

## MASTER IN MANUAL THERAPY AND OSTEOPATHY

### Main Language of Instruction:

French  English  Arabic

Campus Where the Program Is Offered: CSM

### OBJECTIVES

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The Master in Manual Therapy and Osteopathy aims to provide rigorous education in these disciplines and encourage critical reflection on applicable methods and techniques.

This program aims to provide physiotherapists with the latest theoretical and practical knowledge, equipping them to intervene with more advanced professional competencies, particularly in the treatment of various musculoskeletal pathologies.

### PROGRAM LEARNING OUTCOMES (COMPETENCIES)

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- Adopt a professional attitude that adheres to legal, regulatory and ethical standards applicable to osteopathy
- Enhance patient health by applying rational, evidence-based osteopathic treatments
- Contribute to the scientific advancement of osteopathic practices through field research
- Develop autonomy and design a professional plan focused on lifelong development
- Establish an osteopathic diagnosis using a critical, systemic approach based on patient history and somatic dysfunctions.

### ADMISSION REQUIREMENTS

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Admission on file (bac + 4): hold a degree in Physiotherapy

### COURSES/CREDITS GRANTED BY EQUIVALENCE

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120 credits with 30 credits awarded by equivalence from the entry level program in physiotherapy which is 240 credits.

### PROGRAM REQUIREMENTS

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**120 credits: 30 credits awarded by equivalence, Required courses (90 credits)**

#### Required Courses (90 credits)

Anatomy and Physiology of the Digestive/Endocrine/Genitourinary Systems (2 Cr.). Preliminary Project of MTMO Research (2 Cr.). Osteopathic Concept (2 Cr.). Opportunity Diagnosis to be Carried out in Consultation (2 Cr.). Embryology and Fascia Physiology (2 Cr.). Paraclinical Examinations (4 Cr.). Manual Therapy Thesis (14 Cr.). Research Methodology (2 Cr.). Cranial and Orofacial Osteopathy (2 Cr.). Osteopathy of the Pelvic Girdle and Lower Limb (4 Cr.). Osteopathy of the Shoulder Girdle and Upper Limb (4 Cr.). Osteopathy of the Cervical Spine (4 Cr.). Osteopathy of the Dorsal Column (4 Cr.). Osteopathy of the Lumbar Spine (4 Cr.). Osteopathy of the Temporomandibular Joint (2 Cr.). Osteopathy in Pediatrics (2 Cr.). Visceral Osteopathy (4 Cr.). Scientific Research Tools (4 Cr.). Physiology of Pain (2 Cr.). Semiology of Systemic Disorders in the Musculoskeletal System (2 Cr.). Cardiorespiratory Semiology (2 Cr.). Semiology of Nervous System Disorders (2 Cr.). Semiology of the Digestive/Endocrine/Genitourinary Systems (2 Cr.). Semiology of the Sensory and Orofacial System (2 Cr.). Internship in Osteopathy 1 (4 Cr.). Internship in Osteopathy 2 (4 Cr.). Myofascial therapy (2 Cr.). Neurodynamic Therapy (2 Cr.). Women's Health (2 Cr.).

## SUGGESTED STUDY PLAN

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### Semester 1

Code	Course Name	Credits
039COOSM1	Osteopathic Concept	2
039EXPAM1	Paraclinical Examinations	4
039SAMQM1	Semiology of Disorders of the Musculoskeletal System	2
039OCPIM1	Osteopathy of the Pelvic Girdle and Lower Limb	4
039MER2M4	Research Methodology	2
039SASNM2	Semiology of Nervous System Disorders	2
	<b>Total</b>	<b>16</b>

### Semester 2

Code	Course Name	Credits
039EPFAM2	Embryology and Fascia Physiology	2
039ADEGM2	Anatomy and Physiology of the Digestive/Endocrine/Genitourinary Systems	2
039SDEGM2	Semiology of the Digestive/Endocrine/Genitourinary Systems	2
039OSCLM2	Osteopathy of the Lumbar Spine	4
039SOCRD2	Scientific Research Tools	4
	<b>Total</b>	<b>14</b>

### Semester 3

Code	Course Name	Credits
039PHDOM3	Pain Physiology	2
039THMYM3	Myofascial Therapy	2
039SECRM3	Cardiorespiratory Semiology	2
039OSCCM3	Osteopathy of the Cervical Spine	4
039CSMSM3	Osteopathy of the Shoulder Girdle and Upper Limb	4
	<b>Total</b>	<b>14</b>

