



Manual therapy

1st 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 –C1 mobilization and MET +practice
12:30 – 13:30	Lunch time
13:30 – 14:15	C0-C1 manipulation and exercise therapy +practice C1-C2 Assessment and mobilization and MET
14:15-14:30	Coffee break
14:30-17	C1-C2 manipulation and exercise therapy and review of upper cervical + Lower cervical object examination and palpation+ practical practice

2nd Day

Time Schedule	Class program
8:30 – 8:45	Last session review
8:45 – 10:45	Lower cervical assessment and dysfunction diagnosis mobilization and MET +practice
10:45 – 11:15	Coffee break
11:15 – 12:30	RIB 1 ,2 manipulation and exercise therapy +practice Assessment and mobilization and MET+ RIB 2, 3 manipulation and exercise therapy and review
12:30 – 13:30	Lunch time
13:30 – 14:15	T1-T4 object examination and palpation+ practical practice T4-T12 assessment and dysfunction diagnosis mobilization and MET +practice
14:15-14:30	Coffee break
14:30-17	Thoracic spine exercise therapy

3rd Day

Time Schedule	Class program
8:30 – 8:45	Last session review
8:45 – 10:45	Lumbar object examination and palpation+ practical practice IVF Stenosis / Listhesis /canal stenosis/ discopathy
10:45 – 11:15	Coffee break
11:15 – 12:30	Lumbar manipulation and exercise therapy +practice Assessment and mobilization and MET SIJ object examination and palpation+ practical practice
12:30 – 13:30	Lunch time
13:30 – 14:15	Post /ant innominate MET, manipulation, mobilization +practice Up down slip in out flare, manipulation, mobilization +practice
14:15-14:30	Coffee break
14:30-17	Post /ant innominate MET, manipulation, mobilization +practice Up down slip in out flare, manipulation, mobilization +practice

4th Day

Time Schedule	Class program
8:30 – 8:45	Last session review
8:45 – 10:45	Public symptoms examination and palpation+ practical practice Hip joint manipulation, MET with practice
10:45 – 11:15	Coffee break
11:15 – 12:30	Hip joint assessment MET, manipulation, mobilization +practice
12:30 – 13:30	Lunch time
13:30 – 14:15	Ankle and foot examination and palpation+ practical practice Tibia and fibula
14:15-14:30	Coffee break
14:30-17	Knee assessment + Knee complex assessment, mobilization, manipulation +practice

5th Day

Time Schedule	Class program
8:30 – 8:45	Last session review
8:45 – 10:45	Ankle and foot manipulation, MET with practice
10:45 – 11:15	Coffee break
11:15 – 12:30	Foot assessment MET, manipulation, mobilization +practice
12:30 – 13:30	Lunch time
13:30 – 14:15	Shoulder joint complex assessment, mobilization, manipulation +practice
14:15-14:30	Coffee break
14:30-17	Shoulder joint examination and palpation+ practical practice Elbow and wrist manipulation, MET with practice Neuro assessment MET, manipulation, mobilization +practice