

# Soft Tissue Integrated Management Course



**Location:** Cairo - Egypt 

**Date:** 21-22-23 December 2022

**Time:** From 9 am to 5 pm

## Tutor:

### Dr. Asmaa Mostafa

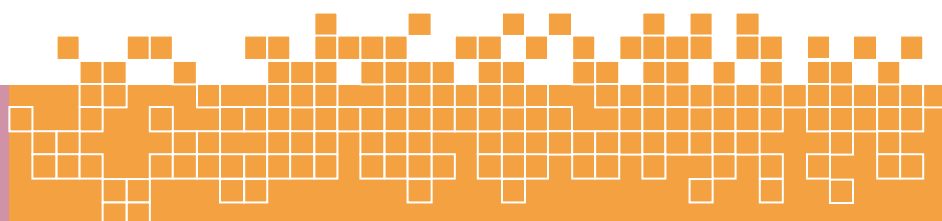
MSC, CMT, CDNP, CMTTP, KCMT

- Primephysio UK teaching team.
- Master degree in physiotherapy, Cairo university  
Physiotherapy senior, Kasr Al-Aini medical school
- Certified Manual Therapist. OMTA UK
- Certified Dry Needling Practitioner
- Certified Medical taping practitioner
- Clinical Nutrition Specialist, National Institute of Nutrition.
- Certified kinetic control movement therapist.



Soft tissue dysfunctions known to be one of the patient major problems that need a highly practical skill to be managed

**The aim** of this program is to develop high level of reasoning and practical skills to assess and treat wide level of soft tissue dysfunction with hands on techniques application



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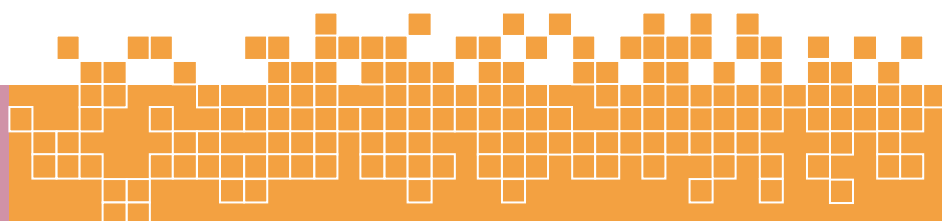
## Topics to be covered:

- 1) Exploring different types of soft tissue systems.
- 2) Differential diagnosis of soft tissue dysfunctions
- 3) Getting familiar with the fascia, myofascial meridians and fascial restrictions.
- 4) Understanding Muscle classifications and causes of muscle imbalance.
- 5) Utilization of Different soft tissue release techniques and tools.
- 6) Implementation of soft tissue release techniques or tools into clinical practice.
- 7) Integration between manual approaches and assistive tools in soft tissue release.

## Program Content

### DAY 1

Content	Time
<ul style="list-style-type: none"><li>• Registration</li></ul>	<ul style="list-style-type: none"><li>• 8:30 -9:00 am</li></ul>
<ul style="list-style-type: none"><li>• Objectives + Introduction</li></ul>	<ul style="list-style-type: none"><li>• 9:00 - 9:30 am</li></ul>
<ul style="list-style-type: none"><li>• Myofascial meridians. Myofascial restrictions. Assessment and Management</li></ul>	<ul style="list-style-type: none"><li>• 9:30 am – 12:30 pm</li></ul>
<ul style="list-style-type: none"><li>• Myofascial release techniques</li></ul>	<ul style="list-style-type: none"><li>• 12:30 – 1:30 Pm</li></ul>
<ul style="list-style-type: none"><li>• Lunch break</li></ul>	<ul style="list-style-type: none"><li>• 1:30- 2:00 pm</li></ul>
<ul style="list-style-type: none"><li>• Muscle classifications</li><li>• Positional release</li></ul>	<ul style="list-style-type: none"><li>• 2:00 – 3:40 pm</li></ul>
<ul style="list-style-type: none"><li>• Closure</li></ul>	<ul style="list-style-type: none"><li>• 3:40 – 4:00 pm</li></ul>



