

# Certificate Course In Orthopaedic Manual Therapy (COMT) (Including Full Mulligan Concept)



***Capri Institute of Manual Therapy***

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# About COMT



THE COMT's main objective is intended towards an amalgamation of the various manual concepts for neuromusculoskeletal examination and treatment procedures into one complete formulated system of orthopaedic manual therapy. The Hands on workshop is based on integrated approach of various manual therapy concepts. After treating more than 85,000 patients and conducting hundreds of workshops on various concepts by training more than 10,000 physios collectively, Capri has picked up the best techniques out of all the various Manual therapy Concepts. **Best of these concepts will be covered in 8 days course in addition to the topics and techniques covered in Mulligan Concept workshop.** Capri strongly believes that a successful clinician's foundation lies in strong and accurate orthopaedic assessment to deliver qualitative and appropriate treatment.

**This comprehensive 8 days certificate course lays strong emphasis on orthopaedic manual therapy to provide clinicians with intensive tuition to perform an accurate and specific manual therapy examination according to the patient's needs. The examination & treatment process developed by Capri draws on the work of various NUMERO UNO in Manual Therapy like Mulligan, Butler, Edwards, Elvey, Maitland, McConnell, McKenzie, Shacklock, different osteopathic, chiropractic and several taping concepts. We inculcate in the clinicians the art of subjective and physical examination from Manual Therapy point of view rather than spoon feeding the therapist with a dead end protocol. We believe every patient is unique; the complaints are unique and have to be assessed uniquely. The skill lies in your fingertips and we help you to exploit this talent!**

If The Only Tool You Have is a Hammer,  
You Tend to See Every Problem As A Nail



Using a Single Manual Therapy Concept,  
You Can't Treat All Your Patients Effectively

# Aims & Objectives of the Course

**At the completion of the program, the participant should:**

- 1. Be abreast with the recent developments and researches in Anatomy, Pathophysiology, Kinematics and Biomechanics and the various age related changes in the spine and the peripheral joints & skilled in applying neuromusculoskeletal assessment procedures.**
- 2. Be competent in formulating differential diagnosis based on the integrated neuromusculoskeletal examination, clinical reasoning & evidence based practice.**
- 3. Be adept in formulating the most suitable manual therapy protocol/technique that is tailored according to the individual needs of the patient.**
- 4. Be expert in delivering the manual therapy treatment.**
- 5. Be capable of assessing the accuracy and reliability of the treatment technique / protocol used on the patient using his manual therapy assessment skills.**



# Syllabus

- **Clinical Anatomy, Patho-anatomy, Aging & Injury of spine & extremities.**
- **Biomechanics of Spine & Extremities**
- **Biomechanical Principles of Manual Therapy**
- **Indications & Contraindications of Manual Therapy**
- **Principles of Subjective Examination & Clinical Reasoning**
- **Introduction to Manual Therapy (Integrated approach)**
- **Palpation skills**
- **Communication skills**
- **Documentation of clinical findings**
- **Hand posture and skills.**
- **Contact points of manipulator's hand**
- **Manual Therapy: (Assessment & Mobilization using Integrated Approach)**  
Assessment, segmental examination & treatment using integrated approach based on the work of (Mulligan, Maitland, McKenzie, McConnell, Butler, Elvey, Edwards, Kinesio, Osteopathy and Pilates)  
Principles, Palpations, Segmental assessment, Diagnosis & Planning of appropriate technique for Cervical spine, Thoracic Spine, Lumbar Spine, Sacroiliac joint, Temporomandibular, Shoulder, Elbow, Wrist, Hand, Fingers, Hip, Knee, Foot & Ankle. Home management (self mobilization). Use of various treatment belt & straps for stabilization & mobilisation.
- **Neurodynamics: Principles & Biomechanics of Neural Tissue Mobilization. Palpations of different Nerves at different sites in upper & lower extremities, Assessment, Diagnosis, Neurodynamics tests for Median Nerve, Ulnar Nerve, Radial Nerve, Sciatic Nerve, Femoral Nerve, Lateral Cutaneous Nerve, Obturator Nerve, Tibial Nerve, Peroneal Nerve, Sural Nerve, and Saphenous Nerve. Neural Tissue Mobilization.**



- **High Velocity Thrust (HVT):** Principles of Manipulation, palpation, assessment, diagnosis, planning of appropriate technique for Upper Cervical spine, Lower Cervical spine, Thoracic Spine, Lumbar Spine
- **Taping:** Principles of Taping, Preparation, Preventive & therapeutic taping for Cervical spine, Thoracic Spine, Lumbar Spine, Sacroiliac joint, Shoulder, Elbow, Wrist, Hand, Fingers, Hip, Knee, Foot & Ankle, using integrated approach of Mulligan, McConnell, Kinesio and sports taping.

