



Name of the Program(s): - Short Courses or Diploma –Short course in Physiotherapy or Physical Therapy (PT), Professional Diploma in Physiotherapy/Physical Therapy (PT), Modern Musculoskeletal Physiotherapy, Diploma Certificate Advanced Techniques in Musculoskeletal Medicine & Physiotherapy.

Are you interested in earning your Short Training or Diploma Certificate in Physiotherapy (PT) or Modern Musculoskeletal Physiotherapy, but you're unsure how to start the process? While this is a great step for your individual career, it doesn't have to be a complex one really if you study from GEPEA. This is the ultimate guide to enroll yourself in your desired short course trainings such as in Physiotherapy or Modern Musculoskeletal Physiotherapy Trainings, Advanced Techniques in it as well as specific qualifications.

Upon completing the course respective student are usually equipped to plan and engage in effective training practices in the specific career. To become a physiotherapist ambitious student should take this initial step of short course training & diploma. As a result of this type of short course and diploma respective trainee will gain basic knowledge about Physiotherapy, Modern Musculoskeletal Physiotherapy and Advanced Techniques in Musculoskeletal Medicine. Importantly, the candidates must have completed required internship training or related working experience in any recognized hospital or organization approved by the concerned authority.

What is physiotherapy? Physiotherapy helps restore movement and function when someone is affected by injury, illness or disability. Moreover, physiotherapy is a healthcare profession that assesses, diagnoses, treats, and works to prevent disease and disability.



Short Courses or Diploma – Short course in Physiotherapy or Physical Therapy (PT), Professional Diploma in Physiotherapy/Physical Therapy (PT), Modern Musculoskeletal Physiotherapy, Diploma Certificate Advanced Techniques in Musculoskeletal Medicine & Physiotherapy.
SHORT COURSE, DIPLOMA, PROFESSIONAL SKILLS TRAININGS

Training Hours: 12 or 36 GEPEA Credit hours.

Program Duration: Short Course in 1 Month (Fast Track) or 2 Months and Diploma Course in 3 Months to 6 Months (For Part Time Home Study-Distance Learning) (Certifications).

Admission Requirements: A high school diploma or an associate degree in general science or science (or global equivalent), Secondary degree (high school diploma, associate degree, or the global equivalent). **Age Limit:** *No age bar or age limit.*

Other Requirements: Any related degree are needed to take this course, but have some extra skills using laptop/computer and internet, E-mail for communications will help.

Training Delivery: The course duration will comprise 12 or 36 hours of self-study home based or lecture based delivery. The 12 or 36 hours will be delivered in 1 to 3 sessions online distance learning based on given course materials. This 1 month or 2 months or 3 months to 6 months course aims to provide an introduction and depth understanding, practical training in the respective field. Even the short course or trade course will develop and enhance trainees a core -basic skills of the concern training and certification areas.



Syllabus Outline

Serial No.	Syllabus component	Assignment TMA (Tutor Mark Assignment) or Case Study	Board Questions (OBS = Open Book System) Exam.	MCQ (Multiple Choice Questions) 10 Questions (each @ 2 marks)
	<p>1 session or part will count 4 hours each (1 parts/courses x 4 hours study each = 4 hours total) + Suggested Video Exercises Minimum 8 hours = Grand Total 12 Hours</p> <p style="text-align: center;">OR</p> <p>3 session or part will count 12 hours each (3 parts/courses x 4 hours study each = 12 hours total) + Suggested Video Exercises Minimum (3X8) 24 hours = Grand Total 36 Hours</p>	45	35	20
	<p>Short Courses or Diploma – Short course in Physiotherapy or Physical Therapy (PT), Professional Diploma in Physiotherapy/Physical Therapy (PT), Modern Musculoskeletal Physiotherapy, Diploma Certificate Advanced Techniques in Musculoskeletal Medicine & Physiotherapy.</p>	<i>12 or 36 Hours (Time)</i>		
1.	<p>Semester-1:</p> <p><u>Training Course Certificate Title:</u></p> <p><u>Modern Musculoskeletal Physiotherapy:</u></p> <p>ADVANCES IN BASIC SCIENCE ADVANCES IN MEASUREMENT METHODS RESEARCH APPROACHES FOR MUSCULOSKELETAL PHYSIOTHERAPY ADVANCES IN CLINICAL SCIENCE AND PRACTICE: PRINCIPLES OF MANAGEMENT THE BROADER SCOPE OF MANAGEMENT OVERVIEW OF CONTEMPORARY ISSUES IN PRACTICE: Cervical Spine: Idiopathic Neck Pain Whiplash-Associated Disorders Temporomandibular Disorders Thoracic Spine: Models of Assessment and Management</p>	<p>45</p> <p><i>4 Credit Hours Per Subject</i></p>	35	20

