



INTEGRATED MANUAL MEDICINE UK LTD

SPINAL & PERIPHERAL MOBILISATION/MET COURSE

CPD HOURS 21

COURSE OVERVIEW

SECTION 1 – OVERVIEW, SAFETY & REGULATIONS

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INTEGRATED MANUAL MEDICINE TRAINING COURSES

Integrated Manual Medicine (IMM) has been delivering CPD courses primary care practitioners for over 20 years. All IMM tutors have completed Training to Post-Graduate Diploma or BSc level and all have extensive experience in clinical practice. IMM developed the Spinal & Peripheral Mobilisation/MET course through historical use of tried and tested mobilisation/MET techniques. These have been updated by evidence based research for their use in improving joint movement, pain control and enhanced musculoskeletal function. It therefore offers a unique ability to integrate Mobilisation/MET within clinical management.

IMM seeks to teach practitioners on its training courses effective, safe, efficient Mobilisation/MET techniques, which will both complement clinical management and provide relevant up to date research results, attempting to integrate Mobilisation/MET within a scientific paradigm. All practitioners are taught accurate Mobilisation/MET Techniques through palpation and therefore the identification of joint motion loss, standards of safety and effectiveness together with physiology, anatomy and integrated patient management.

The course will equip practitioners with a wide range of mobilisation/MET skills and alternatives when Mobilisation/MET cannot be applied. Grounding in clinical reasoning and effective practice, substantiated by current evidence based research.

All IMM tutors are experienced clinicians, clinical educators and have a background in providing educational material within University and postgraduate teaching areas.

The aim of IMM is to provide all practitioners with competent, safe, effective Mobilisation/MET skills both within the clinical setting and with a research background.

The focus of the course is on:

- Practical application of Mobilisation/MET skills
- Theoretical use of Mobilisation/MET
 - Scope of Mobilisation/MET within professional practice
 - Advantages & Limitations of Mobilisation/MET
- Range, purpose and limitations of different Mobilisation/MET techniques
- Use of an alternative technique if Mobilisation/MET is not suitable
- Evidence based theories underpinning use of Mobilisation/MET,
- Knowing when to use an alternative Mobilisation/MET technique
- Clinical Anatomy & Physiology in relation to Mobilisation/MET
- Common Pathology and Red Flags

Tutors will ensure that practitioners are fully aware of:-

- Professional standards and codes of conduct when using Mobilisation/MET
- Current Mobilisation/MET legislation and practice codes
 - Incorporating current Health and safety legislation
 - Explanation to patient of potential risks/benefits of Mobilisation/MET
 - Prescreening use of special tests prior to Mobilisation/MET
 - Proposed government changes to Cervical Mobilisation/MET
- Confidentiality
 - General Data Protection Regulation (GDPR) Data Protection Act 2018.
- Consent
 - Different forms of consent and how they apply
 - Informed Consent
- Practice management
 - Record keeping noting PAROM (Pt Advised Risks of Mobilisation/MET)
 - Clinical records for audit
 - Information storage
- Critical evaluation/Reflection

COURSE OVERVIEW

Introduction to Spinal & Peripheral Mobilisation/MET	• 21 hours of face to face teaching • Self-directed learning and practice • Competency/Practical test
Pre-requisites	• Registered Healthcare Professional • Final year students of a manual medicine course • Ability to participate and receive Mobilisation/MET • Signed health-screening form • The facilities to practice Mobilisation/MET with patients after the course
Practical requirement	• All practitioners must be able to participate in Mobilisation/MET on the course and within their own place of practice
Theoretical requirements	• Lectures • Demonstrations • Clinical reasoning skills • Self-directed clinical management • Action learning groups • Presentation skills • Reflective practice • Critical appraisal/Peer review
Contact time	• Approximately 21 hours • Lectures • Demonstration • Theory • Practical
Self-Directed learning	• At least 24 hours • Integration with other health professions • Practical with patients • Theoretical case histories • Development of Mobilisation/MET skills through self-directed practice • Mobilisation/MET consent form • Critical appraisal of relevant research • Knowledge of proven protocols • Clinical reasoning skills

COURSE CONTENT

STRUCTURE

This course introduces theoretical and practical principles of Spinal & Peripheral Mobilisation/MET treatment, its scientific and philosophical background as well as its place within therapeutic management and contemporary healthcare.

