



# PROGRAM OF BASIC MODULE-3

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

### Instructors

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### Day 1, Friday March 27<sup>th</sup>

#### 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  
10.50 Workshop: Functional examination of the cervicothoracic junction, thoracic spine, ribs-global and segmental, thoracic and trunk musculature testing, palpation for trigger point  
12.00 Lunch break  
13.30 Workshop: Mobilization and selected manipulation techniques of the thoracic spine and ribs, repetition of first rib examination and treatment  
15.00 Break  
15.15 Workshop: General repetition of cervical examination and treatment  
17.30 Quick summary - Questions  
18.00 End





## Day 2, Saturday March 28<sup>th</sup>

### 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: 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 and thoracic 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 March 29<sup>th</sup>

### Ankle and Foot Joints

- 09.00 Quiz on the cervical, 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
- 15.45 Workshop: Repetition: Examination and treatment of the shoulder joint
- 16:15 Course evaluation
- 16.30 End of the course and farewell

