

Education for Manual Therapists

Clinical Manual Therapy Workshops

Manualcircle presents the Clinical Manual Therapy Workshop series which consists of 5 workshops, covering the Lumbopelvic complex, Cranium-Cervical complex, Thoracic-rib complex, lower quadrant and upper quadrant.

Participants can choose to attend each workshop singularly but are encouraged to attend all 5 workshops to fully appreciate how the body works as a unit. Each workshop is 3 days. They will also be issued a Certificate in Clinical Manual Therapy upon completion of a case study (800-1000 words) within 3 months after the 5th workshop. Further details will be provided at a later date.

Programme Highlights:

Workshop 1: The Lumbopelvic complex. This workshop examine the kinetic linkage of the lumbar spine, sacroiliac joint (SIJ), hip and the pelvic musculature. Participants will be taught how to:

- Differential diagnosis between lumbar spine and SIJ dysfunction
- Apply articular assessments and treatment techniques for the lumbar spine, pelvic complex and SIJ, based on the combination of Maitland, Kaltenborn, Brian Edwards, Mulligan and other manual therapy concepts.
- Apply connective tissue and mechanical link assessments and treatment techniques for the lumbopelvic complex and abdomen
- Apply myogenic assessments and treatment techniques for the SIJ and lumbar spinal segments
- Exercise based therapy using form/force closure and movement functions for the lumbopelvic complex

Workshop 2: Cervico-cranium complex.

Headache, dizziness, neck and orofacial pain and dysfunction are common symptoms presented clinically. These symptoms have a huge connection to the cranio-cervical complex.

This workshop examines the relationship of the cervical spine, hyoid, temporomandibular joint (TMJ), shoulder complex, cranial-dura connective tissues. Participants will be taught:

- Differential diagnosis between the cervical spine, TMJ, shoulder and cranium dysfunctions
- Apply articular assessments and treatment techniques for the cervical spine, TMJ and cranium based on the combination of Maitland, Kaltenborn, Brian Edwards, Mulligan and other manual therapy concepts
- Apply connective tissue and mechanical link assessments and treatment techniques for the TMJ, shoulder and cervical region
- Differential diagnosis for cervicogenic headache and dizziness
- Apply assessments and treatment techniques for cervicogenic headache and dizziness
- Exercise based therapy for the cervico-cranium and TMJ, based on movement disorder.

Workshop 3: Thoracic spine and rib complex. The thoracic cage besides providing protection and aiding in the physiology of the cardiopulmonary system, it also acts as a platform for force transmission and absorption via the lower and upper limbs. It is therefore vital for therapists to understand the mechanical link between articular, muscular, neural and connective tissue systems for the thoracic complex when treating this region or associated symptoms.

This workshop looks at the thoracic rings, which comprises of the thoracic spine, ribs, sternum and myogenic structures, diaphragm and pleural connective tissue. Participants will be taught:

- Differential diagnosis between the thoracic, shoulder and cervical dysfunctions
- Apply articular assessments and treatment techniques for the thoracic spine based on the combination of Maitland, Kaltenborn, Brian Edwards, Mulligan and other manual therapy concepts
- Apply connective tissue and mechanical link assessments and treatment techniques for the diaphragm and pleural connective tissue
- Exercise based therapy using form/force closure and movement functions for the thoracic rings

Workshop 4: Lower quadrant complex. Hip, knee and ankle disorders are commonly treated by therapists and medical doctors. Putting aside direct traumatic causes, clinically, majority of these symptoms can be reflection of dysfunction from the lumbar plexus and/or surrounding connective tissues. Understanding the mechanical linkage of the pelvic-abdominal to the lower quadrant is the key for effective treatment and management of lower limbs disorders.

This workshop links the lumbopelvic complex to the dysfunction seen in the lower limbs. Participants will be taught:

- Structural differential diagnosis of the lumbo-pelvic, hip, knee and ankle structures.
- Articular assessment and treatment of the lower quadrant based on an integration of Maitland, Kaltenborn, Brian Edwards, Mulligan and other manual therapy concepts.
- Neurodynamic and neural assessment and treatment of the lower quadrant.
- Exercise based therapy for the lower quadrant.
- Mechanical and dynamic link assessment and treatment of the lower quadrant.

