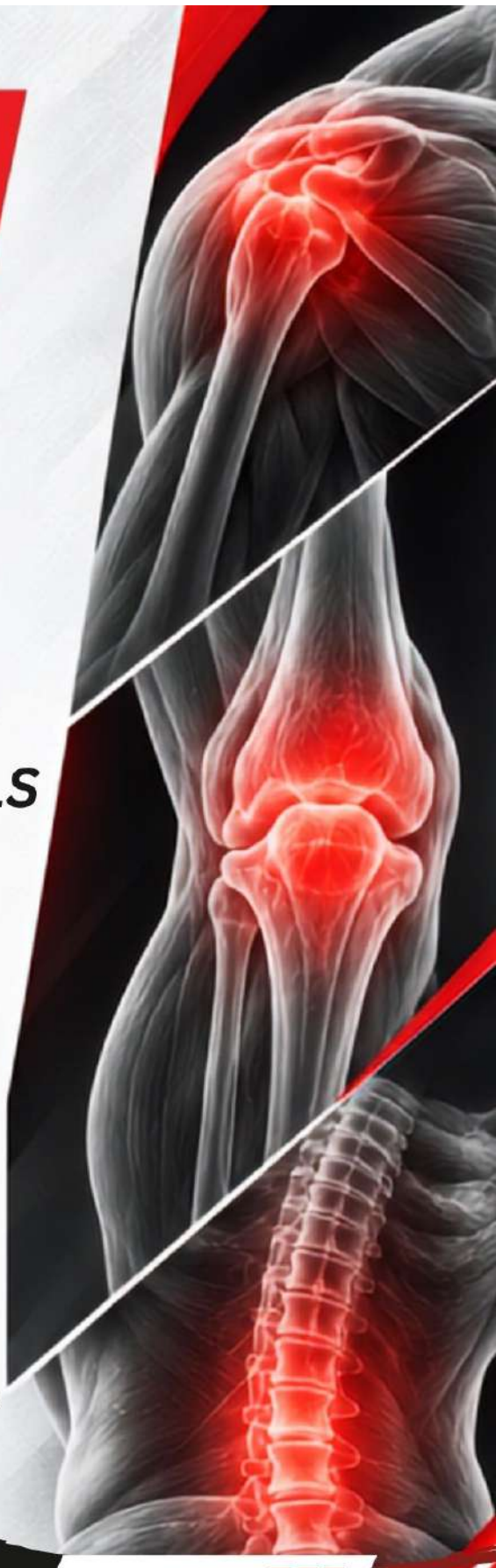
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COURSE CONTENT

- Introduction to the Injury Management Program
- Understanding the Scope of practice
- Common orthopaedic injuries and the appropriate exercise protocol to help clients improve their quality of life including:
- Sprained ankle
- Plantar fasciitis
- Shin splints
- Patellofemoral pain syndrome
- Torn meniscus
- Knee ligament injury (ACL/MCL/PCL)
- IT Band syndrome
- Hip pain
- Carpal tunnel syndrome
- Golfers elbow
- Tennis elbow
- Shoulder impingement syndrome
- Cervical spondylosis
- Sciatica
- Slipped disc
- Bursitis

TOTAL FEES - 16,000/-

Including

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Certificate of *Achievement*

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(Common Musculoskeletal Disorders)

Awarded: September 2026

Gurnit Singh Dua
DIRECTOR

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CEPI | 16 CPD POINTS | ACE APPROVED | SPEFL-SC | REPs

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Certificate of *Participation*

soul bloom
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Location: New Delhi

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PARTICIPANT NAME

Injury Management for Exercise Professionals	CEP330985
COURSE TITLE	ACE-APPROVED COURSE NUMBER
12 Feb 2026	Dr. Ankita
DATE OF COURSE	PRESENTER NAME
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