



## Manual therapy, 4 days full course

### 1<sup>st</sup> Day

Time Schedule	Class program
8:30 – 8:45	Greeting by scientific secretary
8:45 – 10:45	What is headache, upper cervical object examination and palpation practical practice
10:45 – 11:15	Coffee break
11:15 – 12:30	Upper cervical assessment and dysfunction diagnosis C0 –C7 mobilization and MET +practice
12:30 – 13:30	Lunch time
13:30 – 14:15	
14:15-14:30	Coffee break
14:30-17	

### 2<sup>nd</sup> Day

Time Schedule	Class program
8:30 – 8:45	Last session review
8:45 – 10:45	T1-T4 object examination and palpation+ practical practice
10:45 – 11:15	Coffee break
11:15 – 12:30	T4-T12object examination and palpation+ practical practice
12:30 – 13:30	Lunch time
13:30 – 14:15	RIB 1 ,2 manipulation and exercise therapy +practice Assessment and mobilization and MET
14:15-14:30	Coffee break
14:30-17	RIB 2, 3 manipulation and exercise therapy and review

### 3<sup>rd</sup> Day

Time Schedule	Class program
8:30 – 8:45	Last session review
8:45 – 10:45	Lumbar object examination and palpation+ IVF Stenosis / Listhesis /canal stenosis/ discopathy practical practice
10:45 – 11:15	Coffee break
11:15 – 12:30	Tmj , cranial and visceral system
12:30 – 13:30	Lunch time
13:30 – 14:15	Public symptoms examination and palpation+ practical practice, Hip joint manipulation, MET with practice
14:15-14:30	Coffee break
14:30-17	SIJ object examination and palpation, SIJ manipulation, MET with practice, Up down slip in out flare, manipulation, mobilization +practice + practical practice

### 4<sup>th</sup> Day

Time Schedule	Class program
8:30 – 8:45	Last session review
8:45 – 10:45	Knee complex assessment, mobilization, manipulation +practice
10:45 – 11:15	Coffee break
11:15 – 12:30	Ankle and foot examination and palpation manipulation, MET with practice  Tibia and fibula, manipulation, met with practice
12:30 – 13:30	Lunch time
13:30 – 14:15	Shoulder examination and palpation manipulation, MET with practice  Tibia and fibula
14:15-14:30	Coffee break
14:30-17	Elbow and wrist and palpation manipulation, MET with practice  Final exam for certificate