Workshop 5: The upper quadrant. This workshop examines the cervico-cranium complex to upper limb disorders. Participants will be taught:

- The kinetic link of the cervico-cranium complex to the upper limbs
- Manual therapy techniques for the shoulder, elbow and wrist
- Connective tissue and mechanical link assessment and treatment techniques for the upper limbs and cervico-cranium
- Neurodynamic and neural connective tissue assessments and treatment techniques for the upper limbs
- Exercise based therapy for the upper quadrant

Course Dates are as follows:

Workshop 1: Lumbopelvic complex –

Workshop 2: Cervico-cranium complex –

Workshop 3: Thoracic-rib complex –

Workshop 4: Lower Quadrant –

Workshop 5: Upper Quadrant –

Course fees: SGD\$800 per workshop, early bird discount (ends 1 month before course date): \$700.

These workshops are only for Medical Doctors, and Allied Health Professionals.

Payment methods:

1. Internet / bank transfer to POSB Savings 001-12313-0

2. Cross cheque to Ng Chong Ching

Attendance for the course will only be confirmed once payment is received. Upon acceptance, a confirmation email will be sent you.

Please email to manualcircle@gmail.com with the following details:

for Internet/bank transfer:

Your transaction reference

Time and date of transfer

Amount transferred

Your full name, mobile number, email, address and your organisation.

For cheques:

Please email your full name, mobile number, email, address and your organisation; and send your cheque to:

attn: Ng Chong Ching

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12 Eu Tong Seng Street,

Singapore 059819

Venue of the course:

Green Partners Pte Ltd

3 Pemimpin Drive

#07-02, Lip Hing Building

Singapore 576147

Disclaimers:

1. manualcircle reserves the right to cancel or postpone the programme due to unforeseen circumstances
 2. manualcircle is not liable for any injuries, disabilities, death and loss of properties as a result from the programme
 3. 50% of the course fee will be refunded for cancellation before Early Bird date. No refund for cancellation after Closing Date for all workshops.
 4. Course fees are not transferable and no refund for any days missed during the course
 5. For enquiries, please contact manualcircle at manualcircle@gmail.com
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About the Trainer:



Msc Exercise & Sport (NTU, Spore)
Master Manual Therapy (UWA, Aust)
Grad Cert Orthopaedic Manipulative Therapy (Curtin, Aust)
Bsc Physiotherapy (Curtin, Aust)
Dip Osteopathy (OCO, Canada)
Dip Biotechnology (SP, Spore)
DBC Certified

Mr Ng Chong Ching

Clinical Manual Therapist

(manual physiotherapist/osteopath)

Chong Ching graduated as a physiotherapist in 1999. He has since been working with clients suffering from neuro musculoskeletal pain and dysfunctions. Having a strong interest in manual therapy has led him to study different schools of manual therapy. Currently, Chong Ching is the first manual physiotherapist with osteopathic qualification in Singapore. The application of osteopathic physiotherapy has allowed him to help sufferers with complex conditions, of which neither physiotherapy nor osteopathy alone can treat as effectively.

In 2008, Chong Ching started his practice, manualcircle, where he works 12 hours per day treating patients. He also actively teaches manual therapy to physiotherapists both locally and abroad. He was an Academic Associate at Republic Polytechnic, Singapore, School of Health and leisure science, and a part time lecturer and clinical instructor for the Nanyang Polytechnic, Singapore, School of Health Science, Physiotherapy.

Chong Ching is also constantly upgrading his skills and knowledge by undergoing manual medicine related courses. He believes that only through constant learning and teaching, will his therapy skills evolve and benefit his patients. After all, he reckons that his existence as a therapist is solely for patients, believing in his motto: *"the hands that serve the sufferers"*.