in Manual Therapy (PGDMT)**

## **Need and demand for the PGDMT course:**

A successful physiotherapist's foundation lies in strong and accurate orthopaedic assessment to deliver quality treatment as per need. The main objective of the proposed PGDMT course is intended towards an amalgamation of the various manual concepts for neuromusculoskeletal examination and treatment procedures into one complete formulated system of orthopaedic manual therapy.

This comprehensive course will lay strong emphasis on orthopaedic manual therapy to provide clinicians with intensive exposure to perform an accurate and specific manual therapy examination according to the patient's needs.

- The course is of 12 months duration. This course will cater to those students who wish to learn and develop their skills in Manual Therapy, but are unable to devote two years in the Masters Course.
- The knowledge and skills learned during PGDMT will be beneficial to those who wish to pursue MPT in future.
- Limited seats for MPT in Manual Therapy all over India. Therefore those students who are unable to secure admissions in MPT can opt for PGDMT.

## **About Manual Therapy:**

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## **Aims & Objectives of the Course:**

At the completion of the program, the participant will:

1. Be abreast with the recent developments and researches in Anatomy, Pathophysiology, Kinematics and Biomechanics and the various age related changes in the spine and the peripheral joints & skilled in applying neuromusculoskeletal assessment procedures.
2. Be competent in formulating differential diagnosis based on the integrated neuromusculoskeletal examination, clinical reasoning & evidence based practice.
3. Be adept in formulating the most suitable manual therapy protocol/technique that is tailored according to the individual needs of the patient.
4. Be expert in delivering the manual therapy treatment.
5. Be capable of assessing the accuracy and reliability of the treatment technique / protocol used on the patient using his manual therapy assessment skills.

## **Syllabus:**

- Clinical Anatomy, Patho-anatomy, Aging & Injury of spine & extremities.
- Biomechanics of Spine & Extremities
- Biomechanical Principles of Manual Therapy
- Indications & Contraindications of Manual Therapy
- Principles of Subjective Examination, Clinical Reasoning process
- Introduction to Manual Therapy (Integrated approach)
- Palpation skills
- Communication skills
- Documentation of clinical findings
- Hand posture and skills.
- Contact points of manipulator's hand
- Manual Therapy: (Assessment & Mobilization using Integrated Approach)  
Assessment, segmental examination & treatment using integrated approach based on the work of Mulligan, Maitland, McKenzie, McConnell, Butler, Elvey, Edwards, Kinesio, Osteopathy and Pilates.  
Principles, Palpations, Segmental assessment, Diagnosis & Planning of appropriate technique for Cervical spine, Thoracic Spine, Lumbar Spine, Sacroiliac joint, Temporomandibular, Shoulder, Elbow, Wrist, Hand, Fingers, Hip, Knee, Foot & Ankle. Home management (self mobilization). Use of various treatment belt & straps for stabilization & mobilisation.
- Neurodynamics: Principles & Biomechanics of Neural Tissue Mobilization. Palpations of different Nerves at different sites in upper & lower extremities, Assessment, Diagnosis, Neurodynamics tests for Median Nerve, Ulnar Nerve, Radial Nerve, Sciatic Nerve, Femoral Nerve, Lateral Cutaneous Nerve, Obturator Nerve, Tibial Nerve, Peroneal Nerve, Sural Nerve, and Saphenous Nerve. Neural Tissue Mobilization.
- High Velocity Thrust (HVT): Principles of Manipulation, palpation, assessment, diagnosis, planning of appropriate technique for Upper Cervical spine, Lower Cervical spine, Thoracic Spine, Lumbar Spine
- Taping: Principles of Taping, Preparation, Preventive & therapeutic taping for Cervical spine, Thoracic Spine, Lumbar Spine, Sacroiliac joint, Shoulder, Elbow, Wrist, Hand, Fingers, Hip, Knee, Foot & Ankle, using integrated approach of Mulligan, McConnell, Kinesio and sports taping
- Radiological assessment: X-Rays & MRI of Neuromusculoskeletal system. Interpretation of finding & its clinical correlation related to Manual Therapy assessment & treatment.
- Clinical Psychology: Psychological component of Pain, its recognition & management.

**Learning Outcomes:**

- Participants will gain an understanding of the best of different manual concepts.
- Participant will have enhanced assessment skills when examining extremity and spinal joints.
- As with all manual techniques, handling skills are paramount, and at the end of the program, the true professional will be able to assess the condition and deliver the manual treatment with great expertise.
- They will learn taping techniques to maintain correction of functional movement patterns.
- The most important outcome is that patients will benefit the most from this integrated approach.

**Credit Points per Semester:**

Semester No.	Credit Point Structure	Total hours	Total Credits
Semester 1	Theory and Hands on: 15 hrs per credit point Webinars: 30 hrs per credit point Clinical Training: 30 hrs per credit point	195 30 240	13 1 8
Semester 2	Theory and Hands on: 15 hrs per credit point Webinars: 30 hrs per credit point Clinical Training & Research Project: 30 hrs per credit point	90 30 330	6 1 11
	Total	915	40