

STOCKTON | SCHOOL OF UNIVERSITY | HEALTH SCIENCES

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

Saturday, November 6, 2021

Saturday, November 6, 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?
- Cibulka 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