



# Advanced Module-1 Scientific Program



## INTRODUCTION TO SPINAL MANIPULATION: A SELECTION OF TECHNIQUES

### Instructors

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### Day 1, Thursday December 12<sup>th</sup>

Sacro-iliac Joint, Hip and Knee Joint

- 09.00 Introduction, objectives of the course
- 09.15 Introduction to manipulative skills
- 09.45 Principles of neuro-physiopathology and diagnosis in Manual Medicine relative to manipulation, safety precautions
- 10.30 Break
- 11.00 Workshop: Functional examination and diagnosis of the S-I joint
- 12.00 Lunch break
- 13.30 Workshop: Mobilization and manipulation techniques of the S-I Joint
- 15.00 Break
- 15.30 Workshop: Trigger points treatment and stretching techniques of the pelvic musculature
- 16.45 Workshop: Examination and mobilization techniques of the hip and knee
- 17.30 Quick summary- Questions
- 18.00 End

### Day 2, Friday December 13<sup>th</sup>

Lumbar and Thoracic Spine

- 09.00 Quiz on the S-I joint examination and treatment
- 09.45 Workshop: Biomechanics and clinical examination of the lumbar spine /irritation zones, provocation test
- 10.30 Break
- 10.45 Workshop: Mobilization and selected manipulation techniques of the lumbar spine
- 12.00 Lunch Break
- 13.30 Workshop: Trigger points treatment and stretching techniques of the lumbar, thigh, leg and abdominal musculature
- 15.00 Break
- 15.30 Workshop: Biomechanics and clinical examination of the thoracic spine
- 16.15 Workshop: Mobilization and selected manipulation techniques of the thoracic spine
- 17.30 Quick summary- Questions
- 18.00 End



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### Day 3, Saturday December 14<sup>th</sup>

Cervical Spine and Ribs, Ankle and Foot

- 09.00 Quiz on the lumbar spine examination and treatment
- 10.00 Workshop: Biomechanics and functional examination of the cervical spine
- 10.45 Break
- 11.00 Workshop: Functional examination of the cervical spine
- 11.30 Contra-indications and safety rules for the manipulative treatment of the cervical spine
- 12.00 Lunch Break
- 13.30 Workshop: Mobilization and selected manipulative techniques of the cervical spine
- 14.45 Workshop: Ribs mobilization and selected manipulative techniques
- 15.30 Break
- 15.50 Workshop: Ankle and foot joints mobilization and manipulative techniques
- 16.30 Workshop: Mobilization and selected manipulation techniques of the lumbar spine
- 17.30 Quick summary- Questions
- 18.00 End

### Day 4, Sunday December 15<sup>th</sup>

Systematic Repetition

- 09.00 Quiz on the cervical spine mobilization and manipulative treatment
- 10.00 Workshop: Mobilization techniques of the dorsal spine and ribs
- 10.30 Break
- 11.00 Workshop: Mobilization and selected manipulation techniques of the lumbar spine
- 12.00 Lunch Break
- 13.30 Workshop: Mobilization and manipulation techniques of the S-I Joint
- 15.00 How to progress with manipulative skills
- 15.30 Questions from the audience
- 16.00 End of the course and farewell