

Your Wellbeing - Safe in Our Hands

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

£89

OPTION 3: See html site for current course details

Do you want to learn a range of rehabilitation and 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 rehabilitation and manual therapy techniques to address even the most demanding of patients.

Course Description

The NEW Option 3 course is a rehabilitation biased course and is the perfect complement to both manual therapy options, using both easily replicable techniques for home completion (without the need for any equipment) and adapting some manual therapy techniques that will maximize treatment carryover for:

- Cervical Spine Facet Joint Dysfunction and Cervicogenic Headaches
- Shoulder Impingement / Adhesive Capsulitis
- Elbow Extensor Tendinopathy
- Thoracic Spine dysfunction and Thoracic Outlet Syndrome
- Lumbar Spine Facet Joint Dysfunction and the SIJ
- Patellofemoral Joint Dysfunction
- Ankle Inversion injuries
- Achilles Tendinopathy

We'll teach you what works with a large bias on functional stability. There will also be the opportunity to be introduced to the concept of functional myofascial release and ideas on how to integrate muscle energy techniques and myofascial release. For those who have attended Options 1 and 2 there will also be the opportunity to discuss treatment progression and to learn additional manual techniques for stubborn scenarios.

Course Objectives

Following course completion participants will:

1. Be able to immediately implement new and effective rehabilitation techniques in to their clinical practice.
2. Have increased confidence to manage multiple common pathologies.
3. Refine tuition/patient teaching skills to optimise patient comfort and responsiveness.

Course Preparation

This format of this course has been specifically designed to develop rehabilitation skills without wast-ing 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 17 years NHS and 15 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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Fee

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

Course Timetable

09.00 Introduction

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

09.30 Functional Stability and stretching

- Basic upper limb movement patterns and stretching procedures
- Basic lower limb movement patterns and stretching procedures*
- Incorporating functional myofascial release.

10.30 COFFEE

10.45 Rehabilitation for Cervical Spine Facet Joint Dysfunction and headache

- Review of spinal mechanics
- Self manual therapy
- Rehabilitation techniques *
- Progression of manual therapy

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

12.00 Shoulder Impingement / Adhesive Capsulitis

- Self manual therapy
- Rehabilitation techniques *
- Progression of manual therapy

12.45 LUNCH

13.15 Lumbar Spine Facet Joint Dysfunction and SIJ

- Self manual therapy
- Rehabilitation techniques *
- Progression of manual therapy

14.15 Patellofemoral Joint Dysfunction

- Self manual therapy
- Rehabilitation techniques *
- Progression of manual therapy

15.15 COFFEE

15.30 Ankle Inversion Injuries

- Self manual therapy
- Rehabilitation techniques *
- Progression of manual therapy

15.50 Achilles Tendinopathy

- Self manual therapy
- Rehabilitation techniques *
- Progression of manual therapy

16.10 Summary

- Questions
- Additional Practice to Close

Restrictions

All participants must 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.