



**8th BIENNIAL
EMIRATES
PHYSIOTHERAPY
CONFERENCE**
**15 – 16 OCT 2022
CONRAD DUBAI, UAE**

ORGANIZED BY



Combined Movement Theory: Mobilisation and Manipulation **Cervical Course | 13th October 2022** **Course Director: Dr. Christopher McCarthy**

Aims of the Course

An Exploration of the Combined Movement Approach:

This course aims to provide participants with an opportunity to explore the treatment of spinal dysfunction using the Combined movement concept of treatment advocated by Dr Brian Edwards. This concept offers participants a rational way to select patient presentations suited to this method of treatment and a clinically reasonable way of incorporating manipulative thrust and end of range mobilization techniques into a passive movement treatment approach. The philosophy of the course is to facilitate the learning of participants by encouraging self directed exploration of the issues and avoidance of a didactic teaching style.

Selection of Type and Position of Treatment:

This course does not set out to provide participants with a handful of techniques rather encourages participants to develop skills in the selection of mobilisation techniques in the appropriate clinical scenarios. An important tenant of this course is the emphasis on CMT being a component of a holistic approach to spinal dysfunction and not that this approach is the panacea to all spinal pain.

The Development of Practical Handling Ability:

The course contains a large component of practical skill development however this element is grounded in the theoretical background of analytical assessment, validity of technique and risk /benefit. Before participants begin palpating the rational behind techniques are discussed.

Development of Clinical Reasoning Skills:

Participants will know when, where and how to achieve the benefits of effective mobilisation and manipulation. More importantly they will know why they would consider this approach and what they should expect from it.

Learning Outcomes of the Course

On completion of the courses participants will be able to;

- Clinically reason what patient presentation type should be suited to the CMT approach.
- Have developed the skills to determine primary movement patterns suggesting source structures and corresponding starting positions for treatment.
- Developed skill in palpating the cervical spine anteriorly, and the rest of the spine

posteriorly. The participant will be able to palpate muscle spasm and passive joint restriction.

- Clinically reason the decision of when to mobilise and when to manipulate a spinal joint.
- Appreciate the complexities of the issues surrounding pre-manipulative screening and the risk/benefits of end of range mobilisation and SMTT's.
- Appreciate the evidence base behind mobilisation and manipulation in the treatment of spinal dysfunction.

- Clinically reason progression and regression of treatment and be conversant with the notation of treatment. Structure of The Course With Examples Of Teaching Strategies

- Introduction to CMT (Lecture format)
The course begins with a formal lecture encouraging interactive discussion regarding the effects, effectiveness and applicability of CMT. The lecture introduces the evidence on effectiveness of CMT in light of the evidence of its effects. This approach allows participants to interpret the strengths and weaknesses of the available literature in the field. During this lecture the importance of developing clinical reasoning is highlighted and discussion of the issues encouraged.

- Introduction to Examination Principles.
Participants are given a case presentation and interactively develop an approach to examination. Basing the practical examination on a clinical presentation facilitates the reasoning behind the structure of the differential examination and emphasizes the flexibility of the approach. Practical techniques that will be explored

will include, Anterior palpation of the cervical spine with discussion of the applied anatomy. Combined PPIVM's and PAIVMS and discussion of the validity of the appreciation of "end feel".

- The progressive development of combined starting positions.

Participants will be guided through a process of developing skill in appreciating the feel of progressively more combined and complex starting positions for treatment. An understanding of the underlying structures being placed under tension will be emphasized throughout this process.

- Development of the ability to judge the suitability of manipulation.

Cervical Artery Dysfunction and other issues regarding movement of the neck will be discussed. This lecture encourages an open debate regarding the risks and benefits of manual therapy in the cervical spine and covers the issues of VBI testing, guidelines and contraindications. Participants will be asked to discuss their views on the use of manipulation and end of range mobilization techniques.

- Discussion of the reasoning behind starting positions and the progression and regression of treatment.

Participants are presented with case presentations and in small groups reason the starting positions for treatment and the progression and regression of a treatment programme. Included in this are discussions on home exercise procedures.

