

Instructor
Prof. Dr. Deepak Kumar Capri

MSPT, FIAP, PhD

Director & Sr. Consultant Manual Physical Therapist

Certified International Manual Therapy Teacher

Capri Institute of Manual Therapy, India



**Take Your
Clinical
Practice to
the Next
Level**



Contact Us



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www.capri4physio.org

Certificate in Orthopedic Manual Therapy

Duration : 9 Months (160 hours)



65 Hours of Hands-on Training over 3 Weekends or 8 Continuous Days

Hands-on training can now be done in continuous 8 days or over three weekends, whatever suits your needs. We wish to make sure that your busy schedule does not come in the way of your learning. During Hands-on training, you get to learn directly from Prof. Dr. Deepak Kumar in an offline mode, in a Physical Classroom.



Online Demonstration of more than 250 Manual Therapy techniques (55 hours of Pre-recorded videos)

Get access to online video practical sessions, demonstration of more than 250 techniques. The videos are rich with animation to ensure that learnings are accurate and interesting. With in-depth discussion on the variations, common mistakes, indications, contraindications & precautions about each technique, develop excellent clinical reasoning and learn as per your convenience.



**Become the
Best Therapist
You Want To!**

**Achieve
Your Goals
Much Easily !**





20 Live Interactive webinars (40 Hours) throughout the course for Constant Engagement



Freedom of doing full COMT course or in parts (Do it in One Go or in Three Easy Modules)

Not only do you get the Animated Rich Online Content, but also close encounters with our Instructor Prof. Dr. Deepak Kumar Capri throughout 9 months via powerful live Interactive Webinars for each topic covered in COMT.

Available in 3 Easy Modules: Select All 3 or the One that suits your needs. Accessing and attending COMT is easier than ever, you can now attend the whole course in a single go or choose any one module (Syllabus / Topics mentioned) and complete the course in parts. This allows you to attend the course as per your ease.



Learning Manual Therapy was Never So Amazing



**Hold Fast
To Your Dreams,
For
Without Them
You Cannot Fly !**



Freedom of doing Hands-on Training Any Time (within 9 Months) in a City Near You in India

Cannot decide on a hands-on date as of now or the current schedule doesn't allow you to join the hands-on session immediately? You get the option to choose from any of the available dates within 9 months of enrolment in a city near you in India. One can do Hands-on training, within 9 months of COMT enrolment, for all the topics covered in the registered online course, in any of the declared cities in India on the dates Pre-Scheduled by Capri. For Hands-on Training, please Regd. at least 45 days prior to the course. Hands-on Training Courses coming up in Ahmedabad, Belagavi, Pune, Mumbai, Surat, Delhi, Indore, Chennai, Bengaluru, Kolkata.



**Don't let your
Busy Schedule
Stop Your
Learning**



**Let your
heart soar,
Don't be
average !**



COMT Freedom :

Our Online Courses are so amazing, that you can immediately start using these manual therapy techniques on your valuable patients



Now COMT Course can be done in 3 Easy Modules



Don't have time for Hands-on training at present, join this online course and learn it at your own pace and join hands-on training anytime within 9 months of enrolment in a city near you in India. You may choose from predeclared cities & complete hands-on training over a period of 3 weekends or 8 continuous days.

COMT Courses by Capri are now divided into three easy modules, and each module is carefully curated to make sure that after the course finishes you can apply the techniques and increase your practice instantly. Do any module as per your ease and convenience, the online courses have been refurbished to enable better learning.

**Learn Manual
Therapy at
Your Ease !**

**Happiness
lies in the
joy of
Achievement !**





About COMT Course

The Certificate in Orthopedic Manual Therapy (COMT) main objective is intended towards an amalgamation of the various manual concepts for neuromusculoskeletal examination and treatment procedures into one complete formulated system of orthopedic manual therapy.

The Hands-on workshop is based on an integrated approach of various manual therapy concepts including new techniques and procedures developed at Capri Institute of Manual Therapy. After treating more than 1,00,000 patients and conducting more than 300 workshops on various concepts by training more than 15,000 physios worldwide collectively including USA, Canada, Saudi Arabia, UAE, Oman, Qatar, Jordan, Egypt, Malaysia, Nepal, Bangladesh and PAN India.

