



PROGRAM OF BASIC MODULE-2

LUMBAR SPINE / SACRO-ILIAC JOINT / HIP AND KNEE JOINT / ANATOMY AND PHYSIOLOGY / EXAMINATION AND MANUAL THERAPY

Instructors

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Day 1, Friday February 13th

Lumbar Spine

- 09.00 Introduction, objectives of the course
- 09.15 Biomechanics of the lumbar spine
- 10.00 Workshop: Lumbar anatomical landmarks, lumbar and pelvic musculature, testing, palpation for trigger point
- 10.30 Break
- 11.00 Workshop: Functional examination of the lumbar spine-global and segmental
- 12.00 Lunch break
- 13.30 Workshop: Mobilization techniques of the lumbar spine
- 15.00 Coffee break
- 15.30 Workshop: Trigger points treatment and stretching techniques of pelvic and lower extremities muscles
- 16.15 Workshop: Neurodynamics techniques for the lower extremities
- 16.45 Quick summary - Questions
- 17.00 End





Day 2, Saturday February 14th

Sacro-iliac Joint

- 09.00 Quiz on the lumbar spine examination
09.30 Biomechanics and clinical examination of the S-I joint
10.30 Break
10.45 Workshop: Examination of the S-I joint

12.00 Lunch break

13.30 Workshop: mobilization techniques of the S-I joint
15.00 Break
15.30 Workshop: General repetition of Module 1 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 February 15th

Hip and Knee Joint

- 09.00 Quiz on the S-I joint examination and treatment
09.45 Functional anatomy and biomechanics of the hip and knee joint
10.30 Break
10.45 Workshop: Palpation and functional examination of the hip and knee joint
11.30 Workshop: Hip and knee joints mobilization techniques

12.00 Lunch break

13.30 Workshop: Hip and knee joint mobilization techniques
14.30 Workshop: Repetition: lumbar spine and S-I Joint examination and treatment
15.30 Break
15.50 Workshop: Repetition: Examination and treatment of the shoulder joint
16.15 Course evaluation
16.30 End of the course and farewell

