

Spinal & Peripheral Manipulation Course Time-table Outline:

Day 1

Time	Details	Minutes
09:30 – 10:00	<i>Introduction</i>	30
10:00 – 11:30	<i>Power point Spinal & Peripheral manipulation theory Safety precautions, red flag conditions – differential diagnosis. Practical Class Lumbar spine examination active & passive analysis, special tests Kemps etc</i>	90
11:30 – 11:45	<i>Short Break</i>	30
11:45 – 13:15	<i>Practical Class Lumbar spine manipulation, techniques demonstrated by the tutor and practiced in class by students under supervision & continuous assessment</i>	90
13:15 – 14:15	<i>Lunch Break</i>	60
14:15 – 15:15	<i>Power point Thoracic Spine & Ribs applied anatomy common dysfunctions Safety precautions, red flag conditions – differential diagnosis. Practical Class Thoracic Spine Ribs examination active & passive analysis, special tests Kemps etc</i>	60
15:15 – 15:30	<i>Short break</i>	15
15:30 – 17:30	<i>Practical class Thoracic spine and rib manipulation techniques demonstrated by the tutor and practiced in class by students under supervision & continuous assessment Summary / questions</i>	75
	<i>Day 1 Total:</i>	7hrs

Day 2

Time	Details	Minutes
9:00 – 9:30	<i>Introduction</i>	30
09:30 – 11:00	<i>Power point Cervical Spine, applied anatomy and common dysfunctions Safety precautions, red flag conditions – differential diagnosis Practical Class Cervical Spine Palpation examination active & passive analysis, special tests inc screening for carotid artery disease listening for bruit</i>	90
11:00 – 11:30	Break	30
11:30 – 13:00	<i>Practical class Manipulation, techniques for Cervical Spine demonstrated by the tutor and practiced in class by students under supervision & continuous assessment</i>	90
13:00 – 14:00	Lunch	60
14:00 – 15:30	<i>Power point Sacro iliac joints applied anatomy common dysfunctions, sacrum symphysis pubis and the common compensatory pattern. Practical Class Sacro-Iliac joints Palpation, examination active & passive analysis, special tests contraindications</i>	90
15:30 – 16:00	Break	30
16:00 – 17:00	<i>Practical Class Manipulation techniques of Sacro-Iliac joints practical class demonstrated by the tutor and practiced in class by students under supervision & continuous assessment</i>	60
	<i>Summary/ questions</i>	
	<i>Total for day 2</i>	7hrs

Day 3

Time	Details	Minutes
9:00 – 9:30	<i>Introduction</i>	30
09:30 – 11:00	<i>Power point Shoulder A/C S/C joints anatomy Safety precautions, red flag conditions – differential diagnosis Practical class Palpation, examination active & passive analysis, special tests contraindications Manipulation techniques Shoulder A/C S/C demonstrated by tutor practiced in class by students under supervision & continuous assessment</i>	90
11:00 – 11:15	<i>Break</i>	15
11:15 – 13:00	<i>Power point Elbow, Wrist Hand, anatomy, Safety precautions, red flag conditions – differential diagnosis Practical class Palpation, examination active & passive analysis, special tests contraindications Manipulation techniques Elbow Wrist Hand demonstrated and practiced in class by students under supervision & continuous assessment</i>	105
13:00 – 14:00	<i>Lunch</i>	60
14:00 – 15:30	<i>Power point Ankle & Foot anatomy, Safety precautions, red flags differential diagnosis Practical class Palpation, examination active & passive analysis, special tests contraindications Manipulation techniques Ankle & Foot demonstrated and practiced in class by students under supervision. & continuous assessment</i>	90
15:30 – 15:45	<i>Break</i>	15
15:45 – 17:00	<i>Written & Practical exams</i>	75
	<i>Certification Award</i>	
	<i>Total for day 3</i>	7hrs