## Prevention Is Better Than Cure



### Why To Treat Positional Fault, When You Can Prevent It

- **Radiological assessment:** X-Rays & MRI of Neuromusculoskeletal system. Interpretation of finding & its clinical correlation related to Manual Therapy assessment & treatment.
- **Clinical Psychology:** Psychological component of Pain, its recognition & management.

# Resource Persons

## **Dr. Deepak Kumar**

MSPT, FIAP, PhD (Mulligan Concept)  
Certified McConnell Concept Teacher  
Director & Sr. Consultant Manipulative Physiotherapist

## **Dr. Bhini Semwal (PT)**

BPT, MPT, MIAP, CMP, COMT  
Certified McConnell Concept Teacher  
HOD & Sr. Consultant Manipulative Physiotherapist

## About Dr. Deepak Kumar

### **Dr. Deepak Kumar**

**(Director & Sr. Consultant Manipulative Physiotherapist)**



**B.P.T. (NIRTAR), M.S.P.T. (GNDU), C.O.M.T. (Curtin Univ.), F.I.A.P., Ph.D. (Mulligan Concept)**

**Certified McConnell Concept Teacher by McConnell Institute, Australia**

**The first Asian, accredited to be a certified Mulligan's Concept Teacher by MCTA, as per the norms given by IFOMT (2004-2015).**

**Clinical teacher & examiner to various Universities in North India for Graduate & Postgraduate programs.**

**Has an excellent background in teaching, research, & clinical management skills.**

**A Teacher: Delivered more than 200 workshops and Trained more than 10,000 students (in last 14 years) from various reputed institutes from India & abroad.**

**Member of Board of study & Examiner in various reputed Universities & Institutions.**

**A Researcher: Made 12 inventions in manual therapy, electrotherapy, & exercise therapy. Guided 53 research projects & still growing. Presented 34 papers in various state/ national & international conferences like IFOMT and WCPT etc., bagged 9 best papers & six 1st runner up awards. Published 4 papers in reputed Journals. The new techniques are published in Mulligan's 5th & 6th edn. Book, Contributor in The Mulligan Concept of Manual Therapy: Text book of techniques (An international book published by Churchill Livingstone, Elsevier). Author of book on Mulligan Concept "Manual of Mulligan Concept" 1st edn. Sept 2014, Reprint Feb. 2015.**

A Professional: Treated 85,000 patients in the last 22 years (together with team). Administrating more than 60 professionals & supporting staff as Director of Capri Institute of Manual Therapy & HOD physiotherapy at Sant Parmanand Hospital, Delhi. Attended more than 72 workshops / CME by National & International faculties. Given 2 TV interviews (live) on physiotherapy in June 2004 & in July 2004. Delivered more than 200 CME / workshops / conferences including International Conf. on Manual Therapy INTERCOMAT 2005, INTERCOMAT 2006, INTERCOMAT 2013 and 1st International Certified Mulligan Concept conference CMPCON 2014.

- E.C. member in Indian Association of Sports Medicine (1999-2001).
- Convener National Secretariat & Council act Committee (IAP CEC 2006-08).
- President of Indian Association of Sports Physiotherapist (2006-08).
- Chief Editor International Journal of Physical Therapy.
- Recipient of Distinguished Service Award by IAP (2006).
- Recipient of Fellowship by IAP (2010).
- Visiting Faculty in Manipal University, Manipal, Karnataka.
- Visiting Faculty in Sri Ramachandra Medical College, Chennai.
- E.C. member in Society of Indian Physiotherapists (2015-17).