### Semester 4

Code	Course Name	Credits
039STO1M4	Clinical Internship in Osteopathy 1	4
039THNDM4	Neurodynamic Therapy	2
039OSCDM4	Dorsal Spine Osteopathy	4
039OSVIM4	Visceral Osteopathy	4
039PROJM5	Preliminary Project of MTMO Research	2
	<b>Total</b>	<b>16</b>

## Semester 5

Code	Course Name	Credits
039SSOM5	Semiology of the Sensory and Orofacial System	2
039CROFM5	Cranial and Orofacial Osteopathy	2
039MTMOM6	Manual Therapy Thesis	14
	<b>Total</b>	<b>18</b>

## Semester 6

Code	Course Name	Credits
039OATMM6	Temporomandibular Joint Osteopathy	2
039OSPEM6	Osteopathy in Pediatrics	2
039DOCCM6	Opportunity Diagnosis and Course of Action to be Taken in Consultation	2
039WOHEM6	Women's Health	2
039STO2M6	Clinical Internship in Osteopathy 2	4
	<b>Total</b>	<b>12</b>

## COURSE DESCRIPTION

### **039ADEGM2 Anatomy and Physiology of the Digestive/Endocrine/Genitourinary Systems 2 Cr.**

This course allows students to explore in detail the structure and function of essential body systems. It covers the anatomy and physiology of the digestive, urinary, genital, endocrine and reproductive systems.

### **039APROM3 Preliminary Project for MTMO Research 2 Cr.**

This course prepares students for their final thesis. It guides them in defining a research problem and establishing the essential elements for their research plan.

### **039COOSM1 Osteopathic Concept 2 Cr.**

This course offers students essential knowledge in the main areas of osteopathic concepts, preparing them for clinical tests and direct and indirect osteopathic joint or tissue techniques.

### **039DOCCM6 Opportunity Diagnosis to be Carried Out in Consultation 2 Cr.**

This course offers an in-depth understanding of the diagnostic aspects and timely interventions necessary to optimize patient care. It equips physiotherapy and osteopathy students with essential skills in clinical assessment and decision-making during consultation.

### **039EPFAM2 Embryology and Fascia Physiology 2 Cr.**

This course allows students to acquire the main concepts on the development of the human embryo and gene expression, which are basic elements for understanding the functioning of the fascial system. By the end of this course, students will be able to palpate myofascial structures.

### **039EXPAM1 Paraclinical Examinations 4 Cr.**

This course allows students to determine the usefulness of paraclinical examinations and their role in clinical decision-making. Students will have the necessary knowledge to identify the causes of variations in test results between patients and to distinguish "red flags".

### **039TMTMOM6 Manual Therapy Thesis 14 Cr.**

The manual therapy thesis is an individual project presented by students at the end of the academic program and under the supervision of a tenured instructor. This thesis enables students to acquire the necessary skills to complete the project presented during the preliminary phase. A defense before a jury concludes the thesis.

<b>039RECHM2</b>	<b>Research methodology</b>	<b>2 Cr.</b>
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This course allows students to acquire the main concepts on the identification and analysis of scientific articles, research and the research protocol.

<b>039CROFM5</b>	<b>Cranial and Orofacial Osteopathy</b>	<b>2 Cr.</b>
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This course provides an in-depth exploration of the cranial system, emphasizing on the primary respiratory movement (MRP), the flexion/extension mechanism of the skull, and the detailed anatomy of the cranial bones, sutures, and associated soft tissues. The training also includes specific cranial osteopathy techniques such as the 4 grip test, V-spread, testing and correction of the occipito-mastoid joint, frontal/parietal lift, drainage of the nasal bones and drainage of the skull sinuses. In the ORL context, the program focuses on the treatment of sinusitis and rhinitis in fasciatherapy, covering different anatomical regions, muscles, and related cervical structures.

<b>039OCPIM1</b>	<b>Osteopathy of the Pelvic Girdle and Lower Limb</b>	<b>4 Cr.</b>
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This course allows students, following specific questioning, to implement specific osteopathic tests to develop an adequate osteopathic diagnosis of the pelvic girdle and the lower limb. Subsequently, students will acquire the knowledge and manual skill necessary to choose and adapt the osteopathic techniques to be used. They will also be able to know the indications and contraindications of the techniques as well as their limits.