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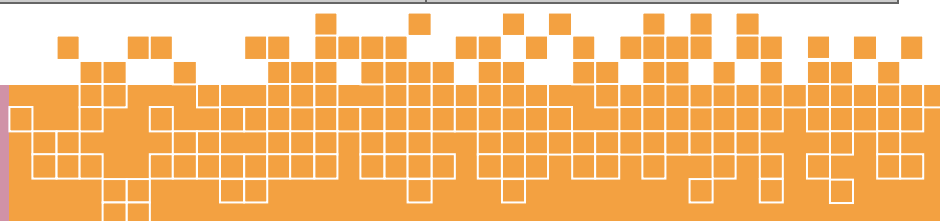


## DAY 2

Content	Time
<ul style="list-style-type: none"> <li>• MET concept</li> <li>• MET upper limb</li> <li>• MET lower limb</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00 – 10:30 am</li> </ul>
<ul style="list-style-type: none"> <li>• Break</li> </ul>	<ul style="list-style-type: none"> <li>• 10:30 – 11:00 am</li> </ul>
<ul style="list-style-type: none"> <li>• AIR</li> </ul>	<ul style="list-style-type: none"> <li>• 11:00 am – 12:30 pm</li> </ul>
<ul style="list-style-type: none"> <li>• Ischemic pressure</li> </ul>	<ul style="list-style-type: none"> <li>• 12:30 – 1:30 pm</li> </ul>
<ul style="list-style-type: none"> <li>• Lunch break</li> </ul>	<ul style="list-style-type: none"> <li>• 1:30- 2:00 pm</li> </ul>
<ul style="list-style-type: none"> <li>• Stretching</li> </ul>	<ul style="list-style-type: none"> <li>• 2:00 --3:45 pm</li> </ul>
<ul style="list-style-type: none"> <li>• Closure</li> </ul>	<ul style="list-style-type: none"> <li>• 3:45 – 4:00 pm</li> </ul>

## DAY 3

Content	Time
<ul style="list-style-type: none"> <li>• Flossing</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00 – 10:00 am</li> </ul>
<ul style="list-style-type: none"> <li>• Taping</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00 - 10:30 am</li> </ul>
<ul style="list-style-type: none"> <li>• Break</li> </ul>	<ul style="list-style-type: none"> <li>• 10:30 – 10:45 am</li> </ul>
<ul style="list-style-type: none"> <li>• Continue Taping</li> </ul>	<ul style="list-style-type: none"> <li>• 10:45 – 11:15 am</li> </ul>
<ul style="list-style-type: none"> <li>• IASTM</li> </ul>	<ul style="list-style-type: none"> <li>• 11:15 – 12:00 am</li> </ul>
<ul style="list-style-type: none"> <li>• launch break</li> </ul>	<ul style="list-style-type: none"> <li>• 12:00 – 1:00 pm</li> </ul>
<ul style="list-style-type: none"> <li>• Continue IASTM</li> </ul>	<ul style="list-style-type: none"> <li>• 1:00 - 1:30 pm</li> </ul>
<ul style="list-style-type: none"> <li>• Cupping</li> </ul>	<ul style="list-style-type: none"> <li>• 1:30 – 2:30 pm</li> </ul>
<ul style="list-style-type: none"> <li>• Dry Needling</li> </ul>	<ul style="list-style-type: none"> <li>• 2:30- 3:30 pm</li> </ul>
<ul style="list-style-type: none"> <li>• Mini Scenarios or Case Studies</li> </ul>	<ul style="list-style-type: none"> <li>• 3:30 -4:30 pm</li> </ul>
<ul style="list-style-type: none"> <li>• Closure</li> </ul>	<ul style="list-style-type: none"> <li>• 4:30 – 5:00 pm</li> </ul>



# Soft Tissue Integrated Management Course



## Prerequisites:

For Physiotherapists & Internship Students

## Course fee:

### National registration:

#### For Internship Students:

Individual registration: 1400 L.E

Group registration (3+): 1200 L.E

#### For Postgraduates:

Individual registration: 1600 L.E

Group registration (3+): 1400 L.E

## Who can attend?

Physiotherapists with special interest in musculoskeletal related conditions.  
Fresh graduates and internship students are welcome.

## Payment method:

Through our office: 72 Ahmed El-Zayat St. Dokki. Giza Governorate

Or via bank transfer

## For inquiries & booking:



+01003204374 / +01282624202



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<http://www.primephysio.com>

