

**Manual Therapy of the Spine Including High Velocity/ Low Amplitude  
Thrust Techniques**

**Saturday, June 1, 2019**

**Saturday, June 1, 7:30 am Registration, Program time 8:00am-5:00pm**

**Stockton University Main Campus HSC-301**

**8:00 am: Introduction to manual therapy of the spine (30 minutes)**

**8:30 am: clearing examination of the spine (1 hour)**

- Red flags
- Indications
- Precautions
- Contraindications

**9:30 am (break) (15 minutes)**

**9:45 am: Biomechanics of the Lumbar Spine (15 minutes)**

- Opening vs closing
- gapping

**10:00 am: Joint Mobility Examination of the Lumbar Spine (30 minutes)**

- Side Lying mobility assessment
- Prone mobility assessment

**10:30 am: Manual Therapy of the Lumbar Spine Gr 5 Mobilizations (30 minutes)**

- HVLAT for opening/closing/gapping mobilizations

**11:00 am: Manual Therapy of the Lumbar Spine MET (30 minutes)**

- MET for patients who cannot tolerate HVLAT

**11:30 am: Biomechanics/Joint Mobility Examination of the SIJ (15 minutes)**

- Does it move?
- Ciburka screen/ flick test
- Provactive testing

**11:45 am: Manual Therapy of the SIJ (15 minutes)**

- Correction of posterior innominate
- Correction of anterior innominate

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**12:00 pm: Lunch (1 hour)**

**1:00 pm: Biomechanics of the Thoracic Spine (30 minutes)**

**1:30 pm: Thoracic Spine Examination (30 minutes)**

- ROM exam (thoracic spine vs rib)
- Spring testing mobility exam (thoracic spine and rib)
- Rule of 3

**2:00 pm: Manual Therapy of the Thoracic Spine (45 minutes)**

- Pending patient position of comfort (supine, prone, seated) techniques
- Supine rib technique

**2:45 pm: (break) (15 minutes)**

**3:00 pm: Biomechanics of the Cervical Spine (30 minutes)**

- OA biomechanics
- C1-2 biomechanics
- Opening
- Closing

**3:30 pm: Cervical Spine Examination (30 minutes)**

- Ligamentous testing
- Cranial nerve testing
- UMN testing
- Screening questions
- VBI testing

**4:00 pm: Manual Therapy of the Cervical Spine (45 minutes)**

- Rotation HVLT of cervical spine
- OA distraction mobilization/HVLT
- OA flexion/extension mobilization
- OA side bending mobilization

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**4:45pm Summary, course evaluations and distribution of course certificates**

Contact Hours

Lecture Discussion 7.5 hours

There will be two 15 minute breaks and one 1-hour meal during the course

Total contact hours=540 min/9 hours

Breaks, non instructional=90 min/1.5 hours

Instructional time=7.5 hrs/450 min