



Capri Institute of Manual Therapy

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Dear Physiotherapist,

Regards!

Thanks for taking interest in Manipulative Physiotherapy & hands on workshop on Mulligan Concept. Believe me, this will prove to be one of the best decisions taken on your part to become a successful, manipulative physiotherapist. It will help you & your staff a lot in all areas of Physiotherapy, be it private practice, academics or research.

This CME offers a high level of information and clinical expertise to all participants regardless of their previous clinical experience and knowledge. A stimulating learning environment in a homogenous group & a highly organized workshop with individual attention is offered. In last 8 years we have trained more than 6000 Physios in Mulligan's concept from all over the country & they are doing extremely well in the profession. Thanks to Brian Mulligan for developing the magical manual therapy techniques, where patients recover instantly in a pain free way!

The feedback given by these 6000 Physios after finishing hands on workshop on Mulligan Concept:

Parameters	Excellent	Good	Average	Poor
Duration of the Course	90%	8%	2%	0%
Duration to Learn each Technique	97%	3%	0%	0%
Teaching Method / Approach	90%	9%	1%	0%
Knowledge of the Teacher	95%	5%	0%	0%
Contents of the Course	93%	5%	2%	0%
Efficacy of the Tech in Patient Management	85%	10%	5%	0%

Our 8 days hands-on workshop combines the Introduction & Basics of The Mulligan concept with modules 1, 2 & 3 of the same. The idea behind combining module 1, 2 & 3 is to mould our schedule according to convenience of the applicants as requested. This course will also familiarize & make them well-versed with the

Mulligan's concept. In a nut shell, it would give their practice a new dimension by application of this benefiting approach. The applicant taking up this course will duly receive a course completion certificate which in itself is a valuable acknowledgement. After completing this 8 days hands-on workshop, the applicant will be eligible to sit for CMP examination. After qualifying this exam he / she will receive an additional certificate of the **“Certified Mulligan Practitioner (CMP)”**.

The Mulligan Concept

The Physiotherapy treatment of musculoskeletal injuries has progressed from its foundation in remedial gymnastics and active exercise to therapist-applied passive physiological movements and on to therapist-applied accessory techniques. Brian Mulligan's concept of mobilisation with movement (MWMs) in the extremities and sustained natural apophyseal glides (SNAGs) in the spine are the logical continuance of this evolution with the concurrent application of both therapist-applied accessory and patient generated active physiological movements.

The Resource Person for C.M.E.

We take pride in informing you that Dr. Deepak Kumar, who is the first & the only Asian, accredited to be a certified Mulligan's Concept Teacher by MCTA, as per the norms given by IFOMT, conducts these CME's. It is also worth mentioning that he is among the 49 accredited manual therapy teachers all over the world mainly from America, Europe & Australia. Hence, he is authorised to conduct courses in manual therapy for Mulligan's concept anywhere in the world & the certificates issued by him will be recognised with equal weightage all over the world.

He is a postgraduate in Sports Medicine & Physiotherapy from Guru Nanak Dev University, & has completed his graduation from National Institute of Rehabilitation Training & Research. He has also been to Curtin University, Australia, to get his Super Specializations in Manipulative Physiotherapy.

He is a clinical teacher & examiner to various Universities in North India for Graduate & Postgraduate programs. He has an excellent background in teaching, research, & clinical management skills to run courses like these.

Brief profile of the resource person

DR. DEEPAK KUMAR

(H.O.D. & Sr. Consultant Manipulative Physiotherapist)

B.P.T. (NIRTAR), M.S.P.T. (GNDU), C.O.M.T. (Curtin Univ.), M.C.T.A., F.I.A.P., (PhD)

Certified Mulligan Concept Teacher

A Teacher: Trained more than 6000 students (in last 8 years) from various reputed institutes from India & abroad. Member of Board of study & examiner in various reputed universities & institutions.

A Researcher: Made 9 inventions in manual therapy, electrotherapy, & exercise therapy. Guided 38 research projects & still growing. Presented 27 papers in various state/ national & international conferences, bagged 9 best papers & six 1st runners up awards. Published 2 papers in reputed Journals. The new techniques are published in Mulligan's 5th & 6th edn. Book

A Professional: Treated 70,000 patients in last 16 years (together with team). Administrating more than 55 professionals & supporting staff as Director of Capri Institute of Manual Therapy & HOD physiotherapy at Sant Parmanand Hospital, Delhi. Attended more than 63 workshops / CME by national & international faculties. Given 2 TV interviews (live) on physiotherapy in June 2004 & in July 2004. Organized more than 22 CME / workshops / conferences including international Conf. on manual therapy INTERCOMAT2005 at Dehradun & INTERCOMAT2006 at Delhi.