This comprehensive 9 Months' certificate course lays strong emphasis on orthopaedic manual therapy to provide clinicians with intensive tuition to perform an accurate and specific manual therapy examination according to the patient's needs. The examination & treatment process developed by Capri draws on the work of various NUMERO UNO in Manual Therapy like Mulligan, Butler, Edwards, Elvey, Maitland, McConnell, McKenzie, Shacklock, different osteopathic, chiropractic and several taping concepts. Capri has picked up the best techniques out of all the various Manual Therapy Concepts. Best of these concepts will be covered in 9 Months' COMT course. Capri strongly believes that a successful clinician's foundation lies in strong and accurate orthopaedic assessment to deliver qualitative and appropriate treatment.

**To become
The BEST,
Learn from
The BEST !**



We inculcate in the clinicians the art of subjective and physical examination from Manual Therapy point of view rather than spoon feeding the therapist with a dead-end protocol. We believe every patient is unique; so are their problems. The skill lies in your fingertips and we help you to exploit this talent!



Aims & Objectives of the Course

1. To deliver a perfectly balanced, practically oriented Manual Therapy course to Physios, which will help in establishing their practice faster.
2. To train physios in delivering effective mobilization and manipulation techniques for neuromusculoskeletal examination.
3. To offer a practical course to those clinician, busy in their practice and wish to improve their skills, knowledge and qualification.



Eligibility

The applicant should be a Physiotherapist or a Physiotherapy student.

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

The beautiful thing about learning is that no one can take it away from you



The expert in anything was once a beginner.



Outcomes of the Course

At the completion of the program, on very next day, each participant should be able to do detailed examination and deliver effective manual therapy to their valuable patients:

- Be abreast with the recent developments and researches in Anatomy, Pathophysiology, Kinematics and Biomechanics and the various age related changes in the spine and the peripheral joints & skilled in applying neuromusculoskeletal assessment procedures.
- Be competent in formulating differential diagnosis based on the integrated neuromusculoskeletal examination, clinical reasoning & evidence based practice.
- Be adept in formulating the most suitable manual therapy protocol/technique that is tailored according to the individual needs of the patient.
- Be expert in delivering the manual therapy treatment.
- Be capable of assessing the accuracy and reliability of the treatment technique / protocol used on the patient using the manual therapy assessment.

**Every skill you
acquire doubles
your odds of
success.**



**If the only tool
you have is a
hammer,
you tend to see
every problem as a
nail**



About the Instructor



Prof. Dr. Deepak Kumar Capri

**Director & Sr. Consultant Manual Physical Therapist
BPT, MSPT, FIAP, PhD**

- **Certified McConnell Concept Teacher**
- **Former Mulligan Concept Teacher**
- **Visiting Consultant Physiotherapist Al Qasimmi Hospital, and Khorfakkan Hospital by Emirates Health Services (EHS), Govt of UAE**
- **Accredited International Manual Therapy Teacher**

- **Certified McConnell Concept Teacher by McConnell Institute, Australia**
- **Former certified Mulligan's Concept Teacher MCTA (2004-2015).**
- **Clinical teacher & examiner to various Universities in North India for Graduate & Postgraduate programs.**
- **Has an excellent background in teaching, research, & clinical management skills.**
- **Heading chain of Spine Clinics in Delhi NCR Specialised in Spinal Manual Therapy & Physiotherapy.**
- **A Teacher: Delivered more than 300 workshops and Trained more than 15,000 students (in last 30 years) from various reputed institutes from India & abroad. Member of Board of study & Examiner in various reputed Universities & Institutions. Online certificate courses are available internationally in 16 international Languages.**

A Researcher: Made 12 inventions in manual therapy, electrotherapy, & exercise therapy. Guided 53 research projects & still growing. Presented 34 papers in various state/ national & international conferences like IFOMT and WCPT etc., bagged 9 best papers & six 1st runner up awards. Published 5 papers in reputed Journals. The new techniques are published in Mulligan's 5th & 6th edn. Book, Contributor in The Mulligan Concept of Manual Therapy: Text book of techniques (An international book published by Churchill Livingstone, Elsevier). Author of book on Mulligan Concept "Manual of Mulligan Concept" 1st edn. Sept 2014, Reprint Feb. 2015 (Best Seller on AMAZON & also translated in Korean, Chinese & Russian Languages).