2.	<p>CLINICAL EXAMINATION AND TARGETED MANAGEMENT OF THORACIC MUSCULOSKELETAL PAIN PATELLOFEMORAL PAIN KNEE OSTEOARTHRITIS Ankle Injury The Shoulder Elbow Wrist/Hand and so on.</p> <p><u>Physical Therapy (PT):</u></p> <p>Physical Therapy (PT) Techniques includes:</p> <ol style="list-style-type: none"> 1. Range-of-motion exercises 2. Muscle-strengthening exercises 3. Coordination and balance exercises 4. Ambulation (walking) exercises 5. General conditioning exercises 6. Transfer training 7. Use of a tilt table. <p>https://www.msmanuals.com/home/fundamentals/rehabilitation/physical-therapy-pt</p> <p><u>Suggested Video Exercises:</u></p> <ol style="list-style-type: none"> 1. Musculoskeletal Physiotherapy (3 Videos) https://www.youtube.com/watch?v=C6SDYeilb6M https://www.youtube.com/watch?v=NpVX-PBsb0I https://www.youtube.com/watch?v=IXRD1vTwOHw 2. 11 Best Practice Recommendations in Musculoskeletal Pain https://www.youtube.com/watch?v=gvyB_1KpOHA 3. Redefining Physiotherapy https://www.youtube.com/watch?v=nSTxshbPy4U 4. Movement therapy. Demonstration of exercises https://www.youtube.com/watch?v=qJ-8eatk9BU 5. The role of a physiotherapist https://www.youtube.com/watch?v=W7wLorSt5q4 <p>HERE IS THE END OF SHORT COURSE TRAINING, BUT WE SUGGEST TO WATCH AND LISTEN CAREFULLY FOLLOWING RECORDED VIDEOS FOR BETTER UNDERSTANDING IN THEIR DESIRED COURSE.</p> <p><u>Semester-2:</u></p> <p><u>Training Course Certificate Title:</u></p> <p><u>ADVANCED TECHNIQUES IN MUSCULOSKELETAL MEDICINE AND PHYSIOTHERAPY:</u></p>	8 Credit Hours		
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<p>Part-1: IN VASIVE TECHNIQUES IN PHYSIOTHERAPY AND MUSCULOSKELETAL MEDICINE</p> <p>Part-2: CADAVER-BASED APPROACH ES IN PHYSIOTHERAPY</p> <p>Part-3: MUSCULOSKELETAL ULTRASOUND</p> <p>Part-4: DRY NEEDLING</p> <p>Part-5: PERCUTANEOUS NEEDLE TENOTOMY (PNT)</p> <p>Part-6: PERCUTANEOUS NEEDLE ELECTROLYSIS (PNE)</p> <p>Part-7: ACUPUNCTURE</p> <p>Part-8: MESOTHERAPY</p> <p>Part-9: INJECTIONTHERAPY</p> <p>Part-10: HIGH -VOLUME IMAGEGUIDED IN JECTIONS</p> <p>Part-11: OUTCOMES: EVIDENCE BASED PHYSIOTHERAPY</p> <p><u>Suggested Video Exercises:</u></p> <p>Musculoskeletal assessment (two videos) https://www.youtube.com/watch?v=jLr5vndKiZQ https://www.youtube.com/watch?v=T--VSPC451w</p> <p>The Essential Shoulder Exam https://www.youtube.com/watch?v=ijUtybecgpU</p> <p>Focused Shoulder Clinical Examination https://www.youtube.com/watch?v=Srlr3BMZzOg</p> <p>GALS Musculoskeletal Screen https://www.youtube.com/watch?v=vVw7gaLd4Qw</p> <p>Musculoskeletal Exam Advanced Techniques https://www.youtube.com/watch?v=bfd_85IPYo8</p> <p>Musculoskeletal Lower Exam https://www.youtube.com/watch?v=oKJcMx6TtD4</p> <p>Ankle x-ray interpretation https://www.youtube.com/watch?v=zi0HrqiZoXw</p> <p>Total Knee Replacement Exercises https://www.youtube.com/watch?v=pXgLETTLplw</p> <p>Musculoskeletal System Sarcomere Structure: Actin & Myosin https://www.youtube.com/watch?v=Nrf_g5m8fVM</p>				<p><i>8 Credit Hours</i></p>
