

<b>Part A : Day 1</b>	
7.30 AM	Registration and distribution of course material
7.45 AM	Welcome, Introduction, and Instructions
8.00 AM	Introduction & Basics of Manual Therapy, Indications, Contraindications, Precautions and Limitations. Biomechanical Principles Documentation, Communication, and Clinical Reasoning. Clinical Anatomy, Patho-anatomy, Aging & injuries of Spine.
9.00 AM	Biomechanics of spine, Principles of subjective examination, radiological examination of spine, its interpretation & clinical correlation. Psychological component of spinal pain, its recognition & management. Clinical reasoning process.
10.00 AM	Tea Break (15 Min) after tea Break above topic continue.
10.15 AM	Above Topic Continue
11.15 AM	Demonstration of Segmental examination of Cervical, Thoracic & Lumbar Spine.
12.00 Noon	Lab Practice: Segmental examination of Cervical, Thoracic & Lumbar Spine.
12.30 PM	Lunch Break (30 Min).
1.00 PM	Above Topic Continue
2.00 PM	Demonstration of Combined movement assessment of Spine.
3.00 PM	Lab practice of Combined movement assessment of Spine.
4.00 PM	Tea Break (15 Min) after tea Break above topic continue.
4.15 PM	Above Topic Continue
4.45 PM	Summary of the topics covered since morning.
5.00 PM	Day's conclusion with instructions / preparation for next day.

<b>Part A : Day 2</b>	
7.30 AM	Theory Exam (20 Multiple Choice questions) from previous day's topic
7.50 AM	Practical demonstration / review from previous day's topic
8.00 AM	Lumbar Spine: Indications, Contraindications, Precautions & Limitations for Manual Therapy.
8.30 AM	Lumbar Spine: Practical Demonstrations of Palpation, Anatomical landmark identification & Clinical Examination
9.15 AM	Lumbar Spine: Practical Demonstrations of Mobilization Techniques & HVT
10.00 AM	Tea Break (15 Min)
10.15 AM	Lumbar Spine Lab Practice By Participants
12.30 PM	Lunch Break (30 Min).
1.00 PM	Above Topic continue

1.45 PM	Thoracic Spine: Indications, Contraindications, Precautions & Limitations for Manual Therapy.
2.00 PM	Thoracic Spine: Practical Demonstrations of Palpation, Anatomical landmark identification & Clinical Examination
2.30 PM	Thoracic Spine: Practical Demonstrations of Mobilization Techniques & HVT
3.00 PM	Thoracic Spine: Lab Practice By Participants
4.00 PM	Tea Break (15 Min) after tea Break above topic continue.
4.15 PM	Above Topic Continue
4.45 PM	Summary of the topics covered since morning.
5.00 PM	Day's conclusion with instructions / preparation for next day.

<b>Part A : Day 3</b>	
7.30 AM	Theory Exam (20 Multiple Choice questions) from previous day's topic
7.50 AM	Practical demonstration / review from previous day's topic
8.00 AM	Cervical Spine: Indications, Contraindications, Precautions & Limitations for Manual Therapy.
8.30 AM	Cervical Spine: Practical Demonstrations of Palpation, Anatomical landmark identification & Clinical Examination
9.00 AM	Cervical Spine: Practical Demonstrations of Mobilization Techniques & HVT
9.45 AM	Cervical Spine :Lab Practice By Participants
10.00 AM	Tea Break (15 Min) after tea Break above topic continue.
10.15 AM	Above Topic Continue
12.00 Noon	Practical Demonstration for Rib cage (Intercostal, costochondral, costovertebral joints) Mobilization.
12.15 PM	Lab Practice by participants for Rib cage (Intercostal, costochondral, costovertebral joints) Mobilization
12.30 PM	Lunch Break (30 Min).
1.00 PM	Above Topic continue
1.30 PM	Practical Demonstration for Mobilization of temporomandibular joint.
1.45 PM	Lab Practice by participants for Mobilization of temporomandibular joint.
2.00 PM	Taping: Practical Demonstration and practice for Cervical, Thoracic & Lumbar joint
2.45 PM	Taping: Lab Practice By Participants for Cervical, Thoracic & Lumbar joint
4.00 PM	Tea Break (15 Min) after tea Break above topic continue.
4.15 PM	Above Topic Continue

4.45 PM	Summary of the topics covered since morning.
5.00 PM	Day's conclusion with instructions / preparation for next day.

