

This plan will vary based on the participants clinical experience and knowledge.

Week 1: Observe and ask

- Subjective examination and Physical examination process. How to start and when to stop. Clinically meaningful approach. **Mahmoud Saad**
- Clinical concepts within Musculoskeletal Physiotherapy practice. e.g., Mechanical assessment and treatment strategies, mobilisation strategies, Neural mechano-sensitivity testing and mobility, Movement Assessment and training systems. How they all fit together. **Mahmoud Saad**
- Case studies and real patient observation.
- Practical sessions: Mechanical Therapy. 4 different methods to move a joint and decrease MSK pain. Cervical spine – Thoracic spine-Shoulder -Elbow and Wrist **Elite CEP supervisory team.**

Week 2: Planning and implementation

- Reflection on week 1: Case study discussion. What if scenarios? **Mahmoud Saad**
- Practical sessions. Mechanical Therapy. 4 different methods to move a joint and decrease MSK pain. Lumbar spine-Hip-SIJ
- Case studies and real patient observation. **Elite CEP supervisory team**

Week 3: Communication and problem solving

- Follow up cases 1 &2. **Mahmoud Saad**
- Practical communication strategies for better treatment outcomes. **Mahmoud Saad**
- Criteria of perfect documentation. **Mahmoud Saad**
- Plan management program: Discussion of the long-term plan
- Managing difficult patients: Pain, Chronic cases, patient not responding to treatment-Discussion/session
- Applying more practical techniques in different positions and modified according to the severity and irritability level/s of the symptoms-Spine **Elite CEP supervisory team**

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clinical excellence program
6 weeks clinical residency program in OMT

Week 4: Exercise planning

- Follow up cases 1, 2 & 3
- Exercise prescription and design. Kinetic control principles.
- Plan discharge: Patient education, role of exercise in maintaining and preventing recurrences-session
- Managing difficult patients: Stenosis, spondylolisthesis and others-session
- Applying more practical techniques in different positions and modified according to the severity and irritability level/s of the symptoms-LQ
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Week 5: Join the game

- Follow up cases 1,2 and 3
- Communicating effectively with patients: Case 4 (bring your own patient): Apply hands on techniques
- Clinical discussion about how differently we could treat the patient: session-student activity
- Applying more practical techniques in different positions and modified according to the severity and irritability level/s of the symptoms-UQ
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Week 6: Evaluation

- Follow up cases 1,2,3 & 4
- Communicating effectively with patients: Case 4 (bring your own patient): Manage with observation
- Case study presentation-Real patient management.
- Consolidation of handling skills
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