- **A Professional: Treated more than 1,00,000 patients in the last 30 years (together with team).
Administering more than 100 professionals & supporting staff as Director of Capri Institute of Manual Therapy & HOD physiotherapy at Sant Parmanand Hospital, Delhi. Attended hundreds of workshops / CME by National & International faculties. Given 2 TV interviews (live) on physiotherapy in June 2004 & in July 2004. Delivered more than 300 CME / workshops / conferences including International Conf. on Manual Therapy INTERCOMAT 2005, INTERCOMAT 2006, INTERCOMAT 2013 and 1st International Certified Mulligan Concept Practitioner conference CMPCON 2014.**
- **Visiting Consultant Physiotherapist Al Qasimmi Hospital, and Khorfakkan Hospital by Emirates Health Services (EHS), UAE**
- **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).**
- **Visiting Faculty in Manipal University, Manipal, Karnataka.**
- **Visiting Faculty in Sri Ramachandra Medical College, Chennai.**
- **Visiting Faculty in KAHER institute of Physiotherapy, Belagavi**
- **E.C. member in Society of Indian Physiotherapists (2015-17).**

COMT Module 1 : Hip, Knee, Shoulder, SI Joint, Stretches and Traction

Overview

In this we will be covering the assessment, mobilisation & taping following joints : Hip, Knee, Shoulder, SI Joint, Stretches and Traction

Syllabus

- **Introduction to Manual Therapy**
- **Hip Joint Mobilisation**
- **Hip Joint Taping**
- **Stretches**
- **Common Conditions of the Hip Joint and their differential diagnosis**
- **Knee Joint Mobilisation**
- **Knee Joint Taping**
- **Common Conditions of Knee Joint & Their Differential Diagnosis**
- **SI Joint Mobilisation**
- **Taping for SI Joint**
- **Shoulder Joint Mobilisation**
- **Shoulder Joint Taping**
- **Common Conditions of Shoulder & Their Differential Diagnosis**
- **Various Traction Techniques of Spine**



In the world of physiotherapy, your hands are your greatest instruments for change



COMT Module 2: Assessment and Treatment of Spine & Neural Tissue

Overview

In this we will be covering the assessment, mobilisation & taping following joints : Cervical, Thoracic, Lumbar Spine & Neural Tissue, High Velocity Thrust

Syllabus

- **Introduction to Manual Therapy**
- **Clinical Anatomy and Biomechanics of Spine**
- **How to Read MRI of Spine from Physio Point of View**
- **Palpation of Spine**
- **Segmental Examination of Spine**
- **Passive ROM and Active ROM of Spine**
- **Passive Accessory Glides for Spine Assessment**
- **Combined Movement Assessment of Spine**
- **Combined Movement Treatment of Spine**
- **Common Conditions of Spine & Their Differential Diagnosis**
- **Mobilisation of Cervical Spine (Integrated Approach)**
- **Mobilisation of Thoracic Spine (Integrated Approach)**
- **Mobilisation of Lumbar Spine (Integrated Approach)**
- **Taping Techniques for Spine**
- **Neural Tissue Examination**
- **Neural Tissue Mobilisation**
- **Taping Techniques for Neural Tissue**



Learning is a treasure that will follow its owner everywhere



COMT Module 3: Chest, TMJ, Ankle & Foot, Elbow, Forearm, Wrist & Hand

Overview

In this we will be covering the assessment, mobilisation & taping following joints : Costochondral, Costovertebral, Intercostal Joints, Temporomandibular Joint, Ankle & Foot, Elbow, Forearm, Wrist & Hand

Syllabus

- **Introduction to Manual Therapy**
- **Thoracic Cage Mobilisation including Costochondral, Costovertebral and Intercostal Joints**
- **Temporomandibular Joint Mobilisation**
- **Ankle & Foot Mobilisation**
- **Ankle & Foot Taping**
- **Common Condition of Ankle & Foot and their Differential Diagnosis**
- **Elbow Joint Mobilisation**
- **Forearm Mobilisation**
- **Common Conditions of Elbow Joint and Their Differential Diagnosis**
- **Wrist & Hand Mobilisation**
- **Wrist & Hand Taping**
- **Common Conditions of Wrist & Hand & Their Differential Diagnosis**



Every step forward in your education is a step closer to helping someone take their first steps again.



