

Mechanical Lumbar Pain

by Bahram Jam BSc PT, MPhty (Manip).

A research based practical guide to effectively evaluate and treat mechanical lumbar pain related to 'clinical instability'. Focus on the revolutionary advancements in the treatment of the lumbar spine with many studies on Transversus Abdominis, Pelvic Floor, Diaphragm & Gluteal Muscles. Muscular control treatment approach with clinical applications.

2.0 CEU's (20 contact hours). 2 - 60 minute videos & 150 page study guide.....Course code 1ML08



Sale Price

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Hip Osteoarthritis

by Bahram Jam BSc PT, MPhty (Manip).

A research based practical guide to effectively evaluate and treat hip symptoms related to osteoarthritis. Underlying biomechanical syndromes – the cause of hip pain and how appropriate intervention may prevent and delay the progression of hip osteoarthritis. Mobilizations and muscular control techniques will be reviewed with immediate clinical application.

2.0 CEU's (20 contact hours). 90 minute video & 150 page study guide.....Course code 1H08



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Rotator Cuff Impingement Syndrome (RCIS)

by Bahram Jam BSc PT, MPhty (Manip).

A research based practical guide to effectively evaluate and treat RCIS with focus on the underlying biomechanical syndromes/ 'the cause'. Mobilizations, muscular control and taping techniques will be reviewed with immediate clinical application.

1.5 CEU's (15 contact hours). 60 minute video & 105 page study guide.....Course code 1RC08



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Patello-Femoral Pain

by Bahram Jam BSc PT, MPhty (Manip).

A research based practical physical therapy guide to effectively evaluate and manage persistent knee pain related to patello-femoral pain. The primary aim of this course is to review a highly effective multi - directional treatment for patients with patello-femoral pain: including immobilizations, patellar taping and evidence based muscular control retraining.

1.5 CEU (15 contact hours). 60 minute video & 127 page study guide.....Course code 1PF08



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Lumbar Neural Tissue/ Sciatica

by Bahram Jam BSc PT, MPhty (Manip).

A research based practical guide for Physical Therapists to effectively evaluate and treat symptoms of lumbar neural tissue sensitization (e.g. acute and chronic "sciatica"). Highly effective neural mobilization and taping techniques will be presented along with the research based behind their effects. Also treating acute or chronic 'low back pain'.

1.5 CEU's (15 contact hours). 80 minute video and 132 page study guide.....Course code 1LN08



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Cervical Neural Tissue/ post: MVA

by Bahram Jam BSc PT, MPhty (Manip).

A research based practical guide for Physical Therapists to effectively evaluate and treat symptoms of cervical neural tissue sensitization (e.g. persistent nerve root irritations following whiplash associated disorders). Highly effective neural mobilization and taping techniques will be presented along with the research based behind their effects. Also treating patients with whiplash- associated disorders.

1.5 CEU's (15 contact hours). 80 minute video and 145 page study guide.....Course code 1CN08



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The Sacro-iliac Joint: A Complex Joint Made 'Simple'

by Bahram Jam BSc PT, MPhty (Manip).

A practical physical therapy guide to using an integrated approach to evaluate and treat common sacro-iliac joint dysfunctions. The course will discuss the clinical challenge of differential diagnosis of lumbo-pelvic pain and help the clinician to differentiate between the lumbar spine, the hip joint and the sacro-iliac joint. Treatment will focus on active mobilization techniques and evidence-based muscular control retraining.

1.0 CEU (10 contact hours). 60 minute video & 94 page study guide.....Course code 1SJ08



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The Foot and Ankle Complex

by Bahram Jam BSc PT, MPhty (Manip).

A practical based practical guide for Physical Therapists to effectively evaluate and treat using highly effective and specific mobilization techniques and muscular control retraining exercises for persisting foot and ankle pain syndromes (including plantar fasciitis, hallux valgus/rigidus, tibialis posterior tendonitis, Achilles tendonitis and post trauma articular restrictions).

1.0 CEU's (10 contact hours). 60 minute video and 120 page study guide.....Course code 1FA08



\$160

Cervical/ Cervicogenic Headaches

by Bahram Jam BSc PT, MPhty (Manip).

A research based practical guide to effectively evaluate and treat headaches of primarily cervical origin and differentially diagnose other forms of headaches not suitable for Physical Therapy Management. Evidence based mobilization and muscular control treatment approach will be reviewed with immediate clinical application.

1.0 CEU's (10 contact hours). 50 minute video & 85 page study guide.....Course code 1CH08



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