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)

Please find some useful information about the workshop.

Proposed Dates and City : - Please check our site www.capri4physio.com

Timings: - 9:00AM to 5:00PM (8 Days, 64 hrs.) Please see time table & syllabus attached.

Venue: - Will be informed personally to regd. Delegates only.

Fee: - Rs. 13,500/- For 8 Days. Fee inclusive of: - Tuition fee, Certificate of 64 Credit hours for 8days with transcript (Recognised all over the world); Study material with Photos in CD; 6th edn. Mulligan Book worth 45 USD; Lunch; 3 Different Treatment belts worth 50USD, Mobilisation pad & Bag.

Total Seats: - 40

Resource person: - Dr. Deepak Kumar (PT), Certified Mulligan concept teacher.

H.O.D. & Sr. consultant Manipulative Physiotherapist. Ph: +91 9810265641

Eligibility: - The applicant should be a Physiotherapist (Final year / Intern / DPT/BPT/MPT).

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 regardless of previous clinical experience and knowledge in a stimulating learning environment.

To reserve seat: - Please deposit the followings:

- A) Registration fee of Rs. 4000/- (This includes Non-refundable fee Rs. 3000/-) However, if we do not / can't offer a seat or if the course is cancelled / postponed because of any reason, your full money Rs. 4000/- will be refunded back to you. (Remaining fee of Rs. 9500/- to be deposited after confirmation of your seat)
- B) Online Application form / Download Application form / See the 2nd last page of this document
- C) 2 color recent passport size photographs
- D) Photocopy of your (degree / diploma / marks sheets / I –Card)

How to pay fee:

By Cheque: Deposit your fee by cheque in any branch of Punjab National bank in your city. Fee by cheque must be deposited in favor of: “Capri Institute of Manual Therapy, A/c no: 0115002100055998” Bank: Punjab National bank, Branch: Civil Lines, Delhi 54 (Please note this cheque can be from any branch of any bank within city & need not be from Punjab National bank only). After depositing fee in bank, Please Submit online application form on this site. You can also download the application form & other details (can be printed from this website) & send by email as attached file along with scanned passport size color photo & required documents (degree / diploma / marks sheets / I –Card) to: deepakcapri@gmail.com Or send it by courier to: Capri Physiotherapy Clinic (A unit of Capri Institute of Manual Therapy), 179, Basement, Jagriti Enclave, Karkardooma, Vikas Marg, (Near Pushpanjali Hospital) Delhi, India PIN:- 110092.

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

By Demand Draft:

Send your fee by Bank DD in Favor of: “Capri Institute of Manual Therapy”, payable at Delhi Please send it along with other documents by post or courier to: Capri Physiotherapy Clinic (A unit of Capri Institute of Manual Therapy), 179, Basement, Jagriti Enclave, Karkardooma, Vikas Marg, (Near Pushpanjali Hospital) Delhi, India PIN:- 110092.

By Credit Card: Please visit any of our centers with Credit / Debit Card and other required documents.

By Cash: You can also deposit fee by cash along with other documents at any of our center only. You must not deposit or transfer cash in Bank account as we will not be able to trace it.

Cancellation Policy: - All cancellation requests must be in writing. Any cancellation before one month from the date of CME will attract a charge of Rs. 3000/-only towards administrative costs. No money will be refunded back 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 / postponed because of any reason, your full money will be refunded back to you.

Please note that items like receipt of your payment, admit card, study material & belts will be given at the venue during the course. All participants are requested to report at the above venue at approx. 9:00 AM on 1st day

Learning Outcomes: - All participants will gain an understanding of Mulligan's concept of mobilization With Movements. The participant will have enhanced assessment skills when examining extremity and spinal joints. They will have the guidelines necessary to apply, when indicated, painless techniques for the improvement of the joint function. As with all manual techniques, handling skills are paramount, and at the end of the program, the true professional will be able to further develop this new field of mobilization with movement. 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 new approach.

Course Requirements: Wear loose, comfortable lab clothing (with long hair pulled back); bring a large towel. From 2nd day onwards, all participants must bring one small and a large towel & come in loose dressing preferably in T-shirt (female participants:- with deep neck from back & sleeve less) & half pants or parallels, with long hairs pulled back, finger nails must be cut & trimmed. You must not wear any ring, wrist watch & ornaments.

If you are interested in conducting these courses in your City / institute, May we suggest you to block dates for 2011 immediately as we got very good response coming our way for the same & the dates for 2010 are fully booked.

New dates for 2011 are already available on the website www.capri4physio.com please keep yourself updated. For more detail you may visit our web site or you can call us any time at our cell no +91 9312430264 or +91 9312215069.

Wish you a very bright & successful career.

Thanks!

Yours truly,

Administrator,

Capri Institute of Manual Therapy.

