



ORTHOPEADIC MANUAL THERAPY CERTIFICATE

(OMTC)

The official program for the

Orthopaedic Manual Therapy Academy

(OMTA)

Program Handbook

Program Handbook

Table of Contents

| | |
|--|----|
| 1 Introduction----- | 4 |
| 1.1 History ----- | 4 |
| 1.2 Target audience----- | 4 |
| 1.3 Aim ----- | 5 |
| 2 Objectives & Learning outcome----- | 6 |
| 3 Overview----- | 6 |
| 3.1 Program Structure ----- | 7 |
| 3.2 Program Tutors----- | 7 |
| 4 Indicative program schedule----- | 8 |
| 4.1 Module 1.2 days- 16 hours----- | 8 |
| 4.2 Module 2.2 days- 16 ----- | 8 |
| 4.3 Module 3.2 days- 16 ----- | 8 |
| 5 Indicative contents----- | 9 |
| 5.1 Distance Learning Component ----- | 9 |
| 5.2 Topics to be covered----- | 9 |
| 5.3 Skills and practical techniques----- | 10 |

5.4 Assessment----- 11

6 Orthopaedic Manual Therapy Academy (OMTA) ----- 13

History

First Orthopaedic Manual Therapy Certificate **OMTC** (previously known as Manual therapy diploma program MTD) started in 2014, between April 2014 and December 2017 the program produced 40 cohorts in 6 countries, 1250 Physiotherapists and medical doctors from 12 countries have attended the program. Following the launch of the Orthopaedic Manual Therapy Academy the program is now officially known as Orthopaedic Manual Therapy Certificate **OMTC**. This is the official program of the Orthopaedic Manual Therapy Academy - Egypt

The program has been running in **11** countries

- Qatar
- Jordan
- UAE
- Saudi Arabia
- UK
- Lebanon
- Kuwait
- Egypt
- Palestine
- Sudan
- Pakistan

Target audience

The program is targeting physiotherapists and medical doctors with interest in the field of orthopaedic manual therapy.

AIM

The aim of this program is to provide physiotherapists and medical doctors with clear and simple framework of clinical reasoning to apply a wide range of assessment and treatment techniques for patients with musculoskeletal conditions. The program will stimulate your thinking to reflect on and improve your current clinical practice by adding more practical skills that could be used, for a reason, to maximize the treatment outcomes. Discussion of the research evidence related to different assessment and treatment concepts will be considered throughout the program delivery.

Learning outcomes

- 1-Critically discuss and apply relevant neuro-musculoskeletal theories, concepts and Evidence.
- 2-Critically evaluate the effectiveness of Manual and Movement Therapy interventions, integrating the evidence base relevant to the management and rehabilitation of neuro-musculoskeletal disorders.
- 3-Critically discuss the importance of patients' expectations, regarding their role in, and their Engagement with their therapy in recovery.
- 4-Ability to extract evidence from research and appraise research quality
-Critically reflect on own ability to manage patients with neuro-musculoskeletal problems.

Objectives

By the end of this program the participant will be able to:

- 1-Understand different theories of pain and how different Psycho- social factors could be considered in assessment and treatment of musculoskeletal pain.
- 2-Understand how to extract clinical evidence from literature.
- 3-Able to follow a clear assessment framework for various musculoskeletal conditions.
- 4-Understand the role of movement therapy in management of musculoskeletal conditions.
- 5-Apply wide and various range of evidence based mobilization strategies to assess and treat musculoskeletal conditions.
- 6-Apply various evidence based soft tissue treatment strategies.
- 7-Understand role of neurodynamics in assessment and treatment of musculoskeletal conditions.
- 8- Apply all the above assessment and treatment strategies within a sound clinical reasoning framework to the following segments: Cervical spine, Shoulder complex, Thoracic spine, lumbar spine, SIJ, hip and Knee.