This course is run over 3 days, composed of 1 long weekend. All practitioners must ensure that they are able to carry out Mobilisation/MET skills at their place of work. To ensure good practice it is strongly recommended that all practitioners have access to a hydraulic couch. On successful completion of the course practitioners are issued a certificate of competence for insurance upgrade purposes.

The course requires ALL Practitioners to receive and administer Mobilisation/MET. The Dress Code is loose T-shirt and shorts to enable access of areas of the body to be manipulated. Practitioners should not attend the course if there is any reason that prevents full participation.

The course is NOT suitable for practitioners who are pregnant.

A Health Screening form is attached. This form must be completed and sent to the Course Organiser at least 5 working days before the course start date.

The form will be kept confidential.

This course is designed to offer a sound, safe and effective background in the use of Mobilisation/MET techniques within a Scientific, evidence based framework for the management of joint dysfunction. This course will offer Healthcare Professionals an added dimension to their core skills in the management of acute and chronic pain conditions and should always be used within the scope of practice. With this end in mind the course will:

- Offer scientific, evidence based underpinning for the use of Mobilisation/MET intervention
- Review current research paper for the efficacy of Mobilisation/MET
- Critically appraise recent research in the area of Muscular-skeletal pain management
- Neuro-physiologic effects of Mobilisation/MET
- Provide the practitioner with a rationale for the management of joint dysfunction
- Provide and assess the level of safety, competence and confidence of practitioners carrying out Mobilisation/MET for joint dysfunction
- Up to date theory/research on the use of joint Mobilisation/MET intervention

DOCUMENTATION

Manual

The Course Booklet is supplied made up of several sections:-

- Day 1 – Overview of the Course, Spinal & Peripheral Mobilisation/MET Theory Lumbar Thoracic Spines & Ribs Safety precautions, red flag conditions differential diagnosis.
- Day 2 – Mobilisation/MET of the Pelvis, Sacro-iliac Joints & Cervical Spine. Safety precautions, red flag conditions differential diagnosis.
- Day 3 – Peripheral Mobilisation/MET Shoulder A/C S/C Elbow Wrist Hand, Ankle & Foot Safety precautions, red flag conditions differential diagnosis.

Presentations

All theories within the manual will be backed up by PowerPoint presentation/practical and lectures. This enables practitioners to take extra notes and identify areas that may require increased explanation or clarification. It allows for tutor interpretation and the use of anecdotal case studies to reinforce the theoretical principles enhancing learning strategies.

Copies of the course material/handouts will be available on the teaching weekends and by emailing info@integratedmanualmedicine.co.uk Practitioners are advised that these presentations are copyright IMM UK Limited and their use is restricted to personal study by the recipient.

The PowerPoint presentations and course notes are provided *as an aide memoire* for practitioners. The PowerPoint presentations should be used as a reference to facilitate learning of particular points on the course.

Spinal & Peripheral Mobilisation/MET Course Time-table Outline:

Day 1

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

LEARNING OBJECTIVES & OUTCOMES

LEARNING OBJECTIVES

Tutors will facilitate:

- Development of skills in application and clinical effectiveness of Mobilisation/MET
- Development of safe, effective competent practitioners
- Development of academic skills in research related to Mobilisation/MET
- Development of problem-solving skills when to and when not to apply Mobilisation/MET
- Provision of a safe, non-confrontational, enjoyable learning environment that will facilitate life-long learning.

LEARNING APPROACHES

This course utilizes a number of teaching strategies and learning approaches. The core material will be delivered in lectures and demonstrations and synthesized in practical application together with student presentations. Self-directed learning is required for this postgraduate course; this will be enhanced and facilitated by the tutors.

PRACTICAL COMPONENT

All practitioners are required to practice on each other and all applicants will be assessed in the areas discussed below.