<b>Part A : Day 4</b>	
7.30 AM	Theory Exam (20 Multiple Choice questions) from previous day's topic
7.50 AM	Practical demonstration / review from previous day's topic
8.00 AM	Neurodynamics: Principles & Biomechanics of neural tissue mobilization, Indications, Contraindications, Precautions, Limitations.
8.45 AM	Demonstration of Palpation of peripheral nerves and Neurodynamic Testing
10.00 AM	Tea Break (15 Min)
10.15 AM	Demonstration of Neural Tissue Mobilization of peripheral nerves
11.45 AM	Lab practice of palpation, neurodynamic testing and neurodynamic mobilisation
12.30 PM	Lunch Break (30 Min).
1.00 PM	Above Topic continue
3.30 PM	Demonstration-Taping for sensitized neural tissue.
3.45 PM	Lab Practice-Taping for sensitized neural tissue.
4.00 PM	Tea Break (15 Min) after tea Break above topic continue.
4.15 PM	Above Topic Continue
4.45 PM	Summary of the topics covered since morning.
5.00 PM	Day's conclusion with instructions / preparation for next 4 days (Part B).

<b>Part B : Day 5</b>	
7.30 AM	Registration and distribution of course material
8.00 AM	Welcome, Introduction, and Instructions
8.15 AM	Intro to Manual Therapy related to Peripheral Joints
9.30 AM	Basics of Manual Therapy, Indications, Contraindications, Precautions and Limitations. Biomechanical Principles Documentation, Communication, and Clinical Reasoning.
10.00 AM	Tea Break (15 Min) after tea Break above topic continue.
10.15 AM	Above Topic Continue
11.00 AM	Hip Joint: Indications, Contraindications, Precautions & Limitations for Manual Therapy.
11.45 AM	Hip Joint: Practical Demonstrations of Palpation, Anatomical landmark identification & Clinical Examination

12.30 PM	Lunch Break (30 Min) after Lunch Break above topic continue.
1.00 PM	Hip Joint: Practical Demonstrations of Mobilization Techniques
2.00 PM	Hip Joint: Lab Practice By Participants
4.00 PM	Tea Break (15 Min) after tea Break above topic continue.
4.15 PM	Hip Joint: Lab Practice By Participants (Continue)
4.45 PM	Summary of the topics covered since morning
5.00 PM	Day's conclusion with instructions / preparation for next day.

<b>Part B : Day 6</b>	
7.30 AM	Theory Exam (20 Multiple Choice questions) from previous day's topic
7.50 AM	Practical demonstration / review from previous day's topic
8.00 AM	Knee Joint: Indications, Contraindications, Precautions & Limitations for Manual Therapy.
8.15 AM	Knee Joint: Practical Demonstrations of Palpation, Anatomical landmark identification & Clinical Examination
8.45 AM	Knee Joint: Practical Demonstrations of Mobilization Techniques
9.30 AM	Knee Joint: Lab Practice by Participants
10.00 AM	Tea Break (15 Min) after tea Break above topic continue.
10.15 AM	Above Topic Continue
11.45 AM	Joints of Foot & Ankle: Indications, Contraindications, Precautions & Limitations for Manual Therapy.
12.00 Noon	Joints of Foot & Ankle: Practical Demonstrations of Palpation, Anatomical landmark identification & Clinical Examination
12.30 PM	Lunch Break (30 Min).
1.00 PM	Joints of Foot & Ankle: Practical Demonstrations of Mobilization Techniques
1.30 PM	Joints of Foot & Ankle: Lab Practice By Participants
2.30 PM	Joints of Wrist & Hand: Indications, Contraindications, Precautions & Limitations for Manual Therapy
2.45 PM	Joints of Wrist & Hand: Practical Demonstrations of Palpation, Anatomical landmark identification & Clinical Examination
3.00 PM	Joints of Wrist & Hand: Practical Demonstrations of Mobilization Techniques
3.30 PM	Joints of Wrist & Hand: Lab Practice By Participants
4.00 PM	Tea Break (15 Min) after tea Break above topic continue.
4.15 PM	Joints of Wrist & Hand: Lab Practice By Participants (Continue)

4.45 PM	Summary of the topics covered since morning.
5.00 PM	Day's conclusion with instructions / preparation for next day.

