



The Order of Physiotherapists in Lebanon organizes

The 5th International Scientific Days
of the National Institute of Physiotherapy

invites you to attend

Introduction Facilitation Technique Workshop



Instructors

Dr. Hussain Nasser, DPT, MSc. PT CMP, MCTA,
FT Founders and the Author of the FT Book

FREE REGISTRATION

Date: 13 October, 2019 from 9 am till 1 pm

Place: 11th Street, Adnan Halabi Building - 4th floor, Dekwaneh, Lebanon

Workshop Outline

Facilitation Technique (FT) was discovered by Dr. Hussain Nasser in 2012. The FT is used to restore the restricted joint movement and decrease pain associated with it. Dr. Hussain Nasser has found that the restricted joint movement can be easily restored by using Active assisted movement followed by Active movement in a special pattern. This approach was launched in January 2013 at Therapy Center for physical therapy in Bahrain. Dr. Hussain has taught FT mobilization first time at Saad Hospital in KSA. This approach does not require high handling skills however the rules of physiological movement and accessory movement should be followed. The manual therapy contraindications must be adhered during using FT approach. Clinically it is effective and gives instant excellent results.

This is a practical workshop designed to introduce and give the professors, associated professors and post graduate students at your University a detailed training in the FT approach. This will allow the post graduate students to study the effectiveness of the FT mobilization. The workshop will provide a learning environment where the candidates can train and practice to deliver appropriate FT mobilization for the Spine and extremities.

The FT concept based on:

1. Mobilizing a pain free single joint movement allows more range in the other movements of the same joint.
2. Working in the least painful movement lead to increase ROM in the opposite direction.
3. The author had found that mobilizing a joint with pain or movement dysfunction in all available directions with full available range in a special pattern could decrease the pain and improve the range of the affected movement.

The main goal of the FT mobilization is increasing joints ROM.

Other goal are:

- To reduce the pain intensity.
- To improve the functional activity.
- To improve the patient psychological status.

Workshop Objectives

At the end of this course participants are expected to:

- Allow the post graduate students to study the effectiveness of the FT mobilization.
- Have a good theoretical understanding of the FT approach.
- Have a good theoretical understanding of the Indications and contraindications of the FT approach.
- Be able to select and correctly administer appropriate FT mobilization for the cervical and lumbar spine.
- Be able to select and correctly administer appropriate FT mobilization for the upper and lower quadrants.
- Be able to instruct patients in the FT self mobilization treatment for the Spine and Extremities.

Schedule for the Facilitation Technique Workshop

08:30 - 9:00	Registrations
09:00 - 9:30	Introduction to Manual therapy and Facilitation Technique
09:30 - 10:30	The FT mobilization for the Cervical Spine
10:30 - 10:45	Tea Break
10:45 - 12:00	The FT mobilization for the Shoulder
12:00 - 13:00	Practical session
13:00	Discussion and closure