



Sunday Training Programme Schedule for Musculoskeletal Rehabilitation

Workshop 1. Workshop on Understanding Pain

August 28, 2011

Faculty: Marilyn Lock

Sl.No	Topic
1)	Pain management, recent developments in pain research in Australia.
2)	Approaches to enhance compliance to the rehabilitation program
3)	The importance of movement in the management of chronic pain.

Workshop 2. Workshop on posture

September 04, 2011

Sl.No	Topic
1)	Postural alignment. Definitions vary with different professions
2)	Posture/ Alignment with the Alexander technique
3)	Joint stabilisation Of the Knee and shoulder using the Mc Connell technique.

Workshop 3. Workshop on Pilates and Alexander Techniques

September 11, 2011

Sl.No	Topic
1)	Clinical Pilates (CP). Developed by Dance Medicine Australia in the 90s, based on the series by Joseph Pilates
2)	Choice of CP series and progression
3)	Transference of Skills in daily activities at work, home, sports and performance

Workshop on Ergonomic Workplace Analysis

September 16, 17 & 18, 2011

Day 1

Time	Topic	Instructor
10:00 – 13:00	Methods to assess levels of musculoskeletal discomfort among workers: NIOSH discomfort surveys, the Dutch Musculoskeletal Questionnaire (DMQ), University of Michigan Upper Extremity Questionnaire (UMUEQ), Nordic Musculoskeletal Questionnaire (NMQ)	Urmi Salve
13:00 - 13:45	Lunch Break	
13:45 – 16:00	Psychosocial Questionnaire –Functional capacity Evaluation, Workstyle Questionnaire, NIOSH Generic Job Stress Questionnaire, Job Stress Questionnaire, Key Indicator Method.	Ajeesh P S

16:00 – 18:30	Postural evaluation tools: : Plan for Identifying av. Belastningsfaktorer(PLIBEL), Quick Exposure Checklist (QEC), Ovako Working Posture Analyzing System (OWAS), Concise Back Screening Instrument (CBSI)	Sukrit Debnath
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Day 2

Time	Topic	Instructor
09:00 – 11:00	Postural evaluation tools: Rapid Upper Limb Assessment (RULA)	Jeena Jose
11:00 – 12:00	Rapid Entire Body Assessment (REBA)	Sukrit Debnath
12:00 - 13:00	MODSI (Simple Model for Comprehensive Evaluation of Risks of Musculoskeletal Disorders)	Urmi Salve
13:00 – 13:45	Lunch Break	
13:45 -15:00	The Strain Index	Ajeesh P S
15:00 – 18:30	Measurement of work effort and fatigue: Borg Ratings of Perceived Exertion scale, Muscle Fatigue Assessment Method, Hand Activity Level (HAL)	Mathankumar

Day 3

Time	Topic	Instructor
09:00 – 11:00	Snook tables for maximum weight	Mathankumar
11:00 – 13:00	The Occupational Repetitive Action (OCRA) Methods: OCRA Index	Ajeesh P S
13:00 – 13:45	Lunch break	
13:45 – 14:30	OCRA Checklist	Mathankumar
14:30 -17:30	Methods for assessing back injury risks: Revised NIOSH Lifting Equation	Jeena Jose
17:30 – 18:00	Overview of EWA	Ajeesh P S

**Workshop on Janada's approach to the assessment and treatment of muscle imbalance
October 9, 2011**

TIME	TOPICS	INSTRUCTOR
10:00 – 10:30	Structural and Functional Approaches to Muscle Imbalance	Mathankumar
10:30 – 11:00	The Sensorimotor System	Annielinda
11:00 – 11:30	Chain Reactions: Articular, Muscular and Neurological Chains	Manohar
11:30 – 12:00	Pathomechanics of Musculoskeletal Pain and Muscle Imbalance	Nirav Bhavsar
12:00 – 12:30	Janda's Classification of Muscle Imbalance Patterns	Jeena Jose
12:30 – 13:15	Posture, Balance, and Gait Analysis	Ajeesh P S

14:00 – 15:00	Evaluation of Janda's Movement Patterns and additional Movement Tests	Rameshkumar
15:00 – 15:30	Muscle Length Testing	Mohan Babu
15:30 – 16:00	Normalization of Peripheral Structures: Central Indirect and Local Direct Techniques	Sukrit
16:00 – 16:30	Restoration of Muscle Balance: Treatment Techniques for Muscle Weakness and Tightness	Jeena Jose
16:30 – 17:00	Soft-Tissue Assessment	Mathankumar
17:00 – 17:30	Sensorimotor Training Components and Progression	Manjula
17:30 – 18:30	Regional Considerations: Cervical, Upper-Extremity, Lumbar, Lower-Extremity Pain Syndromes	Rameshkumar