<b>Part B : Day 7</b>	
7.30 AM	Theory Exam (20 Multiple Choice questions) from previous day's topic
7.50 AM	Practical demonstration / review from previous day's topic
8.00 AM	Shoulder Joint: Indications, Contraindications, Precautions & Limitations for Manual Therapy.
8.15 AM	Shoulder Joint: Practical Demonstrations of Palpation, Anatomical landmark identification & Clinical Examination
8.45 AM	Shoulder Joint: Practical Demonstrations of Mobilization Techniques
9.15 AM	Shoulder Joint: Lab Practice By Participants
10.00 AM	Tea Break (15 Min) after tea Break above topic continue.
10.15 AM	Above Topic Continue
11.45 AM	Joints of Elbow & Forearm: Indications, Contraindications, Precautions & Limitations for Manual Therapy.
12.00 Noon	Joints of Elbow & Forearm Practical Demonstrations of Palpation, Anatomical landmark identification & Clinical Examination
12.15 PM	Joints of Elbow & Forearm: Practical Demonstrations of Mobilization Techniques
12.30 PM	Lunch Break (30 Min).
1.00 PM	Joints of Elbow & Forearm: Lab Practice By Participants
2.15 PM	Sacroiliac Joint: Indications, Contraindications, Precautions & Limitations for Manual Therapy
2.30 PM	Sacroiliac Joint: Practical Demonstrations of Palpation, Anatomical landmark identification & Clinical Examination
2.45 PM	Sacroiliac Joint: Practical Demonstrations of Mobilization Techniques
3.00 PM	Sacroiliac Joint: Lab Practice By Participants
4.00 PM	Tea Break (15 Min) after tea Break above topic continue.
4.15 PM	Sacroiliac Joint: Lab Practice By Participants (Continue)
4.45 PM	Summary of the topics covered since morning.
5.00 PM	Day's conclusion with instructions / preparation for next day.

<b>Part B : Day 8</b>	
7.30 AM	Theory Exam (20 Multiple Choice questions) from previous day's topic
7.50 AM	Practical demonstration / review from previous day's topic
8.00 AM	Taping: Principles, Indications, Contraindications, Precautions, Limitations & Preparation.
8.30 AM	Shoulder Joint Taping: Practical Demonstration
8.45 AM	Shoulder Joint Taping: Lab Practice By Participants
9.30 AM	Knee Joint Taping: Practical Demonstration
10.00 AM	Tea Break (15 Min)
10.15 AM	Knee Joint Taping: Lab Practice By Participants
11.00 AM	Foot & Ankle Joint Taping: Practical Demonstration
11.15 AM	Foot & Ankle Taping: Lab Practice By Participants
12.00 Noon	Wrist & Hand Taping: Practical Demonstration
12.15 PM	Lunch Break (30 Min).
12.45 PM	Wrist & Hand Taping: Lab Practice By Participants
1.30 PM	Elbow & Forearm Taping: Practical Demonstration
1.45 PM	Elbow & Forearm Taping: Lab Practice By Participants
2.30 PM	Sacroiliac Joint Taping: Practical Demonstration
2.45 PM	Sacroiliac Joint Taping: Lab Practice By Participants
3.30 PM	Hip Joint Taping: Practical Demonstration
3.45 PM	Hip Joint Taping: Lab Practice By Participants
4.00 PM	Tea Break (15 Min) after tea Break above topic continue.
4.15 PM	Above Topic Continue
4.45 PM	Summary of topics covered since morning.
5.00 PM	Query session and feedback from participants
5.15 PM	Practical exam.
6.15 PM	Certificate Distribution and workshop conclusion