- Mobilisation/MET skills
- Patient handling skills
- Safety aspects
- Problem solving approach
- Clinical reasoning and skills
- Reflective analysis

Psychomotor skills will be closely monitored throughout the course to enable practitioners to understand and apply Mobilisation/MET techniques. Lecturer demonstrations on Practitioners will integrate clinical and theoretical knowledge within the process of clinical reasoning. Recent research pertaining to Muscular-skeletal conditions will be referenced and suggested papers with references will be provided where possible. Practitioners must integrate current research within their clinical application with reference to critical appraisal at all times.

COMPETENCES

On completion of the course practitioners should have competence in the following areas:

- Current knowledge of joint biomechanics and dysfunction
- Current use and application of Mobilisation/MET
- Analysis of the psychosocial aspects of joint dysfunction and their implications for patient management
- Knowledge of spinal Mobilisation/MET techniques and their alternatives
- Knowledge of peripheral Mobilisation/MET techniques and their alternatives
- Safe, effective application of Mobilisation/MET to all areas taught

- Safe Mobilisation/MET techniques, current issues concerning informed consent
- Working within the law and rules of professional conduct, whilst understanding the effects of communicable diseases and local policies
- A thorough knowledge of contraindications and dangerous sites for Mobilisation/MET application
- Application of the basic principles of Mobilisation/MET to appropriate conditions within the scope of the course
- Preparation of outline treatment plans for common Muscular-skeletal conditions using known effective protocols
- Demonstration of clinical reasoning skills and reflective practice for the use of Mobilisation/MET
- Critical appraisal of the existing research with application to clinical practice
- Development of own rationale for conditions
- Sufficient practical skills to manage common Muscular-skeletal conditions
- Familiarity with process of searching Internet databases for Mobilisation/MET evidence
- Understanding the concept of critical analysis of research papers
- Familiarity with well researched evidence and its clinical application
- The ability to integrate this knowledge within the whole concept of clinical practice
- Analysis of the psychosocial aspects of joint dysfunction and their implications for treatment success and patient management
- Constructive use of outcome measures for Mobilisation/MET effectiveness.

LEARNING OUTCOMES

On completion of this course practitioners should be able to:

- Demonstration knowledge of the relevant theory underpinning Mobilisation/MET as a modality in the management of joint dysfunction
- Practitioners will be able to perform competently a variety of mobilisation/MET techniques
- Design adaptations that are appropriate to the patient's needs and justified by knowledge of the relevant principles, including the use of minimal leverage and when to apply MET as an alternative to mobilisation/MET
- Knowledge of the relevant principles, contraindications and red flags of Mobilisation/MET
- Demonstrate clinical reasoning skills when applying Mobilisation/MET.
- Knowledge of segmental spinal joint dysfunction along with anatomical knowledge as an integrated mechanism for the management of muscular-skeletal conditions
- Formulate structured diagnosis and management objectives integrating Mobilisation/MET into clinical problem solving
- Undertake safe, effective Mobilisation/MET with attention to all safety issues and current legal implications
- Integrate current research into clinical reasoning as a means of providing evidence base treatment for the management of Muscular-skeletal pain

- Integrate Mobilisation/MET within myofascial release and manual release techniques for the management of Muscular-skeletal pain.
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- Evaluate the results of the treatment intervention to facilitate planning of progression or modification of the subsequent patient management of muscular-skeletal pain
 - Critical evaluate the existing approaches and current literature relevant to the management of Muscular-skeletal disorders using Mobilisation/MET within the treatment plan.

METHODS OF ASSESSMENT

Practitioners will be continually assessed throughout the course on safety and patient care. There will be specific assessments as described in detail below. To pass this course, it is necessary to obtain satisfactory marks in all assessments. Practitioners should note that they will not be awarded pass certificates until all aspects of the assessment have been completed satisfactorily.

SPINAL & PERIPHERAL MOBILISATION/MET EXAMINATION THEORY & PRACTICAL

Written Exam

Practitioners will have to complete 4 short answer questions. These will be picked from a bank of questions that are available to view in (Appendix A) along with their model answers.

