



PROGRAM OF BASIC 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
Mustafa Çorum, MD. Assoc. Professor

Day 1, Friday May 8th

Lumbar Spine, Sacro-Iliac Joint, Knee, Hip Joint, Ankle and Foot Joint, Neuro-Meningeal Mobilization Techniques

- 09.00 Introduction, objectives of the general repetition
- 09.15 Information on the final examination /questions from the audience (prof DD)
- 09.45 Principles of neuro-physiopathology and diagnosis in Manual Medicine
- 10.30 Break
- 11.00 Workshop: Biomechanical basis and functional examination of the lumbar spine and S-I Joint
- 12.00 Lunch break
- 13.30 Workshop: Examination of the pelvic musculature/force, length, trigger points treatment and stretching techniques of the pelvic musculature and lower extremities
- 14.00 Workshop: Mobilization techniques of the lumbar spine and S-I joint
- 15.00 Break
- 15.30 Workshop: Examination and mobilizing techniques of hip, knee, ankle, and foot joints.
- 16.30 Questions from the audience
- 17.00 End





Day 2, Saturday May 9th

**Thoracic and Cervical Spine, Ribs, Elbow, Wrist, Hand and Shoulder Joint
Practical Diagnostic and Therapeutical Application of Manual Medicine Principles,
Cases Presentations, Home Exercises**

- 09.00 Practical clinical reasoning in Manual Medicine/interactive cases presentations
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 examination and mobilization techniques
16.30 Workshop: Functional examination and mobilization techniques of the elbow, wrist, hand, and shoulder joint
17.15 Workshop: neuro-dynamics stretching techniques and home exercises
17.30 Questions from the audience
18.00 End

Day 3, Sunday May 10th

Final Exam

- 09.00 Beginning of final exam.
12.00 Lunch break
13.00 Continuation of final exam

