

All about the Knee: Clinical Day Workshop



Location: Jordan - Amman

Date: Friday - 9 December 2022

Time: 9:00 AM – 5:00 PM

- ✓ **Manual Therapy**
- ✓ **Exercise Therapy**
- ✓ **Dry Needling, Taping AND MORE!**

Tutors:

Dr. Hayat Mostafa

MSc, CMT, CDNP, CMP, KCMT

- Masters Cardiopulmonary Physiotherapy, Cairo University Certified OMTA Manual Therapist
- Certified Dry Needling Practitioner
- Certified Kinetic Control Movement Therapist
- Maitland Trained Therapist, IMTA, Switzerland



In this **HIGHLY PRACTICAL** one-day workshop:

Assessment and treatment of knee-related mechanical problems include:

- Patellofemoral disorders
- Knee derangement
- Meniscal problems

These will be discussed via a case-study-based practical approach.

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A contemporary package of treatment strategies will be demonstrated wrapped with clinical reasoning followed by one-on-one supervised practical session.

The treatment package will include effective mobilization, dry needling, and taping strategies.

The role of exercise therapy will be discussed and applied as a key element of modern musculoskeletal physiotherapy practice.

Prerequisites: For Physiotherapists
(Graduates & Internship Students)

Workshop fee:

Early bird registration:
(Before 18/11/2022) 50 JD

Late registration: 70 JD

Payment method: PAYMENT THROUGH LOCAL ORGANIZER

For more info. :



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