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## Mobilisation & Manual Therapy of the Spine

### A three-day course

#### COURSE DESCRIPTION

This course covers the principles of clinical reasoning, subjective and objective examination and treatment of the cervical, thoracic & lumbar spine including temporomandibular and sacro-iliac joints using manual therapy. It is a hands-on workshop with emphasis on assessment and management skills using mobilisation of the joints with a clinical reasoning base.

The course emphasis is mainly on the principles so as to enable each participant to tackle any situation. We do not provide specific treatment options in our course material since any problem can have more than one solution and hence we want to equip the participant with the ability to decide the best treatment option for the patient.

E.g. two patients could have tennis elbow or subacromial impingement but their presentations might be different, thereby warranting different treatment approaches.

#### OBJECTIVES

Upon completion of this course, participants will be able to:

1. Demonstrate an understanding of the principles of clinical reasoning, subjective and objective examination.
2. Carry out a suitable neurological examination and vertebra-basilar artery insufficiency assessment.
3. Palpate soft tissues and joints for assessment and treatment.
4. Assess the patient using reasoning skills and provide the most suitable treatment, for optimum relief, ease of symptoms and improvement in performance.

#### COURSE PROGRAM

THEORY	PRACTICAL APPLICATION
<ul style="list-style-type: none"> <li>- Principles of Clinical Reasoning</li> <li>- Principles of Subjective Examination</li> <li>- Principles of Objective Examination Grades of Movement</li> <li>- Precautions and Contra Indications to Assessment &amp; Management</li> <li>- Principles of Neurological Examination</li> <li>- Principles of VBI Assessment</li> </ul>	<ul style="list-style-type: none"> <li>- Neurological Assessment</li> <li>- VBI Assessment</li> <li>- Principles of Assessment of:               <ul style="list-style-type: none"> <li>✓ Upper Cervical Spine</li> <li>✓ Lower Cervical and Upper Thoracic Spine</li> <li>✓ TMJ</li> <li>✓ Thoracic Spine</li> </ul> </li> <li>- Lumbar Spine and Sacro-iliac Joints</li> <li>- Each joint will be assessed using:               <ul style="list-style-type: none"> <li>✓ Screening Questions</li> <li>✓ Observation</li> <li>✓ Functional Movement</li> <li>✓ Active Movement</li> <li>✓ Passive Movements</li> <li>✓ Accessory Movements</li> <li>✓ Combined Movement</li> </ul> </li> </ul>

#### PRE-READING

Biomechanics of the spine

#### ELIGIBILITY

3rd Year Bachelor of Physiotherapy

#### NOTE

- It is recommended you wear comfortable and appropriate clothing for practice sessions throughout the course.
- Photography/Video recording during the course is not allowed. If this guideline is not adhered to the person may be asked to leave the premises.