Combined Movement Theory: Mobilisation and Manipulation

Thoracic Course | 14th October 2022

Course Director: Dr. Christopher McCarthy

Aims of the Course

An Exploration of the Combined Movement Approach:

This course aims to provide participants with an opportunity to explore the treatment of spinal dysfunction using the Combined movement concept of treatment advocated by Dr Brian Edwards. This concept offers participants a rational way to select patient presentations suited to this method of treatment and a clinically reasonable way of incorporating manipulative thrust and end of range mobilization techniques into a passive movement treatment approach. The philosophy of the course is to facilitate the learning of participants by encouraging self-directed exploration of the issues and avoidance of a didactic teaching style.

Selection of Type and Position of Treatment:

This course does not set out to provide participants with a handful of techniques rather encourages participants to develop skills in the selection of mobilisation techniques in the appropriate clinical scenarios. An important tenant of this course is the emphasis on CMT being a component of a holistic approach to spinal dysfunction and not that this approach is the panacea to all spinal pain.

The Development of Practical Handling Ability:

The course contains a large component of practical skill development however this element is grounded in the theoretical background of analytical assessment, validity of technique and risk /benefit. Before participants begin palpating the rational behind techniques are discussed.

Development of Clinical Reasoning Skills:

Participants will know when, where and how to

achieve the benefits of effective mobilisation and manipulation. More importantly they will know why they would consider this approach and what they should expect from it.

Learning Outcomes of the Course

On completion of the courses participants will be able to;

- Clinically reason what patient presentation type should be suited to the CMT approach.
- Have developed the skills to determine primary movement patterns suggesting source structures and corresponding starting positions for treatment.
- Developed skill in palpating the thoracic spine. The participant will be able to palpate muscle spasm and passive joint restriction.
- Clinically reason the decision of when to mobilise and when to manipulate a spinal joint.
- Appreciate the complexities of the issues surrounding pre-manipulative screening and the risk/benefits of end of range mobilisation and SMTT's.
- Appreciate the evidence base behind mobilisation and manipulation in the treatment of spinal dysfunction.
- Clinically reason progression and regression of treatment and be conversant with the notation of treatment.

Structure of The Course With Examples Of Teaching Strategies

Introduction to CMT (Lecture format)

The course begins with a formal lecture encouraging interactive discussion regarding

the effects, effectiveness and applicability of CMT. The lecture introduces the evidence on effectiveness of CMT in light of the evidence of its effects. This approach allows participants to interpret the strengths and weaknesses of the available literature in the field. During this lecture the importance of developing clinical reasoning is highlighted and discussion of the issues encouraged.

Introduction to Examination Principles.

Participants are given a case presentation and interactively develop an approach to examination. Basing the practical examination on a clinical presentation facilitates the reasoning behind the structure of the differential examination and emphasizes the flexibility of the approach. Practical techniques that will be explored will include, Soft tissue palpation of the thoracic spine, with discussion of the applied anatomy. Combined PPIVM's and PAIVMS and discussion of the validity of the appreciation of "end feel".

The progressive development of combined starting positions.

Participants will be guided through a process of developing skill in appreciating the feel of progressively more combined and complex starting positions for treatment. An understanding

of the underlying structures being placed under tension will be emphasized throughout this process.

Development of the ability to judge the suitability of manipulation.

Lecture on the evidence base for thoracic manipulative thrust techniques. A rational discussion of the risks and benefits of mobilization and manipulation will be undertaken. Participants will be asked to discuss their views on the use of manipulation and end of range mobilization techniques.

Discussion of the reasoning behind starting positions and the progression and regression of treatment.

Participants are presented with case presentations and in small groups reason the starting positions for treatment and the progression and regression of a treatment programme. Included in this are discussions on home exercise procedures.

Summative discussion collating / reiterating and synthesizing what has been covered in the day.

Group discussion is encouraged to ensure that the key themes of the day are reiterated and that participants feel confident to utilise the principles of the CMT approach into their clinical practice.