

LESSON PLAN

Subject	: Manual Therapy
Class	: BPT IV year VII Semester (2018)
Class Incharge	: Dr. Reema Joshi (PT)
Subject Teacher/s	: Dr. Akhil Samson (PT), Dr. Soumik Basu(PT)
Total Hours prescribed	: 64 (Theory-32, Practical-32)

Sr. No	Topics	No of Hrs.		Mode of Teaching	Name of Staff	Remarks
		T	P			
1.	Introduction to Manual Therapy <ul style="list-style-type: none"> History. Definition and Terminologies 	2	0	Lecture, PowerPoint	Dr. Basu	
		1				
		1				
2.	Subjective and Objective Assessment of Pain <ul style="list-style-type: none"> Theories of pain Universal Tools for assessment of pain Biopsychosocial model for pain assessment 	3	2	PowerPoint, Demonstration	Dr. Basu	
		1				
		1	1			
		1	1			
3.	Maitland's school of thought <ul style="list-style-type: none"> Basic principles, Indications & Contra-Indications Movement Diagram Assessment techniques of Spine Mobilization of upper limb Mobilization of lower limb 	3	4	PowerPoint, Hands on Training, Discussion	Dr. Akhil	
		1				
		1	1			
		1	1			
		-	1			
		-	1			
4.	Kaltenborn's Technique <ul style="list-style-type: none"> Basic principles, Indications & Contra-Indications Grades of Mobilisation and Treatment planes Open Pack and closed pack positions Upper limb Mobilisations with Different Grades Lower limb Mobilisations with 	2	4	PowerPoint, Hands on Training	Dr. Akhil	
		1				
		1	1			
			1			
			1			
		-	1			

	Different grades					
5.	Mulligan's concept <ul style="list-style-type: none"> • Basic principles, Indications & Contra-Indications • Concept of positional fault, MWM and expressway theory • SNAG'S, NAG'S, RNAG'S of spine • MWM of shoulder, Elbow and wrist • MWM of SI joint, Hip • MWM of knee and ankle 	3 1 1 1 -	4 - 1 1 1	PowerPoint, Hands on Training	Dr. Akhil	
6.	McKenzie's Mechanical Diagnosis and Treatment (MDT) <ul style="list-style-type: none"> • Basic principles, Indications & Contra-Indications • Classification of Syndromes, Concept of centralization and peripheralisation • Mckenzie approach to cervical Spine • Mckenzie approach to Lumbar Spine 	3 1 1 1	3 1 1 1	PowerPoint, Hands on Training	Dr. Akhil	
7.	Butler's neural mobilization <ul style="list-style-type: none"> • Basic principles, Indications & Contra-Indications • Upper limb tension tests • Lower limb tension tests • Upper limb peripheral nerve mobilization • Lower limb peripheral nerve mobilisation 	3 1 1 1	4 1 1 1	PowerPoint, Hands on Training	Dr. Akhil/Dr. Basu	
8.	Basic principles, Indications & Contra-Indications of Neurodynamic Testing	3	4	PowerPoint, Hands on Training	Dr. Akhil	
9.	Muscle Energy Technique <ul style="list-style-type: none"> • Introduction to the concept • Patterns of function and dysfunction 	2 1 1	3 1	PowerPoint, Hands on Training	Dr. Akhil	

	<ul style="list-style-type: none"> • How to use MET 		2			
10.	Myofascial Release Technique <ul style="list-style-type: none"> • Myofascial concept • Dysfunction of myofascial unit and myofascial pain syndrome • Application 	3	3	PowerPoint, Hands on Training	Dr. Akhil	
		1	1			
		1	1			
		1	1			
11.	Cyriax's concept <ul style="list-style-type: none"> • Introduction and principles • General principles of diagnosis • Different techniques of cyriax massage • Basic application in body 	1	3	PowerPoint, Hands on Training	Dr. Basu	
			1			
			1			
			1			
12.	Introduction to osteopathy	1	0	Powerpoint	Dr. Akhil	
13.	Introduction to Chiropractics	1	0	Powerpoint	Dr. Akhil	
14.	Introduction to Cranio-sacral Therapy <ul style="list-style-type: none"> • History of craniosacral therapy • Nature of palpation 	1	2	Powerpoint, Hands on Training	Dr. Akhil	
			1			
			1			
15.	Introduction to Clinical Reasoning	1	0	Powerpoint	Dr. Akhil/Dr. Basu	

Total Didactic Hours-

Theory: 32 Hours

Practical: 32 Hours

Total scheduled hours- 64