- 9- Understand role of thoracic spine manipulation in treatment of thoracic spine dysfunction.
- 10- Apply various methods of thoracic spine manipulation strategies/condition.
- 11- Understand role of lumbar spine manipulation in treatment of lumbar spine dysfunction
- 12- Apply various methods of lumbar spine manipulation strategies.
- 13- Understand the theory and apply practical techniques to assess and treat a motor control problem that contributes to musculoskeletal symptoms.
- 14- Assess and treat complex musculoskeletal conditions based on sound clinical reasoning that combine both clinical and research evidence.
- 15- Assess and treat real complex case scenarios showing high level of communication, clinical reasoning and clinical skills.

Program structure

The program consists of:

1-Face to face teaching components delivered over three modules

Module 1: Manual therapy foundation (MTF)

Module 2: Clinical reasoning and practice for spine and extremities

Module 3: Integrated manual therapy approach for spine and extremities

.

2-Distance Learning components:

Where the participants engage with variety of tutor and self-managed visual and written clinical and research activities in their own time.

Program tutors

Main Tutor:

Dr Mahmoud Saad: Mahmoud worked as a full time senior lecturer at Sheffield Hallam University -UK, he was the leader of contemporary musculoskeletal physiotherapy module at the master program for many years where he was part of experienced team that developed and delivered this module over the years to make it one of the most reputable musculoskeletal program in the UK and Europe. Currently he is a senior associate lecturer at SHU in addition to his clinical work at prime physiotherapy clinics in UK, and clinical specialist role within the National Health Service. Mahmoud is the founder of Primephysio training UK and has presented over 250 courses and workshops in 7 countries since the inception of PRIMEPHYSIO in 2006. He is a member of the higher education academy UK, certified McKenzie therapist and member of the musculoskeletal association of chartered physiotherapists.

Note:

Tutor : Student ratio is 1- 24. In case of bigger groups a female /male tutor assistant will be recruited to help with practical laps and group discussions.

Module 1

- Introduction to the program.
- Types of Pain and introduction to role of neural mobilisation in management.
- Red and Yellow flags and role in assessment and treatment.
- Assessment framework.
- Why/ How to move with relation to different musculoskeletal structures.
- Application and justification of range of generic and specific assessment and treatment strategies for musculoskeletal structures.
- Module 1 assessment

Module 2

- Cervical spine, thoracic spine and shoulder complex mechanics and relevance to assessment and treatment.
- Differential diagnosis strategies.
- Management of the cervical spine. Thoracic spine and GHJ complex.
- How to manage difficult patients and acute deformities
- Lumbar spine mechanics and relevance to assessment and treatment.
- Assessment framework for Lumbar spine, SIJ and hip joint.
- Proximal control and link to lower limb problems.
- Assessment and treatment strategies for knee problems.
- Module 2 assessment.

Module 3

- Advanced mini scenarios and case studies
- Advanced practical strategies and modified mobilization techniques.
- Advanced clinical reasoning strategies in relation to upper and lower quadrant.
- Mock exam and supervised practice.
- Top tips for successful follow up sessions.
- Strategies to ensure long term effect of treatment.
- Module 3 assessment.

PLEASE NOTE: The schedule may change without notice based on:

1- Tutor evaluation to the participant's level of knowledge and experience.

2- Number of participants.

3- Ability of the participants to engage with the contents and practical sessions.

Indicative Contents

Distance learning

It will cover the following:

- Watching preparatory online Screen cast and engage with reading activities.
- Reading research article.
- Free reading (Assessment and treatment of spinal and peripheral musculoskeletal conditions)

Topics to be covered in the face to face teaching days (All Practical)

- Spine and joints biomechanics
- Red flags
- Subjective examination
- Objective examination-Validity
- Treatment planning
- Treatment approaches- clinical reasoning
- Mechanical treatment
- Mobilisation and manipulation techniques
- Exercise therapy
- Neurodynamics
- Soft tissue management (loading strategies- facilitation techniques)
- Taping Techniques
- All the above will be delivered using a blended teaching approach where emphasis on clinical reasoning has paramount importance.