<b>039CSMSM3</b>	<b>Osteopathy of the Shoulder Girdle and Upper Limb</b>	<b>4 Cr.</b>
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This course aims to provide students with an in-depth understanding of the biomechanics of the scapular region and the upper limb (MS). It also addresses the identification of osteopathic dysfunctions specific to this region, the overall diagnosis of neighboring joints, the implementation of testing techniques, and the development of practical skills in the choice and implementation of adapted osteopathic techniques. The anatomical correlation between the structure of the scapular region and MS and the visceral region will also be explored.

<b>039OSCCM3</b>	<b>Osteopathy of The Cervical Spine</b>	<b>4 Cr.</b>
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This course aims to provide students with an in-depth understanding of the biomechanical aspects of the lumbar region, as well as practical skills in identifying osteopathic dysfunctions and implementing appropriate techniques. The anatomical correlation between the lumbar region and the abdominal and visceral region will also be addressed. By the end of this course, students will be able to conduct an interview, perform diagnostic tests, develop a functional diagnosis, choose and adapt osteopathic techniques, and apply these techniques in a safe and effective manner.

<b>039OSCDM4</b>	<b>Osteopathy of the Dorsal Column</b>	<b>4 Cr.</b>
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This course aims to provide students with an in-depth exploration of the biomechanics, diagnosis and treatment related to the dorsal region and rib cage. It equips students with the necessary skills to conduct a detailed consultation, perform diagnostic tests, develop functional diagnoses and apply appropriate osteopathic techniques. Practical work and scenarios reinforce specific gestures and the concrete application of knowledge. Emphasis is placed on patient adaptation, ethical principles and the anatomical correlation between the dorsal region and internal organs.

<b>039OSCLM2</b>	<b>Osteopathy of the Lumbar Spine</b>	<b>4 Cr.</b>
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This course allows students, following specific questioning, to implement specific osteopathic tests to develop an adequate osteopathic diagnosis of the lumbar spine. It equips them with the knowledge and manual skills necessary to choose and adapt the osteopathic techniques to use. They will also be able to understand the indications and contraindications of the techniques as well as their limits.

<b>039OATMM6</b>	<b>Osteopathy of the Temporomandibular Joint</b>	<b>2 Cr.</b>
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This course focuses on the crucial role of osteopathy in the management of craniocervicomandibular disorders. The anatomical and biomechanical aspects of the temporomandibular joint (TMJ) are explored in detail, with particular attention paid to the classification of malocclusions and potential TMJ injuries, both from a general and specifically osteopathic perspective.

<b>039OSPEM6</b>	<b>Osteopathy in Pediatrics</b>	<b>2 Cr.</b>
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This course aims to train osteopathy students in the specific care of infants and children. It focuses on the semiology of pediatric pathologies, disorders related to motor development, and asymmetric movement patterns in growing children. Students will learn to differentiate normal from pathological conditions in infants, identify common problems associated with agitated behaviors, and measure and manage infant asymmetries.

<b>039OSVIM4</b>	<b>Visceral Osteopathy</b>	<b>4 Cr.</b>
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This course aims to provide students with an in-depth study of the neural system by focusing on the organization of the neuro-dynamic system, functional interactions, and diagnostic and treatment techniques, students will acquire skills to interpret the clinical signs of neural dysfunction syndromes.

Thus, this course offers an in-depth approach to the palpatory anatomy of the abdomen, emphasizing the relationship between the container and its contents. The contents address the differential assessment of visceral dysfunctions, myofascial correlations, and present emblematic techniques and applications. This course continues with the treatment of the viscera of the small pelvis, including the kidneys, ureters and bladder.

<b>039SOCRD2</b>	<b>Scientific Research Tools</b>	<b>4 Cr.</b>
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This course offers students the opportunity to validate their research by relying on solid foundations. The different laws of biostatistics and epidemiology will be studied, as well as the different methods that must be used to evaluate a conclusion or hypothesis.

<b>039PHDOM3</b>	<b>Physiology of Pain</b>	<b>2 Cr.</b>
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This course aims to provide students with an in-depth understanding of the physiological mechanisms of pain and associated therapeutic approaches. By the end of this course, students will be able to recognize various painful situations, assess pain holistically and apply appropriate treatments, whether medicinal or non-pharmacological.