The written examination assess the practitioners knowledge of the theory, practice, safety and competence of Spinal & Peripheral Mobilisation/MET

The pass mark is 60%+ and makes up 30% of the overall marks
70% comes from the practical exam

The overall marks from both exams are added together to give the practitioner their overall final mark.

Practical Exam

Each practitioner will be required to carry out a selection of Mobilisation/METs on another practitioner/model and will be assessed on the following topics:

- Application of approved techniques for contraindications and precautions
- Safety and competence of the practitioner in carrying out Spinal & Peripheral Mobilisation/MET techniques including the use of an alternative technique
- Accuracy and patient handling when carrying out Spinal & Peripheral Mobilisation/MET

This practical exam will be carried out at the end of the course and the results recorded on the assessment sheet in Appendix B. Practitioners must achieve a pass in this practical test in order that they may be allowed to practice on patients after the course.

CONTINUOUS ASSESSMENT

Practitioners will be assessed by the tutors throughout the course. IMM Tutors will:

- Prevent any assessment discriminating between any participants or groups
- Facilitate any learning needs
- Facilitate any special needs
- Maintain adequate assessment of their own standards and clinical expertise via peer appraisal amongst the tutors in IMM
- Provide assessments against National Occupational Standards (NOS)
- Only assess knowledge within areas of professional competence
- Maintain adequate CPD and personal assessment for external moderation and verification
- Use a variety of assessment techniques which are suitable to each student's learning styles
- Perform risk assessments where teaching/learning situations may be unsound

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FINAL ASSESSMENT/REASSESSMENT

Practitioners are required to pass all components of the written and practical assessment in order to obtain a certificate of competency. Certificates will only be granted on satisfactory completion of all aspects of the course.

If practitioners do not pass all aspects of the course, they are required to:

- Repeat failed components within three months
- Comply with a distance mentoring service via Zoom

Failure to complete and pass after re-assessments will result in failure of the course and the need for a complete repetition of the course before Acupuncture may be practiced.

SUPPORT

Support will be available at all times. Access to the tutor will be initially by email, which will be given to students during the course.

Practitioners who encounter critical incidents or adverse effects during clinical practice should document these events within patient notes.

OBLIGATIONS TO PATIENTS

All practitioners must adhere to the following when practicing Acupuncture:

- They must work in accordance with the Rules of Professional conduct
- They must observe their duty of care to patients
- They must obtain Patient Consent
 - Written consent forms will be discussed on the course with examples
 - Practitioners are encouraged to design own policy
- They must have a policy for dealing with consent of minors
- They must observe Patient Confidentiality

PRE-COURSE READING

- Lintonbon & Lawrence Handbook of Manual Medicine
- <https://www.immcpd.co.uk/category/all-products>
- Edmond S.L. 2016 Joint Mobilisation/Mobilisation/MET Extremity & Spinal Techniques 3rd ed, Elsevier ISBN:0323294693

SUGGESTED COURSE READING REQUIREMENTS

GENERAL

- DeStefano, L. 2016. Greenman's principles of manual medicine. 5th edn revised. Philadelphia : Lippincott Williams
ISBN: 1451193904
- Gibbons P & Tehan P 2017 Mobilisation/MET of the Spine, Thorax and Pelvis 4th edn Elsevier Churchill/Livingstone
ISBN: 9780702059216
- Edmond S.L. 2016 Joint Mobilisation/Mobilisation/MET Extremity & Spinal Techniques 3rd ed, Elsevier
ISBN:0323294693
- Amens C, Burns D, DiGiovanna E 2020 An Osteopathic Approach to Diagnosis & Treatment 4th Ed Waters Kluwer Health
ISBN: 1975171578

OPTIONAL ACCESSORIES

- Lintonbon D. 2021 The Art of HVT (Spinal & Peripheral Mobilisation/MET) DVD

SUGGESTED JOURNALS

- Journal of Manipulative and Manual Therapy
- <http://www.tandfonline.com/toc/yjmt20/current>
- Complementary Therapies in Medicine

WEBSITES

- Pub Med
- <https://www.mskscienceandpractice.com>
- Google Scholar
- <https://www.physio-pedia.com>
- <https://www.youtube.com/@integratedmanual>