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3.	<p>Physiotherapy Treatment of Headaches https://www.youtube.com/watch?v=Lj9FhUEwCCw</p> <p><u>Training Course Certificate Title:</u></p> <p><u>Physiotherapy Database Exercises for people with Spinal Cord Injury:</u></p> <p>Fitness - pushing up a ramp backwards. Fitness - pushing up a ramp forwards. Fitness - upper and/or lower limbs - passive/active cycle. Fitness - upper limbs - active cycle. Skill practice - balance - ball - seated. Skill practice - balance - boxing - seated. Skill practice - balance - propping in long sitting - 1. Skill practice - balance - propping in long sitting - 2. Skill practice - balance - reaching - seated. Skill practice - balance - wheelchair maintenance. Skill practice - bed mobility - moving legs across bed - long sitting. Skill practice - bed mobility - rolling – 1, 2, 3. Skill practice - bed mobility - supine to sit – 1, 2. Skill practice - bed mobility - supine to sit - moving on elbows in sidelying. And many more exercises will be available in the following website: https://www.physiotherapyexercises.com/</p> <p><u>Suggested Video Exercises:</u></p> <p>Exercise After Spinal Cord Injury: How to Begin https://www.youtube.com/watch?v=POEWCQawRbl</p> <p>Home Exercise for Spinal Cord Injury: Back Extension https://www.youtube.com/watch?v=iw8eGheY17c</p> <p>Spinal cord injury Exercise for C5 Quadriplegia patient https://www.youtube.com/watch?v=sLBBYkrl6oc</p> <p>Spinal Cord Injury (SCI) Program https://www.youtube.com/watch?v=X687ICduqWg</p> <p>Spinal cord injury rehabilitation based exercise for paraplegic https://www.youtube.com/watch?v=chyB-8c3U-I</p> <p>Recovery after Spinal Cord injury https://www.youtube.com/watch?v=kfrHb4Z1nLo</p> <p>Home Exercise for Spinal Cord Injury: Lower Extremity Range of Motion, Entire Series https://www.youtube.com/watch?v=Xqv0XKuWoFY</p> <p>Physiotherapy Management of Individuals with Spinal Cord Injury https://www.physio-pedia.com/Physiotherapy_Management_of_Individuals_with_Spinal_Cord_Injury</p>	8 Credit Hours		
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	<p>Additional Resources:</p> <p>https://www.physiotherapyexercises.com/</p> <p>From the above website you may freely practice and get suggestions for the following areas of Physiotherapy</p> <p>Treatment and exercises:</p> <ol style="list-style-type: none"> 1. Spinal Cord Injury 2. Whiplash 3. Osteoarthritis 4. Impaired Balance: Elderly <p>Article with Photograph Directions & Aerobic Exercises:</p> <p>How to Maximize Mobility with Physiotherapy for Spinal Cord Injury</p> <p>https://www.flintrehab.com/physiotherapy-for-spinal-cord-injury/</p> <p>FOLLOWING ADDITIONAL TASKS SHOULD HAVE TO DONE BY PARTICIPANTS OR STUDENTS:</p> <ol style="list-style-type: none"> a) Training in the respective area and its professional Certification Test MCQ Questions answer practicing b) Training in the respective area and its professional Test Board Questions/TMA (Tutor Mark Assignment) c) Training in the respective area and its professional Case Studies (If Case Studies are needed in the respective course then this is required to study) <p>Exercises (<i>After the each of the above mentioned video links are the Suggested Videos from the respective area is advisable to watch attentively in a quiet place in order to complete the short trainings/trade courses in time</i>) and projects</p>			
	<p>TOTAL HOURS REQUIRED TO BE COMPLETED FOR THE SHORT TRAININGS AND TRADE COURSES OR PROFESSIONAL CERTIFICATIONS= 1 session or part will count 4 hours each (1 parts/courses x 4 hours study each = 4 hours total) + Suggested Video Exercises Minimum 8 hours = Grand Total 12 Hours</p> <p>OR</p> <p>3 session or part will count 12 hours each (3 parts/courses x 4 hours study each = 12 hours total) + Suggested Video Exercises Minimum (3X8) 24 hours = Grand Total 36 Hours</p>			