<b>039SAMQM1</b>	<b>Semiology of Disorders of the Musculoskeletal System</b>	<b>2 Cr.</b>
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This course provides students with the necessary knowledge on the semiology of musculoskeletal conditions to enable them to establish a differential diagnosis between the different pathologies. At the end of this course, students will be able to recognize the warning signs of disorders within this system.

<b>039SECRM3</b>	<b>Cardiorespiratory Semiology</b>	<b>2 Cr.</b>
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This course aims to provide students with an in-depth understanding of the main syndromes and warning signs associated with conditions of the cardiovascular and respiratory system. In addition, it addresses surgical treatments that impact osteopathic care. At the end of this course, students will be able to apply their knowledge of semiology to establish timely and functional diagnoses.

<b>039SASN2</b>	<b>Semiology of Nervous System Disorders</b>	<b>2 cr.</b>
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This course allows students to understand the semiology of the main disorders of the nervous system, subsequently enabling them to make a differential diagnosis to their patients and to be recognize warning signs in neurology.

<b>039SDEGM2</b>	<b>Semiology of the Digestive/Endocrine/Genitourinary Systems</b>	<b>2 Cr.</b>
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At the end of this course, students become familiar with the main warning signs and syndromes associated with disorders of the digestive and endocrine systems. They learn to recognize important clinical manifestations and establish appropriate and functional diagnoses, while distinguishing between similar conditions. In addition, the course emphasizes the understanding of surgical interventions and their impact on osteopathic care.

<b>039SSSOM5</b>	<b>Semiology of the Sensory and Orofacial System</b>	<b>2 Cr.</b>
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This course addresses a variety of sensory disorders, including vision, hearing, taste, smell, and touch, as well as symptoms such as dizziness, tinnitus, eye pain, and other manifestations linked to the ENT sphere. Specific ENT semiology explores pathologies such as otitis, mastoiditis, dizziness and hearing diseases, rhinitis, sinusitis, tonsillitis, tumor syndromes and lithiasis syndromes.

<b>039THMYM3</b>	<b>Myofascial Therapy</b>	<b>2 Cr.</b>
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This course aims to provide students with an in-depth understanding of fascial biomechanics and associated techniques for physiological restoration and management of disease processes. At the end of this course, students will be able to apply specific myofascial techniques to rebalance the musculoskeletal system.

<b>039THNDM4</b>	<b>Neurodynamic Therapy</b>	<b>2 Cr.</b>
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This course aims to provide students with an in-depth study of the neural system, covering its physiology, pathology and associated therapeutic approaches. By focusing on neuro-dynamic system organization, functional interactions, and diagnostic and treatment techniques, students will acquire the skills to interpret the clinical signs of neural dysfunction syndromes.

<b>039WOHEM6</b>	<b>Women's Health</b>	<b>2 Cr.</b>
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This course explores the physiology and health specific to the female urogenital sphere, with an emphasis on the small pelvis and the perineum. Key aspects covered include the physiology of the menstrual cycle, menstrual dysfunction, indications for fasciatherapy, as well as treatment techniques for the perineum and pelvis. Particular attention is given to the manual approach to the pelvic framework, encompassing the muscles, genitals and intrapelvic fascia.

<b>039STO1M4</b>	<b>Clinical Internship in Osteopathy 1</b>	<b>4 Cr.</b>
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This internship aims to introduce students to the clinical approach in osteopathy. Students will acquire the skills necessary to carry out an osteopathic clinical examination, make a differential and exclusion diagnosis, as well as make an osteopathic diagnosis. This internship offers students the opportunity to apply their theoretical knowledge in a practical context, promoting the development of the skills essential to becoming a competent osteopathic practitioner.

<b>039STO2M6</b>	<b>Clinical Internship in Osteopathy 2</b>	<b>4 Cr.</b>
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This internship aims to develop students' ability to establish a therapeutic project adapted to clinical cases, based on osteopathic diagnosis. The learning outcomes include the ability to evaluate the limits of osteopathic treatment, and to consolidate and extend practical and theoretical knowledge by introducing students to demanding clinical situations. This internship also prepares students to be autonomous in the osteopathic care of patients, allowing them to acquire the ability to lead in-depth discussions on the different therapeutic approaches in osteopathy.