PROGRAM OF MODULE-4

GENERAL REPETITION AND CLINICAL SYNTHESIS OF THE CERVICAL, THORACIC, LUMBAR SPINE, S-I JOINT BIOMECHANICS, DIAGNOSIS AND MANUAL THERAPY AND FINAL EXAM.

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

Day 1, Thursday December 17th
Sacro-iliac Joint and Pelvis

09.00  Introduction, objectives of the general repetition
09.15  Information on the final examination /questions from the audience
09.45  Principles of neuro-physiopathology and diagnosis in Manual Medicine
10.30  Break
11.00  Workshop: Biomechanical basis and functional examination of the S-I Joint /
12.00  Lunch break
13.30  Workshop: Examination of the pelvic musculature/force, length and trigger points
15.00  Break
15.30  Workshop: Mobilization techniques of the S-I joint
16.45  Workshop: Trigger points treatment and stretching techniques of the pelvic musculature
17.30  Quick summary - Questions
18.00  End

Day 2, Friday December 18th
Thoracic and Cervical Spine, Ribs and Shoulder Joint

09.00  Quiz on the S-I joint examination and treatment
09.45  Workshop: Biomechanics and clinical examination of the thoracic spine and ribs
10.30  Break
10.45  Workshop: Mobilizing and selected manipulation techniques of the thoracic spine and ribs
12.00  Lunch break
13.30  Workshop: Biomechanics and clinical examination of the upper and lower cervical spine and examination of the shoulder girdle musculature for strength, length and trigger points
15.00  Break
15.30  Workshop: General repetition of cervical spine mobilization technique
16.30  Workshop: Functional examination and mobilization techniques of the shoulder joint
17.30  Quick summary - Questions
18.00  End
Day 3, Saturday December 19th
Lumbar Spine, Ankle, Foot Hip and Knee Joint / Neuromeningeal Mobilization Techniques / Practical Diagnostic and Therapeutical Application of Manual Medicine Principles / Cases Presentations

09.00 Quiz on the cervical spine and shoulder joint examination and treatment
10.00 Workshop: Biomechanics and functional examination of the lumbar spine
10.45 Break
11.00 Workshop: Biomechanics and functional examination of ankle and foot joints
11.45 Workshop: ankle and foot joints mobilization techniques
12.15 Lunch break
13.30 Workshop: Lumbar spine mobilization techniques and muscles stretching and trigger points treatment
14.45 Neurodynamics theory and practice upper and lower limbs
15.30 Break
15.50 Workshop: neurodynamics stretching techniques
16.30 Workshop: Examination and mobilizing techniques of hip and knee joints
17.30 Practical clinical reasoning in manual medicine / interactive cases presentations
18.15 End

Day 4, Sunday December 20th
Elbow, Wrist and Hand Joint / Final Exam

09.00 Workshop: Biomechanics and examination of the elbow, wrist and hand joint
10.00 Workshop: Mobilization techniques of the elbow, wrist and hand joint
10.45 Break
11.00 Workshop: Selected questions from the audience
11.45 Last practical informations on the final examination
12.00 Lunch break
13.00 Final examination