Example of practical techniques to be covered (total number of techniques is 70 + applied through practical lab and linked to paper and real case studies)

- Accessory and Physiological mobilization for peripheral joints.
- Assessment and management of tendinopathy.
- Accessory and physiological mobilization techniques for cervical, thoracic and lumbar spine.
- Core stability principles.
- Differential diagnosis for peripheral joints conditions.
- Differential diagnosis for spinal problems.
- Assessment techniques for Sacroiliac Joint.
- Mobilization techniques for Sacroiliac joint.
- Rotator cuff activation and scapular stabilization techniques.
- Proximal control activation.
- Neurodynamics techniques.
- Manipulation techniques for thoracic and lumbar spine.
- Mechanical Treatment of Spinal and peripheral dysfunction.
- Mobilization with movement.
- Principles of effective rehabilitation.
- Mechanical treatment for soft tissues.
- Education techniques.
- **The program delivery based on active learning approach where participants learn through discussions, case studies, practice and reading.**
- **The program is highly practical therefore; participants should be ready to engage with intense practical labs.**

Assessment

The program assessment consists of 2 tasks

To successfully pass the program and be granted the completion certificate you need to pass the following two tasks, in case of failing one of these tasks you have the opportunity to reset the failed task/s, date of reset to be agreed with the program coordinator and could be attended in any country where the OMTA is organized.

*OMTA Exam will be scattered along the teaching modules, rehearsal and mock exams will be used throughout the program to ensure that all participants are progressing equally and achieving each module learning outcomes prior progressing to the next module.

Task 1: MCQ 50 Marks

- Online multiple choice questions based on the program contents, Power Point's, hand- out, discussions and tutorials. The questions are also based on the free reading distance learning task- the questions will evaluate your understanding of the background, results and conclusion sections of the articles but not the methods section.

Task 2: Viva and practical exam.50 Marks

- **Part 1:** You will have the opportunity to apply practical techniques on a model in front of the examiner. You will be assessed for your communication skills, handling skills, considerations for patient safety, and ability to amend the technique.
- **Part 2:** You will have the opportunity to individually read and reason your management approach of a case study/s to be submitted via e-mail. The aim of the viva is to evaluate your ability to think of and structure a comprehensive subjective examination, physical examination, formulate hypothesis, plan treatment program and comprehensive management approach that consider role of patient in management. Many examples of the exam case studies will be discussed during the teaching blocks.

| Learning outcome | Fail | Fair | Good | Very Good | Excellent |
|---|--|--|--|---|---|
| Assessment Task 4 | 0-40% | 40< | 60< | 80< | 90-100 |
| Clinical Reasoning and justification for selection and application of practical approaches | Poor reasoning - unable to justify the selected manoeuvre. | Acceptable reasoning with few inaccuracies. Need occasional prompting | Good level of reasoning with minor inaccuracies. Needed minor prompting | Very good level of reasoning- No prompting | Outstanding reasoning occasionally supported by references. |
| Assessment Task 2 | 0-40% | 40< | 60< | 80< | 90-100 |
| Handling and safety | Poor -unsafe handling. Prompting needed at more than two occasions. | Safe - acceptable handling that needs improvement. Needed prompting to correct handling at two occasions or less. | Safe - Good handling. Needed prompting at one occasion only. | Safe -very good confident handling. No prompting | Outstanding - confident handling. Able to modify and reflect on handling. Occasional use of reference to support the application choices/procedures. |

Orthopaedic Manual Therapy Academy (OMTA)

OMTA is committed to excellence in Orthopaedic Manual Physical Therapy practice, education, and research and to the concept of continuing professional education.

The OMTA aim is to maintain the high level of professional standards in physical therapy practice in Egypt and the Middle East. This is reflected in our mission, to Provide Excellence in Musculoskeletal Education.

OMTA is sponsored by Primephysio UK