



PROGRAM OF BASIC MODULE-1

CERVICAL SPINE/SHOULDER/ ANATOMY AND PHYSIOLOGY MANUAL MEDICINE

Instructors

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Day 1, Friday December 19th

Cervical Spine / First Rib

- 09.00 Introduction, objectives of the course
09.15 Definition of manual medicine - a brief history of manual medicine
09.30 Workshop: Introduction to layer palpation after greenman
10.00 Break
10.15 Cervical anatomy and biomechanics
11.00 Workshop: Cervical anatomical landmarks, cervical musculature

12.00 Lunch break

13.30 Workshop: Functional examination of the upper cervical spine-global and segmental/joint play
15.00 Workshop: Examination of the cervical musculature
16.30 Introduction to the cervical irritation zones and provocation test
16.45 Workshop: palpation of the cervical zones of irritation
17.45 Quick summary - questions
18.00 End

Day 2, Saturday December 20th

Cervical Spine Mobilization Techniques/Myofascial Pain

- 09.00 Introduction to the neurophysiology of pain
09.30 Workshop: Segmental examination: upper and lower cervical spine
10.15 Break
10.30 Workshop: Manual therapy of the upper cervical spine, traction, muscle energy techniques, specific mobilisation of C0-C1, C1-C2, C2-C3, C4 to C7

12.00 Lunch break

13.30 Introduction to myofascial pain and trigger points
14.00 Workshop: Trigger points in the cervical musculature diagnosis and treatment
14.45 Workshop: Diagnostic examination of the first rib/scalene muscles
15.30 Break
15.45 Workshop: D1 and first rib mobilization techniques
16.15 Workshop: Manual therapy of the cervical spine: a synthesis
17.30 Quick summary - Questions
18.00 End



Day 3, Sunday December 21st

Shoulder Biomechanics, Diagnosis and Treatment by Mobilization

- 09.00 Workshop: Quiz on the manual examination of the cervical spine and first rib
09.30 Introduction to the neurodynamics of the nervous system after butler and workshop on neurodynamics of the upper limbs
10.15 Break
10.45 Workshop: Introduction to the peripheral joint mobilization
11.00 Functional Anatomy and Biomechanics of the shoulder
11.30 Workshop: Palpation and functional examination of the shoulder-trigger points localization and Palpation
12.00 Lunch break
13.30 Workshop: Mobilization techniques for the shoulder
14.00 Clinical syndromes of the cervical spine- the place of manual medicine, indications, contra-indications and possible complications.
14.45 Final questions from the audience
15.00 End of the course and farewell

