

Ref: Aopbd/inj,prp,ozone.proposal/Sep-19

Date: 18th Sep 2019

MODULE-1

Certificate Workshop on “Intra-articular Joint injection & Infiltration”

Course Duration: 2 days (15 C. Hours)

Total Participants: 20 (Maximum)

Eligibility of Participants:

- BSPT/B.Sc.PT/BPT/MSPT/M.Sc.PT/MPT/MBBS

Methods of Teaching: Audio Visual Aids, PowerPoint presentation, White board drawing, Practical live demonstration and application.

Language of teaching: English.

Aims of the Workshop: To enhance scope of practices in health sectors as a health professional with evidence based practices through quality hands on training.

Outcome of the Workshop: Each participant will be able to diagnose conditions through sound biomechanical, physical examination with palpation. Understanding whether infiltration/injection treatment require/not. Will grow self confident to apply Infiltration/injection in the care of patients for prompt recovery.

Curriculum of this Workshop:

Day-I: Basic Anatomy of Acromioclavicular (AC) Joint, Shoulder, Elbow, Wrist & Fingers, Knee, Ankle, Subacromial Bursa, Common extensor origin at elbow, ABL, EPB, EPL, Retinaculum & Tendon at palmar aspect of hand, Planter Fascia, Retrocalcaneal Bursa. Functional examination & Palpation of mentioned joint and soft tissues. Differential diagnosis of mentioned joints & soft tissues. Introduction of Intra-articular injection & infiltration, indication, Contraindication, Precaution, Advers effects,

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Mechanism of action, Dose calculation, Product selection. Practical Application of intra-articular injection & Infiltration to AC joint, Shoulder Joint, Subacromial Bursitis.

Day-2: Short review of previous day. Practical application of intra-articular injection & infiltration to Tennis Elbow Type-II & Type-IV, De-quarvain Stenosisinovitis, Trigger Thumb & finger, Knee Joint, Ankle Joint, Planter Fascitis, Retrocalcaneal Bursitis. Discussion session, Competence examination., Certificate ceremony.



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MODULE-2

Certificate Workshop on “Platelet Rich Plasma (PRP) therapy for MSK Conditions”

Course Duration: 2 days (15 C. Hours)

Total Participants: 20 (Maximum)

Eligibility of the participants:

- BSPT/B.Sc.PT/BPT/MSPT/M.Sc.PT/MPT/MBBS

Methods of Teaching: Audio Visual Aids, PowerPoint presentation, White board drawing, Practical live demonstration and application.

Language of teaching: English.

Aims of the Workshop: To enhance scope of practices in health sectors as a health professional with evidence based practices through quality hands on training on most evidence based PRP therapy approaches.

Outcome of the Workshop: Each participant will be able to diagnose conditions through sound biomechanical, physical examination with palpation. Understanding whether PRP therapy require/not. Will grow self confident to apply PRP therapy in the care of patients for prompt recovery from different MSK conditions.

Contents of this CPD:

Day-1: Basic about PRP, indication, Contraindication, Precaution, Safety and danger, Blood collection procedure, Centrifuge machine operating, Preparation of PRP from human blood, Anatomy and palpation of AC + Shoulder + Elbow + Knee + Ankle + Rotator calf + Tennis Elbow + De-quarvain + Ligaments of Knee + Planter fasciitis.

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Day-2: Live demonstration of PRP to AC joint + Rotator calf injury + Tennis Elbow + De-quarvein disease + Ligament injury at knee joint + OA knee + Ligament injury at ankle + Planter fasciitis + Muscle strain, Competence examination.

Procedure will be use:

1. PRP preparation from human blood by using a high quality centrifuge machine.
2. Minimal invasive approach (Injection) for above mentioned conditions.
3. All aseptic measure will be taken for participants and patients.
4. All responsibility will be take care by academy of physiotherapy.



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MODULE-3

“Certificate Workshop on Ozone Therapy for Herniated Disc”

Course Duration: 2 days (15 C. Hours)

Total Participants: 20 (Maximum)

Eligibility of the participants:

- BSPT/B.Sc.PT/BPT/MSPT/M.Sc.PT/MPT/MBBS

Methods of Teaching: Audio Visual Aids, PowerPoint presentation, White board drawing, Practical live demonstration and application.

Language of teaching: English.

Aims of the Workshop: To uplift skill of practices in new arena for better prompt patients recovery.

Outcome of the Workshop: Each participant will be able to diagnose conditions through sound biomechanical, physical examination with palpation. Understanding whether about PLID/herniated disc and their consequences along with whether Ozone Therapy require/not. Will grow self confident to apply Ozone Therapy in the care of patients suffering and seeking to get surgery for their PLID/herniated disc.

Coverage Area:

Theoretical Part: Anatomy + Palpation + Examination (Physical, Radiological) + Differential Diagnosis + Classification of herniated disc + Mechanism of Disc herniation + Introduction to Ozone therapy + Mechanism of action of Ozone therapy to herniated disc + Dose calculation + Contraindication + Precaution + Extensive literature discussion + Comparison of Ozone therapy and Surgery.

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Practical Part (Minimal Invasive procedure): Subcutaneous Ozone application, Deep Muscular ozone application, Ozone application to Disc.

Resource Person:

Dr. S.M. Mustofa Kamal PT

Degree: Masters of Disability Management & Rehabilitation (SST-BOU), Masters of Public Health (Bangladesh University of Health Sciences), Bachelor of Science in Physiotherapy (Faculty of Medicine - DU)

Certified on: Ozone Therapy (OFI), Kinesiology Taping (IKT), MOTNS (NOI), PRP for MSK (SpineOrtho), MMTS (PhysioHealth), PNF (PNFSI), Ortho & Sports Medicine (BCB & P.bd).

International membership:

- International ozone therapy practitioner (registered under Ozone Forum of India).

Clinical Involvement:

- Ex. Clinical Physiotherapist (Centre for the Rehabilitation of the Paralysed –CRP)
- Junior Consultant and In-charge (Centre for Rehabilitation Services –CRS)

Academic Involvement:

- Lecturer of Physiotherapy (SAIC College of Medical Science)
- Examiner at University of Dhaka (Under faculty of medicine)

Organize by:

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