Following is the time table for upper + lower quarter & follow up course total 8 days

	<u>1st Day</u>	<u>2nd Day</u>	<u>3rd Day</u>	<u>4th Day</u>	<u>5th Day</u>	<u>6th Day</u>	<u>7th Day</u>	<u>8th Day</u>
<u>9.00AM</u>	<u>Registration Starting 2PM ON 1ST DAY</u>	<u>Cervical Spine</u>	<u>Thoracic Spine</u>	<u>S.I. Joint</u>	<u>Hip Joint</u>	<u>Taping</u>	<u>Advance Tech</u>	<u>Advance Tech</u>
<u>10 AM to 10.15 AM</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>
<u>10.15 AM</u>	<u>Introduction</u>	<u>Cervical Spine</u>	<u>Thoracic Spine</u>	<u>Shoulder</u>	<u>Knee</u>	<u>Taping</u>	<u>Advance Tech</u>	<u>Revision</u>
<u>1PM to 1.30 PM</u>	<u>Lunch Break</u>	<u>Lunch Break</u>	<u>Lunch Break</u>	<u>Lunch Break</u>	<u>Lunch Break</u>	<u>Lunch Break</u>	<u>Lunch Break</u>	<u>Lunch Break</u>
<u>1.30 PM</u>	<u>Basics of Mulligan</u>	<u>Cervical Spine</u>	<u>Lumbar Spine</u>	<u>Elbow</u>	<u>Knee</u>	<u>PRP</u>	<u>Advance Tech</u>	<u>Revision</u>
<u>3 PM to 3.15 PM</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>	<u>Tea Break</u>
<u>3.15 PM to 5..00PM</u>	<u>Palpation Finishing at 7 PM on 1ST Day</u>	<u>Cervical Spine</u>	<u>Lumbar Spine</u>	<u>Forearm, Wrist & Hand</u>	<u>Foot & Ankle</u>	<u>PRP</u>	<u>Advance Tech</u>	<u>Certificate Distribution</u>

Application Form

(USE CAPITAL LETTER ONLY, all fields must be filled)

Name: _____

Date of Birth _____ Gender _____

Qualifications: _____

Name of the Institution Passed From _____

Recent Colored
Passport Size
Photograph

(Only Qualified PT / students from a recognized Institute is eligible)

Mailing Address (Present) _____

Street _____ City _____

State _____ Country _____ PIN _____

Ph: (Res.) _____ Ph: (Mobile) _____

Ph: (Work) _____ Email: _____

Work Address (Present) _____

Street _____ City _____

State _____ Country _____ Pin _____

Fee Detail: Rs. _____ D.D. No. _____ Bank: _____

City U wish to do course & Date: _____

Details of other Manual Therapy courses done earlier (If any).

Instructor's Name _____ Course Location _____ Date _____

Instructor's Name _____ Course Location _____ Date _____

Undertaking: - This is to certify that I am not suffering from any known medical illness, which stops me to undergo manipulation. This is to further certify that I am fit to undergo manipulation & mobilisation for any part of my Body.

Signature of Applicant

With Name, Date & Place.

Break up of fee structure for 8 Days Course on Mulligan concept

Sr.	Name of the Course	Item per delegate	Rs. (INR)	No. of Days /item	Total Rs. (INR)
1.	Mulligan Concept Basics, Upper & Lower Quarter course (5 Days), & follow up course (3 Days) Total 8 days, (64 Hours) (9 AM to 5 PM)	Tuition fee (certified course)	1125/- Per day	8	9000/-
		Lunch	150/- Per day	8	1200/-
		Mobilisation Belt	500/-	1	500/-
		Cervical Self Snags Straps	500/-	1	500/-
		Lumbar Self Snags Strap	500/-	1	500/-
		Mobilisation pad	200/-	1	200/-
		Bag	100/-	1	100/-
		Study material (original 6 th edn. book of Brian Mulligan)	1500/-	1	1500/-
		Taping Material (Under wrap / Tape) Worth Rs. 600/-	Free given on 6 th Day	1	0
		Pen worth Rs. 15/-	Free	1	0
		Writing pad worth Rs. 15/-	Free	1	0
		Photo CD with all important Tech of Mulligan Concept worth Rs. 500/-	Free (Above items are free only with above kit for 8 days classes)	1	0
		Certificate (charges Rs. 1000/-)	-----	2	0
Transcript (on 8 th Day only) (Charges Rs. 500/-)	-----	1	0		
venue (auditorium)	(Not Charged From participants)	8	0		
(Food, Accommodation & Transportation of teacher) About Rs. 50,000/- for 2 to 3 trips to your City	(Not Charged From Participants as included in tuition fee within India)	10	0		
			Total	13500/-	