

Your Wellbeing - Safe in Our Hands

## ‘An Integrated Manual Therapy Approach to the Treatment of Common Neuromusculoskeletal Disorders (NMSDs)’

**£89**

**OPTION 1: SEE WEBSITE FOR DATES**

**Dates often sell out, book now to avoid disappointment**

*Do you want to learn a range of manual therapy skills but have neither the time nor money to attend all the post graduate courses that you would like to? Then this is the course for you! Following a brief introduction of assessment techniques we will arm you with enough manual therapy techniques and effective treatment strategies to address even the most demanding of patients.*

### Course Description

The one day course is highly practical in nature and specifically designed for students, new graduates, Band 5 physiotherapists and those returning to work. The vast range of techniques covered however would be useful for all therapists looking to increase their manual therapy skills or those planning on moving into private practice.

Candidates will take away a multitude of useful and effective manual therapy tools which can immediately be put to use in their clinical practice. We encourage an open discussion format which will include brief lectures running alongside demonstrations and focal practical sessions to make up 7 hours of invaluable CPD. Course participants will be shown how to integrate static and functional joint mobilisations, neural tension techniques, myofascial release, METs and taping procedures in the management of conditions including:

- Cervical Spine Facet Joint Dysfunction and Discal Pathology
- Shoulder Impingement
- Elbow Extensor Tendinopathy
- Lumbar Spine Facet Joint Dysfunction and Discal Pathology
- Patellofemoral Joint Dysfunction
- Ankle Inversion injuries
- Related presentations

The course will take an open discussion format enabling giving you the chance to discuss problem patients.

## Course Objectives

Following course completion participants will:

1. Be able to immediately implement new and effective manual therapy techniques in to their clinical practice.
2. Have increased confidence to manage multiple common pathologies.
3. Refine manual handling skills to optimise patient comfort and responsiveness.
4. Learn subtle yet effective techniques to avoid common work related overuse injuries.

## Course Preparation

This format of this course has been specifically designed to develop manual skills without wasting time on rehashing basic anatomy and physiology. Pre course reading on basic assessment techniques, red flags, manual therapy contraindications and upper cervical spine anatomy is recommended to ensure you gain the most from the time spent with us on the day. A reading list will be provided to course delegates.

## Benefit From Two Tutors

The course is delivered by two experienced practitioners with a combined 15 years NHS and 13 years Private Practice experience. With extensive patient mileage having treated every client type from the chronic NHS lumbar spine to the elite athletes sporting shoulder, we can expand your therapeutic potential with immediate effect.

## Venue

Physiotherapy Department,  
Cossham Hospital, Lodge Road,  
Kingswood, Bristol, BS15 1LF

Physiotherapy Department,  
Royal United Hospital Bath NHS Trust,  
Combe Park, Bath BA1 3NG

## Contact

To book your place please contact Jo Galise on:  
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07917327322

## Fee

**£89** (includes course booklet and CPD certificate - 7hrs).  
For further information please visit: 'courses' at [www.physioimpulse.co.uk](http://www.physioimpulse.co.uk)

## Course Timetable

### 09.00 Introduction

- Course Aims
- Clinical Reasoning
- Red flags and contraindications
- Evidence Based Practice (EBP)

### 09.30 Shoulder Impingement

- Objective Assessment
- Impingement/RC/Stability/Special tests
- Treatment techniques\*

### 10.30 COFFEE

### 10.45 Cervical Spine Facet Joint Dysfunction and Discal Pathology

- Spinal mechanics
- VBIs/Upper cervical instability testing
- Objective Assessment
- VBI/ligamentous integrity tests
- Treatment techniques \*

\* For each NMSD there will be a bias towards treatment demonstration and practical replication

## Course Timetable (Continued)

### 12.00 Elbow Extensor Tendinopathy

- Objective Assessment
- Treatment techniques

### 12.45 LUNCH

### 13.15 Lumbar Spine Facet Joint Dysfunction and Discal Pathology

- NICE guidelines
- Objective Assessment
- Treatment techniques

### 14.15 Patellofemoral Joint Dysfunction

- Objective Assessment
- Treatment techniques

### 15.15 COFFEE

### 15.30 Ankle Inversion Injuries

- Objective Assessment
- Treatment techniques

### 16.15 Summary

- Questions
- Additional Practice to Close

## Restrictions

All participants must to be willing to act as models for each other. We recommend that all candidates are CSP members with professional liability insurance covering them for the techniques being demonstrated. Please notify us in advance if you are pregnant when attending the course.