

Title of Course - Physical Therapy; Holistic Approach to Healthcare

Course Code: NPIAS-SEC-001

Course objective: To develop a thorough understanding of various manual therapy techniques and their physiological effects on musculoskeletal, neuromuscular, and circulatory systems.

Syllabi of Course:

Introduction to Physical Therapy

4 Hrs.

History and Evolution of Physical Therapy, Principles of Physical Therapy, Role of Physical Therapy in Physiotherapy, Overview of Indications and Contraindications

Joint Mobilization Techniques

5 Hrs.

Grades of Joint Mobilization (Maitland Technique), Biomechanics of Joint Movement, Indications for Joint Mobilization, Techniques for the Spine, Shoulder, Hip, Knee, and Ankle, Practical Lab: Demonstration and Hands-on Practice

Soft Tissue Manipulation

5 Hrs.

Basics of Myofascial Release, Trigger Point Therapy, Cross-Friction Massage, Application of Soft Tissue Techniques for Muscle Spasms and Tension, Practical Lab: Demonstration and Hands-on Practice

Muscle Energy Techniques (MET)

4 Hrs.

Concept and Mechanism of MET, Application of MET in Common Musculoskeletal Dysfunctions (Pelvic, Cervical, Lumbar, Shoulder), Practical Lab: Demonstration and Hands-on Practice

Neurodynamic Techniques

4 Hrs.

Principles of Neurodynamics, Application of Nerve Mobilization Techniques, Practical Lab: Demonstration and Hands-on Practice

Physical Therapy in Clinical Practice

4 Hrs.

Clinical Reasoning in Manual Therapy, Combining Manual Therapy with Exercise Prescription, Case Studies and Evidence-Based Practice

Advanced Techniques and Holistic Approaches


4 Hrs.

Introduction to Manipulative Techniques, Craniosacral Therapy and Visceral Manipulation, Practical Lab: Demonstration and Hands-on Practice

Suggested Reading:

Huljev, D., & Pandak, T. (2016). Holistic and team approach in health care. *Signa Vitae*, 11(2), 66-69.

Justice, C., Sullivan, M. B., Van Demark, C. B., Davis, C. M., & Erb, M. (2023). Guiding Principles for the Practice of Integrative Physical Therapy. *Physical Therapy*, 103(12), p24138.


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