THORACIC SPINE / ELBOW, WRIST, HAND, ANKLE AND FOOT/ ANATOMY AND PHYSIOLOGY / MANUAL THERAPY

Instructors
Marc Henri Gauchat, MD. Specialist
Cihan Aksoy, MD. Professor
Demirhan Dıraçoğlu, MD. Professor

Day 1, Friday September 27th
Thoracic Spine and Ribs

09.00 Introduction, objectives of the course
09.15 Biomechanics of the thoracic spine and ribs
09.45 Workshop: Thoracic spine and ribs anatomical landmarks,
10.30 Break
11.00 Workshop: Thoracic and trunk musculature, testing, palpation for trigger points
12.00 Lunch break
13.30 Workshop: Functional examination of the thoracic spine, ribs-global and segmental
15.00 Break
15.30 Workshop: Mobilization and selected manipulation techniques of the thoracic spine and ribs
16.45 Workshop: Trigger points treatment and stretching techniques
17.30 Quick summary - Questions
18.00 End

Day 2, Saturday September 28th
Elbow, Wrist and Hand Joints

09.00 Quiz on the lumbar spine examination and treatment
09.45 Biomechanics and clinical examination of the elbow, wrist and hand joints
10.30 Break
10.45 Workshop: The elbow, wrist and hand joints mobilization techniques
12.00 Lunch break
13.30 Workshop: examination and mobilization techniques of the S-I joint
15.00 Break
15.30 Workshop: General repetition of cervical spine examination and treatment
16.30 Workshop: Examination of the pelvic girdle musculature and stretching techniques
17.30 Quick summary - Questions
18.00 End
Day 3, Sunday September 29th
Ankle and Foot Joints

09.00 Quiz on the thoracic spine and ribs examination and treatment
10.00 Functional anatomy and biomechanics of the ankle and foot joints
10.45 Break
11.00 Workshop: Palpation and functional examination of ankle and foot joints
11.45 Workshop: Ankle and foot joints mobilization techniques
12.15 Lunch break
13.30 Workshop: Hip and knee joint mobilization techniques
14.30 Workshop: Repetition: Lumbar spine examination and treatment
15.30 Break
15.45 Workshop: Repetition: Examination and treatment of the shoulder joint
16:15 Course evaluation
16.30 End of the course and farewell