

The switch Certification Program

3 practical days

Description:

The SWITCH is an advanced, evidence-based continuing education course designed to enhance clinicians' expertise in the assessment, clinical reasoning, and management of soft tissue dysfunctions. Combining current scientific evidence with extensive hands-on practice, the course provides a systematic framework for evaluating tissue healing, irritability, movement dysfunction, and functional impairments to support accurate clinical decision-making.

Program Structure & Requirements:

24 Hours of Face-to-Face Training:

- Three intensive days of evidence-based learning, combining theoretical foundations, clinical reasoning, and extensive hands-on practical training.
- **Schedule: 09:00 AM – 05:00 PM daily.**

Course Format:

- Interactive lectures covering tissue healing, clinical assessment, and soft tissue management principles.
- Supervised practical laboratories focusing on the application of manual therapy techniques across the upper limb, lower limb, and spine.
- Case-based discussions and integrated clinical reasoning sessions to facilitate evidence-based decision-making and treatment planning.

Course Completion & Certification:

- The final day concludes with an integrated clinical review, interactive case discussions, key clinical pearls, and a course wrap-up.
- Participants who successfully complete the full three-day program will receive an official Certificate of Completion from **AIMS**.

Program Objectives:

By the end of this program, participants will be able to:

- 1- **Explain** the principles of **soft tissue injury, tissue healing**, and the factors influencing recovery.
- 2- **Differentiate** common **soft tissue pathologies** using **evidence-based clinical reasoning** and **differential diagnosis**.
- 3- **Assess** **tissue irritability, healing stages**, and **functional impairments** to guide clinical decision-making.
- 4- **Select** the most appropriate **soft tissue intervention** based on tissue healing, irritability, patient presentation, and current evidence.
- 5- **Apply** evidence-based **soft tissue techniques** safely and effectively to **muscles, fascia, tendons, ligaments, and neural tissues**.
- 6- **Integrate** concepts of **myofascial chains, Anatomy Trains, slings**, and **muscle imbalance** into assessment and treatment planning.
- 7- **Design** individualized **rehabilitation programs** combining **manual therapy, therapeutic exercise**, and **patient education**.
- 8- **Identify** **indications, contraindications, precautions, and clinical red flags** related to soft tissue interventions.
- 9- **Demonstrate** safe **therapist body mechanics, patient positioning**, and practical handling skills.
- 10- **Critically evaluate** clinical cases and **justify treatment decisions** using contemporary evidence and sound clinical reasoning.
- 11- **Perform** a comprehensive range of **evidence-based soft tissue techniques**, including:
 - **Post-Isometric Relaxation (PIR)**
 - **Post-Facilitation Stretch (PFS)**
 - **Positional Release Technique (PRT)**
 - **Myofascial Release (MFR)**
 - **-Instrument-Assisted Soft Tissue Mobilization (IASTM)**
- 12- **Dry Cupping Therapy**
- 13- **Cross Friction Massage**
- 14- **Soft Tissue Mobilization (STM)**
- 15- **Manage** a wide variety of **musculoskeletal conditions** using appropriate soft tissue techniques

Courses Time table / Session plan:**➤ Day one:**

Session	Topic & Learning Activity
Foundations	Course Introduction, Clinical Decision-Making, Tissue Healing, Levels of Tissue Irritability, and Selecting the Appropriate Soft Tissue Technique
Overview	Introduction to Soft Tissue Techniques: Muscle Energy Technique (MET), Positional Release Technique (PRT), Myofascial Release (MFR), Instrument-Assisted Soft Tissue Mobilization (IASTM), Trigger Point Release, and Cupping
Practical Lab I	Demonstration and Hands-on Practice of Fundamental Soft Tissue Techniques and Application Principles
Clinical Applications I	Assessment, Clinical Reasoning, and Management of Shoulder Conditions: Frozen Shoulder, Shoulder Impingement Syndrome, and Rotator Cuff Tendinopathies
Practical Lab II	Hands-on Clinical Application of Soft Tissue Techniques for Shoulder Disorders
Clinical Applications II	Assessment, Clinical Reasoning, and Management of Elbow & Wrist Conditions: Lateral Epicondylalgia (Tennis Elbow), Medial Epicondylalgia (Golfer's Elbow), De Quervain's Tenosynovitis, and Trigger Finger
Practical Lab III	Hands-on Clinical Application of Soft Tissue Techniques for Elbow and Wrist Disorders
Synthesis	Clinical Case Discussions, Technique Selection, Clinical Reasoning, and Q&A

➤ Day two:

Session	Topic & Learning Activity
Reflection	Review of Soft Tissue Techniques, Clinical Reasoning, and Key Concepts from Day 1
Hip Assessment & Management	Hip Disorders: Doha Agreement Classification of Groin Pain, Hip Osteoarthritis, Femoroacetabular Impingement (FAI), Gluteal Tendinopathy & Greater Trochanteric Pain Syndrome, Adductor-Related Groin Pain, and Piriformis Syndrome
Practical Lab I – Hip	Hands-on Clinical Application of Soft Tissue Techniques for Hip Disorders
Knee Assessment & Management	Knee Disorders: Knee Osteoarthritis, Patellofemoral Pain Syndrome (PFPS), Hamstring and Quadriceps Muscle Injuries, and Patellar Tendinopathy
Practical Lab II – Knee	Hands-on Clinical Application of Soft Tissue Techniques for Knee Disorders
Ankle & Foot	Ankle & Foot Disorders: Plantar Fasciopathy, Achilles

<i>Assessment & Management</i>	<i>Tendinopathy, Chronic Ankle Instability, Peroneal Tendinopathy, and Calf Muscle Injuries</i>
<i>Practical Lab III – Ankle & Foot</i>	<i>Hands-on Clinical Application of Soft Tissue Techniques for Ankle & Foot Disorders</i>
<i>Integrated Lower Limb Management</i>	<i>Clinical Case Discussions, Clinical Reasoning, Treatment Planning, and Integrated Management of Lower Limb Conditions</i>

➤ **Day three**

Session	Topic & Learning Activity
Foundations of Movement	Principles of Muscle Imbalance and Janda Concepts in Clinical Practice
Cervical Spine Assessment & Management	Assessment and Management of Mechanical Neck Pain, Cervicogenic Headache, Upper Crossed Syndrome, and Cervical Activation & Strengthening Strategies
Practical Lab I – Cervical Spine	Hands-on Clinical Application of Soft Tissue Techniques, Corrective Exercise, and Clinical Reasoning for Cervical Disorders
Lumbar Spine & Pelvic Assessment & Management	Assessment and Management of Mechanical Low Back Pain, Sacroiliac Joint Dysfunction, Piriformis-Related Sciatica, and Paraspinal & Quadratus Lumborum Dysfunction with Lumbar Activation & Strengthening Strategies
Practical Lab II – Lumbar Spine & Pelvis	Hands-on Clinical Application of Soft Tissue Techniques, Corrective Exercise, and Clinical Reasoning for Lumbar and Pelvic Disorders
Integrated Clinical Practice	Anatomy Trains, Myofascial Chains & Slings, Clinical Integration of Soft Tissue Techniques, Combining Multiple Techniques Within a Treatment Session, and Functional Movement Strategies
Clinical Reasoning & Case Integration	Interactive Case Discussions, Clinical Reasoning, Technique Selection, Treatment Planning, Q&A, Key Clinical Pearls, and Course Wrap-up
Closing	Certificate Distribution and Closing Remarks

For more information about registration steps please contact AIMS registration teams

local organizer number