

Certificate in Spinal Manual Therapy - Course Program

| Day | Day 1 MAY 9 | Day 2 MAY 10 | Day 3 MAY 11 | Day 4 MAY 12 | Day 5 dates coming up | Day 6 dates coming up | Day 7 dates coming up | Day 8 dates coming up |
|--------------------|--|---------------------------------------|--|---|---|---|--|--|
| 9.00 Session 1 | Introduction LBP. Evidence base for manual therapy. Lumbar pathophysiology | Lumbar spine segmental mobility tests | Lumbar motor control impairment functional muscle assessment | Lumbar motor control impairment functional correction | Thoracic spine segmental mobility tests | Cervical spine anatomy, age changes and pathoanatomy | Cervicothoracic motor control assessment | Lower cervical articular/neural assessment |
| 10.30 | Morning tea | Morning tea | Morning tea | Morning tea | Morning tea | Morning tea | Morning tea | Morning tea |
| 10.50 Session 2 | Lumbar physical exam Posture | Lumbar neural disorders | Treatment - lumbar articular dysfunction | Neural treatment Denervation & peripheral nerve sensitization | Thoracic cage assessment | Active movement analysis + Upper Cx combined movement | Upper cervical treatment | Cervical neural/articular treatment techniques |
| 12.30 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1.30 Session 3 | Active mov't, dynamic control + combined mov't | Lumbar neural assessment | Treatment - lumbar articular dysfunction | Neural treatment Denervation & peripheral nerve sensitization | Thoracic spine/cage articular treatment | Upper cervical spine segmental mobility tests | Upper cervical treatment | Cervical neural/articular treatment techniques |
| 3.00 | Afternoon tea | Afternoon tea | Afternoon tea | Afternoon tea | Afternoon tea | Afternoon tea | Afternoon tea | Afternoon tea |
| 3.15 Session 4 | Active mov't, dynamic control + combined mov't | Sacroiliac joint assessment | Treatment - lumbar articular dysfunction | Thoracic spine active movement & combined movement | Thoracic spine/cage articular treatment | Ucx stress tests Ucx Passive segmental mobility tests | Lower cervical articular/neural assessment | Cervical neural/articular treatment techniques |