

Education for Manual Therapists

Clinical Manual Therapy Workshop Series:

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. They will also be issued a Certificate in Clinical Manual Therapy upon completion of a case study (800- 1000 words) within 2 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 Osteopathic concepts
- Apply fascia and membrane 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. This workshop examines the relationship of the cervical spine, hyoid, temporomandibular joint (TMJ), shoulder complex, cranium and dura mater. 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 Osteopathic concepts
- Apply fascia and membrane 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. This workshop looks at the thoracic rings, which comprises of the thoracic spine, ribs, sternum and myogenic structures, diaphragm and pleural membrane. 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 Osteopathic concepts
- Apply fascia and membrane assessments and treatment techniques for the diaphragm and pleural membrane
- Lymphatic techniques for the lympho-vascular structures of the thoracic spine
- Exercise based therapy using form/force closure and movement functions for the thoracic rings

Workshop 4: Lower quadrant complex. This workshop links the lumbopelvic complex to the dysfunction seen in the lower limbs. Participants will be taught:

- The kinetic link of the lumbopelvic structures to dysfunctions of the lower limbs
- Manual assessments and treatment techniques for the hip, knee and ankle
- Neurodynamic and neural membrane techniques for the lower limbs
- Exercise based therapy for the lower limbs
- Visceral-fascia techniques for the correction of the lower quadrant kinetic chain dysfunction

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
- Fascia and membrane assessment and treatment techniques for the upper limbs
- Neurodynamic and neural membrane assessments and treatment techniques for the upper limbs
- Cranium – fascia assessments and treatment techniques for the cranium and intracranium
- Exercise based therapy for the upper quadrant

For enquiries, please contact manualcircle at manualcircle@gmail.com

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 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*”