**To Become The BEST,  
Learn from The BEST**





# Details of the Workshop

- Dates and City: -** Visit [www.capri4physio.com](http://www.capri4physio.com) for latest updates
- Timings: -** 9 AM to 5 PM (may extend to 6PM)
- Venue: -** Will be informed personally to regd. delegates only.
- Fee:-** For Indians residing in India:
- For payment at once- Total Fee: Rs. 25,000/-
  - For payment in instalments: Total fee: Rs. 30,000/-
    - 1<sup>st</sup> Instalment:** Rs. 10,000/- at the time of registration
    - 2<sup>nd</sup> Instalment:** Rs. 20,000/ (2 months before the course begins)
- Save Rs. 5000/- by paying the entire fee at once : Rs. 25,000/- at the time of registration  
Valid for first 30 seats only.
- For Foreign delegates/ NRI's:**
- Fee : 500 USD  
Please contact us on 9063 69 69 69, 9063 12 12 12 to register for the course and to know the payment method
- Fee inclusive of: -** Tuition fee; Certificate of 64 Contact hours for 8 days with transcript; Manual of Mulligan Concept Book; Study Material; Treatment belt; Bag; Lunch
- Total Seats: -** 50
- Eligibility: -** The applicant should be a Physiotherapist with minimum qualification like: Final year / Intern / DPT/BPT. There is no pre-requisite in terms of manual therapy experience. The program offers a high level of information and clinical expertise, provided to all participants in a stimulating learning environment regardless of previous clinical experience and knowledge.
- To reserve seat: -** Please deposit the following:
- A) Deposit the fee in ICICI bank or pay online at our site via credit or debit card.
  - B) SMS/Whatsapp the following details to 9063121212: Your Name, Your Phone No., Your Email ID, City of Course, Amount Deposited & Transaction ID.
  - C) Online Application form with supporting documents

## How to pay fee:-

**By Credit/Debit card:-** Deposit your Fee online at our website

**By Cheque (IN ICICI BANK):-** Deposit your Fee (by Cheque only) in any branch of ICICI bank in your city. Fee by Cheque must be deposited in favor of: "Capri Institute of Manual Therapy, A/c no: 033005001742" "RTGS/NEFT/IFSC code: ICIC0000330". Bank: ICICI bank, Branch: Anand Vihar, Delhi 92.

**By NEFT/ RTGS in ICICI Bank:-** Transfer your Fee by NEFT from any of your account through internet banking. Details are as follows:

Bank Name:	ICICI Bank
Branch:	Anand Vihar, Delhi 92.
Account Name:	Capri Institute of Manual Therapy
Account No.:	033005001742
RTGS/NEFT/IFSC code:	ICIC0000330
Type of account:	Current account

**Note: While transferring your fee, Please mention your name & phone number at remark column of bank site. Please also note down your transaction ID after transferring your fee. This will help us in tracing your fee easily.**

**By Cash:-** You can also deposit fee by cash along with other documents at any of our clinics in Delhi or in any branch of ICICI bank as per details given above. **Please do not forget to get transaction ID from ICICI bank after depositing your fee in cash, as we will not be able to trace it without the transaction ID.**

**After depositing fee in bank:-** 1) SMS/Whatsapp the following details to

9063121212: Your Name, Your Phone No., Your Email ID, City of Course, Amount Deposited & Transaction ID.

