

Manual Therapy Workshops

By manualcircle

Clinical Manual Therapy 1: Lumbopelvic complex

Introduction: Lower back pain and pelvic dysfunction are common sufferings. Understanding the kinetic linkage of the lumbopelvic and abdominal pelvic fascia holds the key to successful treatment. This 3 days practical based workshop will examine the manual therapy assessment and treatment to the lumbopelvic complex.

Learning objectives:

1. Understand the anatomical linkages of the lumbar spine, SIJ, hip and abdominal pelvic fascia.
2. Develop sound clinical reasoning for the manual assessment and treatment based on evidence informed practice.
3. Develop manual assessment and treatment skills for the articular, myofascial, neural and visceral systems of the lumbopelvic complex.

Clinical Manual Therapy 2: Cranio Cervical Complex

Introduction: The cranium and cervical spine house the major neural output to the body. Headache, neck pain, dizziness and oral facial pain are common associated symptoms. This 3 days practical based workshop will examine the manual therapy assessment and treatment to these symptoms

Learning objectives:

1. Understand the anatomical linkages of the cranium, cervical, TMJ and vestibular systems.
2. Develop sound clinical reasoning for the manual assessment and treatment based on evidence informed practice.
3. Develop manual assessment and treatment skills for the articular, myofascial & neural systems of the craniocervical complex.

Clinical Manual Therapy 3: Thoracic Complex

Introduction: The thoracic complex acts as a major crossroad to both the upper and lower quadrants. Understanding this connection is vital in treatment success. This 3 days practical based workshop will examine the manual therapy assessment and treatment to the associated symptoms

Learning objectives:

1. Understand the anatomical linkages of the thoracic complex to the peripheral joints/muscles system.
2. Develop sound clinical reasoning for the manual assessment and treatment based on evidence informed practice.
3. Develop manual assessment and treatment skills for the articular, myofascial, neural and visceral system of the thoracic complex.

Clinical Manual Therapy 4: The Lower Quadrant

Introduction: Beside direct trauma as the main cause, lower limbs symptoms of the hip, knee and ankle are strongly link to the lumbar plexus and abdominal visceral fascia. Understanding these connections is vital in treatment success. This 3 days practical based workshop will examine the manual therapy assessment and treatment of these connections.

Learning objectives:

1. Understand the anatomical connections of the spinal and visceral systems to the peripheral joints/muscles system.
2. Develop sound clinical reasoning for the manual assessment and treatment based on evidence informed practice.
3. Develop manual assessment and treatment skills for the articular, myofascial, neural and visceral systems.

Clinical Manual Therapy 5: The Upper Quadrant

Introduction: Beside direct trauma as the main cause, upper limbs symptoms of the shoulder, elbow and wrist are strongly link to the Cervical plexus and cranium fascia. Understanding these connections is vital in treatment success. This 3 days practical based workshop will examine the manual therapy assessment and treatment of these connections.

Learning objectives:

1. Understand the anatomical connections of the spinal and cranium fascia systems to the peripheral joints/muscles system.
2. Develop sound clinical reasoning for the manual assessment and treatment based on evidence informed practice.
3. Develop manual assessment and treatment skills for the articular, myofascial, neural and cranium systems.

Spinal Articular Therapy: Clinical Applications

Introduction: The spinal column acts as a container for the spinal cord and visceral structures. It also provides a platform for the attachment of peripheral joints and muscles. Hence the knowledge in understanding the spinal column connections is vital for treating associated neuro muscular skeletal symptoms. This 2 days practical based workshop will examine the manual therapy assessment and treatment of these connections.

Learning objectives:

1. Understand the anatomical connections of the spinal column to the peripheral joints/muscles system.
2. Develop sound clinical reasoning for the use of spinal articular therapy based on evidence informed practice.
3. Develop spinal articular techniques for spinal articular, discal and dural dysfunction.

Target Participants: Medical Doctors / Allied Health Professionals & Therapists / TCM Doctors

*This workshop is suitable for both novice and advanced practitioner. It will add on to your knowledge and improve your various manual therapy skills.

Trainer: Ng Chong Ching

(manual Physiotherapist/Osteopath)

Dates:

workshop	Dates
CMT 5: Upper Quadrant	27th -29th May 2016
Spinal Articular Therapy (SAT): Clinical Application	23th -24th July 2016
CMT 1: Lumbopelvic complex	23th -25th sept 2016
CMT 2: cranio-cervical complex	24th - 26th February 2017
CMT 3: Thoracic Complex	26th -28th may 2017
CMT 4: Lower quadrant	27th -29th Oct 2017

Cost:

CMT Early bird (payment 2 months before workshop): S\$700

SAT Early bird (payment 2 months before workshop): S\$450

CMT Normal: S\$900

SAT normal: S\$650

For registration, please visit www.manualcircle.com or email: manualcircle@gmail.com