COURSE MATERIAL

Besides using the traditional books GEPEA has also modernized the learning process by providing students with online portal consisting of –

- **Study Materials (Soft copies)** – PDF of books are provided to students making studies nomadic & convenient. GEPEA Department of Students Affairs will assign Study Materials via Email or other methods after registration and admission.

- The focal point of **GEPEA** study materials is enhancing Practical Education. **GEPEA** Kit provided to applicants is a world full of practical scenarios, explanation in terms of facts rather than theoretical phrases. Customized to be self-explanatory & easy to understand.
- **Faculty Guidance** – GEPEA panel of intellectuals guide students personally with regards to any query through email about any concept in the notes provided, being the author of the same.

EXAMINATION

- **GEPEA** Professionals are given the privilege to answer exams from any examination center in the world along with the freedom to pick the exam schedule for the same, as time permits in the particular examination months of GEPEA. Students are allotted 2 modes of examinations – Home Based/Center Based.
- Question papers would be drafted by **GEPEA** panel of veteran professors which would be TMA (Tutor Mark Assignment), OBS (Open Book System) and MCQ study pattern. A single course will consist 100 marks based on these three pattern of exam types. In each program will consist a major (Thesis Research) course or theory in order to complete the respective Diploma Program.
- This unique & novel methodology teaches a student how to assess business situations and make decisions based upon those assessments, allowing students to display their potential.
- In case of home based/distance learning exams question paper would be emailed to the students, which they would have to answer & courier back to GEPEA office or GEPEA directed authority in the respectable exam slab.
- Candidate also has the option of appearing for Center Based Examination wherein they would have to visit one of the many GEPEA exam centers & complete answering the exam in the duration of 3 hours which wouldn't be an open book examination.

CASE STUDY METHOD & STUDY MATERIAL:

Today communication systems have advanced so much that it is much easier, convenient and quicker to gain expertise via online distance learning. GEPEA offer potential students the opportunity to study through an autonomous online distance learning program. This means that people who can't get traditional further education can still achieve what they want and get their qualifications through Online Distance Learning. That gives the opportunity for a much wider range of people to get the qualifications that they want. Today, thanks to technological advances, higher education is more readily available to those who want it.

GEPEA is an institute of excellence offering widest range of autonomous programmes in the field of Business Management and different Professional Training education. In response to the rapidly changing economic environment and the process of globalization, the Academy has made sustained efforts to bring an international perspective to all its wide range of areas and activities.

BENEFITS AND FEATURES:

- (i) **Flexible Programs & Curriculum:** You can earn and study at the same time! From GEPEA International Curriculum, Flexibility is the biggest advantage of distance learning courses. This stands true especially if you are a working professional. Not everyone has the luxury of taking their own time to finish their studies. For those who had to take a break from studies to start working, such

- courses are a boon and provide the opportunity to pursue higher education.
- (ii) **Saves Time & Energy:** You save up a lot of time and energy on commuting. You can stay at any place and pursue a course that is available at GEPEA. Or you might be based out of a remote village or town which does not have enough options for higher studies. Distance learning courses eliminate these obstacles.
 - (iii) **MCQ, Case Based Learning:** MCQ, A Case-based approach engages students in discussion of specific situations, typically real-world examples of African, Asian and International companies. Allowing the students to put their theoretical knowledge to practice.
 - (iv) **Study at your own Pace:** Not everyone has the same pace of learning. Some students pick up things fast, others need time to grasp a concept. One of the biggest advantages of distance learning is that you can study at a pace that is comfortable for you.
 - (v) **Saves Money:** These courses are almost always cheaper as compared to their on-campus counter-parts. You also cut down on the costs incurred while commuting etc.
 - (vi) **Personal Fulfillment:** An MBA is the key to unlocking both a professionally and personally rewarding future. Education is the foundation upon which you can build lifelong business and personal achievements. The GEPEA MBA program is designed to enrich your personal life, as well as to keep you informed about a constantly changing industry.
 - (vii) **Convenient:** You can submit your assignment with the click of a button or simply drop it off at a post-office! It's sometimes as simple as that!
 - (viii) **24X7 Access to Study Material & fellow Students:** This is the best way to study if you are comfortable with internet and technology. You can access your study material online whenever you want and also clear doubts, exchange views and discuss with your virtual class-mates!
 - (ix) **Study any Topic You Want:** Since you'd already have all your books/online study material with you, you can pick up any topic/chapter that interests you and tackle that first! This way your interest in the subject is sustained.
 - (x) **Higher Level of Self-Confidence:** The knowledge gained through our Correspondence MBA program will enhance your effectiveness in your current position and help define your future career path. It will sharpen your skills in critical business areas, giving you the self-confidence you need to become a leader in your profession.
 - (xi) **Specialization:** We provide more than 80 specializations which allow students to gain additional knowledge and background on specific business topics.

ACCREDITATIONS AND RECOGNITIONS:

ITQSM Accredited & International Partnered Professional Academies.

GEPEA has proudly claimed the Excellence in Online Distance Learning Award presented by its Governing Body Really Matters as a token of appreciation for providing top notch education to professionals globally. This solely proclaims that GEPEA is one of the best Professional Academy in the field of online distance learning.

PROFESSIONAL FACULTIES:

GEPEA Faculty members are highly professional, qualified & experienced. Professors provide substantial assistance through 24*7 web support. Each & every query regarding studies, assignments, cases, projects, research are resolved on time & responded with clear, relevant answers on par with syllabus. They update themselves from time to time about the changing market scenario & syllabus. Thus working professionals have chance to get resourceful information by interacting with professors through web-support from time to time. Timely communication & assistance is key to our successful association with our students & our professors believe in same.

GEPEA (Global Educational & Professional Excellence Academy)

*In case any query, please feel free to contact us via **E-Mail:**
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www.gepea.education*