

## Spinal and Peripheral Articulation Course

Practical Class demonstrated and practiced in class by students under supervision.

### Course Time-table Outline:

#### Day 1

Time	Details	Minutes
9:00 – 9.30	Introduction	<b>30</b>
09.30 – 11:00	Power point Introduction to Articulation – Definition, Types, Red Flags & Contraindications. Explore Range of Motion (ROM) of Lumbar spine- Patient sitting, prone, side lying and supine. Long & Short Lever articulation	<b>30 Theory 60 Practical</b>
11:00 – 11:30	Short Break	<b>30</b>
11:30 – 13:00	Lumbar/Sacral, Sacrum, SIJ, Coccyx, Symphysis Pubic. Brief Anatomy & Function & Dysfunction. Active & Passive Examination – Standing/Sidelying Articulations – Prone/Supine/Seated	<b>15 Theory 75 Practical</b>
13:00 – 14:00	Lunch	
14:00 – 15:30	Thoracic spine, Ribs, Diaphragm – Brief Anatomy & Function & Dysfunction Passive examination of TSP – Seated. Articulation – Seated/Sidelying/Prone/Supine. Lymphatic drainage techniques	<b>15 Theory 75 Practical</b>
15:30 – 16:00	Short break	<b>30</b>
16:00 – 17:00	Review of practical class demonstrated and practiced in class by students under supervision.	<b>60 Practical</b>
17:00 -	Summary/ questions	
	Day 1 Total:	<b>8h</b>

## Day 2

<b>Time</b>	<b>Details</b>	<b>Minutes</b>
9:00 – 9:30	Introduction	<b>30</b>
09:30 – 11:00	Power point Introduction to Cervical spine articulation incl brief Anatomy & Function & Dysfunction. Active & Passive examination of CSP movements. Inter-segmental & translatory motion testing Articulation – CSP and Cervico-thoracic Junction	<b>15 Theory 75 Practical</b>
11:00 – 11:30	Break	<b>30</b>
11:30 – 13:00	Introduction to Hip/Knee/Sup & Inf Tib/Fib Joint. Brief Anatomy & Function & Dysfunction. Active & Passive examination Articulation and including MET techniques	<b>15 Theory 75 Practical</b>
13:00 – 14:00	Lunch	<b>60</b>
14:00 – 15:30	Introduction to foot and ankle. Brief Anatomy, Function & Dysfunction. Active and passive examination of ankle/subtalar/tibio-taloid, forefoot/big toe. Articulation foot and ankle	<b>15 Theory 75 Practical</b>
15:30 – 16:00	Break	<b>30</b>
16:00 – 17:00	Continuation of practical class a review of techniques	<b>60</b>
17:00 –	Summary/ questions	
	Total for day 2	<b>8h</b>

## Day 3

<b>Time</b>	<b>Details</b>	<b>Minutes</b>
9:00 – 9:30	Introduction	<b>30</b>
09:30 – 11:00	Introduction to Shoulder Brief Anatomy, Function & Dysfunction. Active and Passive examination of Shoulder Joint. Articulation Scapulo-thoracic joint, Gleno-Humeral joint incl Spencer Techniques	<b>15 Theory</b> <b>75 Practical</b>
11:00 – 11:15	Break	<b>15</b>
11:15 – 13:00	Continuation – Clavicle, Sternum, A/C, S/C Articulation	<b>15 Theory</b> <b>75 Practical</b>
13:00 – 14:00	Lunch	<b>60</b>
14:00 – 15:30	Introduction to elbow wrist & hand. Brief Anatomy, Function & Dysfunction. Active & Passive examination of elbow joint, wrists and hand joint movement. Articulation of elbow and forearm, wrist and hand	<b>15 Theory</b> <b>75 Practical</b>
15:30 – 16:00	Break	<b>30</b>
16:00 – 17:00	Review of techniques	<b>60</b>
17:00 –	Summary/ questions	
	Total for day 3	<b>8h</b>