Fee Structure

Overview

Fee Structure :

Early Bird (All 3 Modules) : 33000/- + 18% GST = INR 38940 /-

Regular Fee (All 3 Modules) : 35000/- + 18% GST = INR 41300 /-

Pay as you Go (Any Single Module) : 13000/- + 18% GST = 15340/-

(Study material & belt will cost extra, in case not regd for all 3 modules)



**If You Keep Doing
What You Can Do!
You Will Never Be
More Than What You
Are Now!**



Inclusions

Fee inclusive of (All 3 modules) :

- 65 hrs of Hands-on training (8 Days)
- 55 hrs of online demonstration of more than 250 techniques (9 months)
- 40 hrs of Live interactive webinars (9 months)
- Study Material worth Rs. 1800/-
- Treatment belt worth Rs. 900/-
- Course completion certificate along with Transcript on successful completion of COMT course within 9 months duration.

How to Enroll

Overview

How to enroll :

Call and confirm the availability of seats (Ph +91 9063696969) for the course you are interested in.



Pay the fee (online transfer), scan the QR code or use bank details as mentioned



After Payment, Fill the Online form for regd. (Scan the QR Code) or use link



Send Screenshot of your payment details along with your full name and email address to +91 9063696969 (Please use your whatsapp number only)

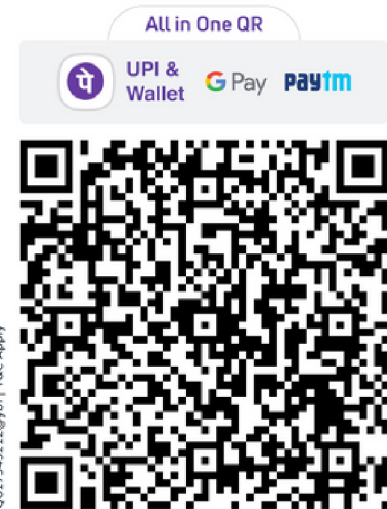
Regd QR Code



<http://tinyurl.com/comtregister>

Payment QR Code

Capri Institute of Manual Therapy



Bank Details

A/C Name : Capri Institute of Manual Therapy
A/C Number : 033005500869
IFSC Code : ICIC0000330
Branch Name : Anand Vihar, New Delhi
A/C Type : Current

About Capri4Physio | Capri Institute of Manual Therapy

Hold fast to your dreams, for without them you can't fly! We take great pleasure in introducing ourselves as pioneers in delivering quality Manual Therapy education all around the globe. We are a professionally managed Private Limited firm, offering qualitative Manual Therapy a super speciality in physiotherapy education to graduate and post graduate physiotherapists worldwide. CAPRI was founded in 1992, under the dynamic leadership of Dr. Deepak Kumar. The teachers at Capri Institute of Manual Therapy, are internationally certified manual therapy teachers. They are busy teaching not only in various reputed institutions/universities but also treat patients in their roaring clinical practices, which gives them an upper edge compared to others. They just don't teach what is given in the books but they first check and recheck the efficacy of each technique/concept & its variations, and then after refining/modifying these techniques/concepts, we include them in our certificate in orthopaedic manual therapy hands on workshops (COMT), making it the best workshop in manual therapy across the globe for the upcoming and established physiotherapy clinicians. Not only this, the faculty teaching you, are result oriented, driven by achievement & possess excellent teaching methods required to transfer the manual therapy skills effectively to your healing hands. They specialise in imparting world class manual therapy skills to the students. Many therapies and techniques are developed by our leader, Prof. Dr. Deepak Kumar, who holds doctorate (PhD) in Manual Therapy. The examination & treatment process developed by Capri draws on the work of various NUMERO UNO in Manual Therapy like Mulligan, Butler, Edwards, Elvey, Maitland, McConnell, McKenzie, Shacklock, Capri, different osteopathic, chiropractic and several taping concepts. We inculcate in the clinicians the art of subjective and physical examination from Manual Therapy point of view rather than spoon feeding the therapist with a dead end protocol. We believe every patient is unique; the complaints are unique and have to be assessed uniquely. The skill lies in your fingertips and we help you to exploit this talent! We have successfully conducted more than 300 workshops and trained more than 15,000 physios collectively worldwide including USA, Canada, Saudi Arabia, UAE, Oman, Qatar, Jordan, Egypt, Malaysia, Nepal, Bangladesh and PAN India. Our workshops are recognised worldwide by various statutory bodies.