Symposium on Clinical Reasoning Theory in Manual Therapy

October 16, 2011

Time	Topic	Instructor
11:00 – 12:00	Aspects of Expertise	Nirav Bhavsar
12:00 – 13:30	Hypothesis Categories	Ajeesh P S
13:30 – 14:15	Lunch Break	
14:15-15:30	Red Flags, Yellow Flags and Blue flags	Ajeesh P S
15:30-17:00	Reasoning Strategies	Nirav Bhavsar

Symposium on Metabolic Bone Disorders

October 23, 2011

Duration	Topic	Speaker
10:00-10:30	Pathophysiology of Common MBD	Dr.Mala Dharmalingam
10:30-11:00	Clinical features and management of Rickets, Osteomalacia and Hyperparathyroidism	Dr. Shaila Bhattacharya
11:00-11:20	Clinical features and management of Osteogenesis Imperfecta	Dr. Kavitha Bhat
11:20-11:40	Clinical features and management of Pagets Disease	Dr. RA Pradeep
11:40-12:00	Tea Break	
12:00-12:15	Osteoporosis in young Indian IT Professionals	Jeena Jose
12:15-12:30	The Implications of MBD in Persons with Disabilities	Dr. Deepak Sharan
12:30-13:00	MBD: The Indian Scenario	Dr Ambrish Mithal
13:00-13:30	Radiology of MBD	Dr. Sanjaya Viswamitra
13:30-14:15	Lunch Break	
14:15-15:00	Clinical features and management of Osteoporosis	Dr. CV Harinarayan
15:00-15:30	The role of Nutrition in MBD	Sheela Krishnaswamy
15:30-16:00	Role of Physiotherapy in Management of MBD	Ajeesh PS

16:00-16:15	Tea Break	
16:15-17:30	Workshop on Whole Body Vibration Therapy	Mathankumar M

**Workshop on Visceromyofascial Release
October 30, 2011**

Time	Topic	Instructor
11:00 – 12:00	Visceral osteopathy	Jeena Jose
12:00 - 15:30	Stomach & Large intestine	Ajeesh P S
15:30 – 17:00	MFR low back pain	Mathankumar

**Workshop on Craniosacral Therapy
November 1, 2011**

Time	Topic	Instructor
	Anterior Midline & Energetic Ideas	
	Cranial Osteopathy Intra-oral: The avenue of expression	
	The Face & Specialty Techniques	
	Cranial Osteopathy & The Vault	
	Cranial Osteopathy ,History & Theory	

**Workshop on Lumbopelvic Pain & Workshop on Rehabilitation of Movement
November 13, 2011**

TIME	TOPICS	INSTRUCTOR
11:00 – 11:30	Epidemiology	SamAzariah
11:30 – 12:15	Clinical Perspectives	Arjun
12:15 – 13:00	Severe low back Pain	Arun
13:00 – 13:45	Mild-to- Moderate low back Pain	Sakshi
14:30 – 15:00	Acute Nerve Root Compression	Debanjan
15:00 – 15:30	Stress # of the Pars Interarticularis	Tapas
15:30 – 16:00	Spondylolisthesis	Mathankumar
16:00 – 16:30	Lumbar Hyper mobility	Rameshkumar
16:30 – 17:00	Sacroiliac Joint Disorders	Jeena Jose
17:00 – 18:00	Rehabilitation following Back Pain	Nirav Bhavsar

November 20, 2011

TIME	TOPICS	INSTRUCTOR
11:00 – 12:00	Introduction to Assessment of Movement and Control Impairments	Jeena Jose
12:00 – 13:30	Upper Quarter Static Posture Assessment	Mathankumar
14:15 – 16:00	Specific Movement Tests to assess Movement Impairment and Motor Control of Upper Quarter	Nirav Bhavsar
16:00 – 17:00	Upper Quarter Specific Muscle Testing (Strength and Length)	Nirav Bhavsar

November 27, 2011

Time	Topic	Instructor
11:00 – 12:30	Lower Quarter Static Posture Assessment	Ajeesh P S
12:30 – 13:30	Specific Movement Tests to assess Movement Impairment and Motor Control of Lower Quarter	Mohan Babu
14:15 – 15:30	Lower Quarter Specific Muscle Testing (Strength and Length)	Nirav Bhavsar
15:30 – 17:00	The Management of Movement Impairments	Nirav Bhavsar

Workshop on Relaxation Training**December 11 & 18, 2011**