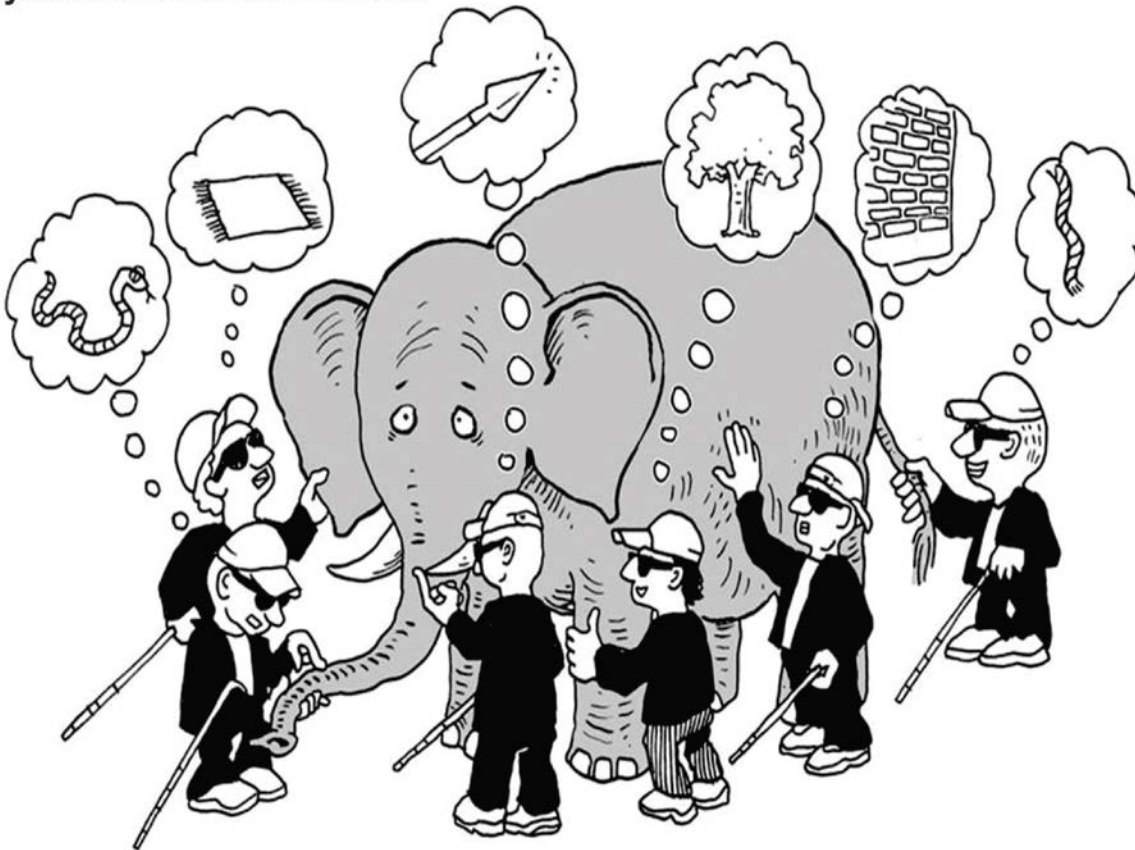
2) Submit online application form at [www.capri4physio.com](http://www.capri4physio.com) and upload scanned passport size colored photo & required documents like degree / diploma / marksheets / I –Card (any one).

**Please Note:** Your money will be refunded, only, if we do not / can't offer a seat or if the course is cancelled because of any reasons.

**Learning Outcomes:** - All participants will gain an understanding of the best of different manual concepts. The participant will have enhanced assessment skills when examining extremity and spinal joints. As with all manual techniques, handling skills are paramount, and at the end of the program, the true professional will be able to assess the condition and deliver the manual treatment with great expertise. They will learn taping techniques to maintain correction of functional movement patterns. The most important outcome is that patients will benefit the most from this integrated approach.

**Course Requirements:** - Wear loose, comfortable lab clothing (with long hair pulled back); bring a large towel. Please note that items like receipt of your payment admit card, study material and belts will be given at the venue during the course. All participants are requested to report at the above venue at 9 AM.

### Eyes See What Brain Knows



Learn How to Conduct Detailed Examination,  
So That You Not Only Treat The Smpmts,  
But Also The CAUSE Behind It

## **Cancellation Policy: -**

- All cancellation requests must be in writing.
- Any cancellation on or before 2 months, from the date of CME will attract a charge of Rs. 5,000/-only towards administrative costs.
- Any cancellation on or before 1 month, from the date of CME will attract a charge of Rs. 10,000/-only.
- No money will be refunded in case of any cancellation request received or post marked, less than one month prior to the date of CME.
- However, if we do not / can't offer a seat or if the course is cancelled because of any reasons, your full money received by the Capri institute will be refunded.
- If you've paid using PayUMoney payment gateway, third party transaction charges will not be refunded in any situations mentioned above.

Dates for 2017/2018 are already available on the website [www.capri4physio.com](http://www.capri4physio.com). Please keep yourself updated. For more details, you may visit our website or call us between 9AM to 7PM at our cell no +91 9063 12 12 12, 9063 69 69 69, 9312430264, 9810265641.

**“Either You Modify  
Your Dreams Or  
Magnify Your Skills”**

