

Academic Calendar Report

Ms. Mahrukh Tunio (Lecturer)

Course:	Musculoskeletal Physical Therapy	Program:	DPT
Batch:	2022-23	Semester/Year:	4th Year - 7th Semester

S.No.	Date	Week	Teacher	Description
1	21/04/2026	Week 1	Ms. Mahrukh Tunio	Medical terminology regarding musculoskeletal system principles and concepts of musculoskeletal evaluation and assessment
2	23/04/2026	Week 1	Ms. Mahrukh Tunio	Medical terminology regarding musculoskeletal system principles and concepts of musculoskeletal evaluation and assessment
3	28/04/2026	Week 2	Ms. Mahrukh Tunio	Joint, connective tissue, and bone disorders and management
4	30/04/2026	Week 2	Ms. Mahrukh Tunio	Joint, connective tissue, and bone disorders and management
5	05/05/2026	Week 3	Ms. Mahrukh Tunio	THE SHOULDER AND SHOULDER GIRDLE • Examination, evaluation and assessment of shoulder joint • Referred pain and nerve injury • Management of shoulder disorders and surgeries • Joint Hypomobility: non-operative management
6	05/05/2026	Week 3	Ms. Mahrukh Tunio	THE SHOULDER AND SHOULDER GIRDLE • Examination, evaluation and assessment of shoulder joint • Referred pain and nerve injury • Management of shoulder disorders and surgeries • Joint Hypomobility: non-operative management
7	07/05/2026	Week 3	Ms. Mahrukh Tunio	THE SHOULDER AND SHOULDER GIRDLE • Glenohumeral joint surgery and postoperative management • Painful shoulder syndromes (rotator cuff disease, impingement syndromes, shoulder instabilities): • Non-operative management • Painful shoulder syndromes: surgery and postoperative management
8	12/05/2026	Week 4	Ms. Mahrukh Tunio	THE SHOULDER AND SHOULDER GIRDLE • Shoulder dislocations: non-operative management • Shoulder instabilities: surgery and post-operative management • Exercise interventions for the shoulder
9	14/05/2026	Week 4	Ms. Mahrukh Tunio	THE SHOULDER AND SHOULDER GIRDLE • Girdle Exercise Techniques During Acute And Early Subacute Stages of tissue healing • Exercise techniques to increase flexibility and range of motion • Exercises to develop and improve muscle performance and functional control
10	19/05/2026	Week 5	Ms. Mahrukh Tunio	THE ELBOW & FOREARM COMPLEX • Examination, evaluation and assessment of elbow and forearm complex • Referred pain and nerve

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				injury in the elbow region • Management of elbow and forearm disorders and surgeries
11	21/05/2026	Week 5	Ms. Mahrukh Tunio	THE ELBOW & FOREARM COMPLEX • Joint Hypomobility: nonoperative management • Joint surgery and postoperative management • Myositis ossificans • Overuse syndromes: repetitive trauma syndromes
12	26/05/2026	Week 6	Ms. Mahrukh Tunio	THE ELBOW & FOREARM COMPLEX • Exercise interventions for the elbow and Forearm • Exercise techniques to increase flexibility and range of Motion • Exercises to develop and improve muscle performance and functional
13	16/07/2026	Week 7	Ms. Mahrukh Tunio	THE WRIST & HAND • Examination, evaluation and assessment of wrist and hand • Major nerves subject to pressure and trauma at the Wrist and hand • Management of wrist and hand disorders And surgeries • Joint Hypomobility: non-operative management
14	21/07/2026	Week 8	Ms. Mahrukh Tunio	THE WRIST & HAND • Joint surgery and postoperative management • Repetitive trauma syndromes/overuse • Traumatic lesions in the wrist and hand • Exercise interventions for the wrist and Hand
15	23/07/2026	Week 8	Ms. Mahrukh Tunio	THE WRIST & HAND • Techniques for musculotendinous mobility • Exercise techniques to increase flexibility and range Of motion • Exercises to develop and improve muscle Performance, neuromuscular control, and coordination
16	28/07/2026	Week 9	Ms. Mahrukh Tunio	THE HIP • Examination, evaluation and assessment of hip joint • The hip and gait • Referred pain and nerve injury • Management of hip disorders and surgeries • Joint Hypomobility: non-operative management • Joint surgery and post-operative management
17	30/07/2026	Week 9	Ms. Mahrukh Tunio	THE HIP • Fractures of the hip–surgical and postoperative management • Painful hipsyndromes/overuse syndromes:non-operative management • Exercise interventions for the hip region • Exercise techniques to increase flexibility and range of motion • Exercises to develop and improve muscle performance and functional control
18	04/08/2026	Week 10	Ms. Mahrukh Tunio	THE KNEE • Examination, evaluation and assessment of knee joint • Referred pain and nerve injuries • Management of knee disorders and surgeries • Joint Hypomobility: non-operative management • Joint surgery and post-operative management • Patellofemoral dysfunction: non-operative management
19	06/08/2026	Week 10	Ms. Mahrukh Tunio	THE KNEE • Patellofemoral and extensor mechanism dysfunction: Surgical and postoperative management • Ligament injuries: non-operative management • Ligament injuries: surgical and postoperative Management • Meniscal tears: non-operative management • Meniscal tears: surgical and postoperative management • Exercise interventions for the knee • Exercise techniques to increase flexibility and range of motion • Exercises to develop and improve muscle performance and functional control

S.No.	Date	Week	Teacher	Description
20	11/08/2026	Week 11	Ms. Mahrukh Tunio	THE ANKLE & FOOT • Examination, evaluation and assessment of ankle and foot joint • Referred pain and nerve injury • Management of foot and ankle disorders and surgeries • Joint Hypomobility: non-operative management • Joint surgery and post-operative management • Overuse (repetitive trauma) syndromes: non-operative management
21	13/08/2026	Week 11	Ms. Mahrukh Tunio	THE ANKLE & FOOT • Ligamentous injuries: non-operative management • Traumatic soft tissue injuries: surgical and postoperative management • Exercise interventions for the ankle and foot • Exercise techniques to increase flexibility and range of motion • Exercises to develop and improve muscle performance and functional control

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