About Manual Therapy : The Healing Touch

Manual therapy is a specialized branch of Physiotherapy wherein assessment and treatment of ailment is carried out manually by the Physiotherapist.

It is the application of accurately determined and specifically directed manual force to the body in order to improve mobility in areas that are restricted as in joints, connective tissues or skeletal muscles.

Manual Therapy approaches healing from both perspectives, i.e. structural perspective and functional methodology. This means Manual Therapy addresses pain, dysfunction, diseases and disabilities by seeking the cause of these challenges. Potential for function can remerge only after determining the causes and their treatment. Manual Therapy introduces new concepts to the body giving the opportunity to heal itself. It adds, “Life to years” as opposed to. “Years to life”.

Manual Therapy consists of manipulations and mobilizations via various accessory glides of different skeletal joints through the hands of a skilled Physiotherapist in the form of single controlled High velocity thrusts beyond the physiological range but within the anatomical range or Small amplitude accessory glides within physiological range. The main purpose of this intervention is to reduce skeletal soft tissue pain, increase range of motion of Hypomobile joint, to realign the altered biomechanical or faulty posture with a safe and logical approach. Manual Therapy deals with neurological and muscular problems as well as assessment, evaluation and treatment plans of the patient.

A Manual Therapist not only assesses the active movement but also accessory movements. If any alteration is found in the accessory movement, then it can be treated in a holistic manner, thereby achieving quicker and long-lasting results. In Manual Therapy, the treatment plan involves ergonomics, postural correction, gait analysis and correction of movement which results in understanding a planned, logical, safe and effective approach towards the patient.

We believe that human touch is considered crucial in speeding a patient's healing and it is an essential ingredient to our evaluation, care plans and rehabilitation protocol. It is Manual Therapy which provides this crucial requirement for the betterment of health.

Refund Policy

All sales are final for online courses. No refunds are issued for any course / module once a sale is completed. The supplies and props used for any exercises instructed are not included in the purchasing price of the course. No course's fee will be refunded, in any case, whatsoever, it may be, once the course has been purchased.

Cancellation Policy

All sales are final for courses. No cancellations are possible for any course / module once a sale is completed. The supplies and props used for any exercises instructed are not included in the purchasing price of the course. No course's / module's amount will be refunded, in any case, whatsoever, it may be, once the course has been purchased.

Transfer Policy

Any Transfer from a COMT hands-on training batch to another batch can be done only till 45 days prior to the hands on dates, any changes requested post that will not be accepted and failure to be present will lead to a penalty towards the food and venue. If you have availed the early bird offer, that will also be canceled and one would need to pay the extra amount of the actual fee as well. All sales are final for COMT courses / online courses / modules and all other courses available on <https://capri4physio.org>

Honor Code

All students participating in the class must agree to abide by the following code:

1. I will register for only one account.
2. My answers to homework, quizzes, exams, projects, and other assignments will be my own work (except for assignments that explicitly permit collaboration).
3. I will not make solutions to homework, quizzes, exams, projects, and other assignments available to anyone else (except to the extent an assignment explicitly permits sharing solutions). This includes both solutions written by me, as well as any solutions provided by the course staff or others.
4. I will not engage in any other activities that will dishonestly improve my results or dishonestly improve or hurt the results of others.

**The human body is an amazing canvas;
as a physiotherapist,
you have the power to restore its masterpiece**