



Manipulation in Spine problems



Hands on- course: “Spinal manipulation in neuro-musculo-skeletal problems, when and how?”

Specific high velocity translatoric thrust techniques according to the Kaltenborn - Evjenth concept`s clinical reasoning model.

The course is for IFOMPT recognised OMT physiotherapists, HVT manipulation level.

International course in Finland, Tampere 11. - 14. August 2011

Part one 11.-12. August: Lumbar spine and pelvic girdle

Part two 13.-14. August: Cervical spine and shoulder girdle

Part one 11.-12. August 2011

Lumbar spine and pelvic girdle, manipulative therapy

(high velocity thrust techniques)

Day 1

10.00-10.15 Opening

10.15-10.30 Manual therapy – Kaltenborn-Evjenth –concept

10.30-11.00 Indications and contraindications for spinal manipulation according to the Kaltenborn-Evjenth – concept

11.00-12.00 Treatment of low back pain (LBP) with spinal manipulation in functional or structural subgroups of LBP and dysfunctions, based on clinical reasoning process; discogenic pain

12.00-13.00 **Lunch**

13.00-14.00 discogenic pain – continues

14.00-15.00 Segmental dysfunction / lower lumbar spine

15.00-15.30 **Coffee**

15.30-17.00 Segmental dysfunction / thoraco-lumbar spine

Day 2

09.00-10.00 Repetition of techniques in day 1

10.00-11.00 Clinical lumbar spinal stenosis, central and lateral

11.00-12.00 Pelvic girdle

12.00-13.00 **Lunch**

13.00-14.00 Pelvic girdle – continues

14.00-14.15 **Coffee**

14.15-15.45 Clinical cases completed in groups of four participants

15.45-16.00 Conclusions and closing of lumbar spine and pelvic girdle manipulation

Part two 13.-14. August 2011

Cervical and thoracic spine, manipulative therapy

(high velocity thrust techniques)

Day 3

10.00-10.15 Opening

10.15-11.00 Contraindications for cervical high velocity thrust manipulation, premanipulative testing

11.00-12.00 Treatment of cervical and thoracic pain with spinal manipulation in functional or structural subgroups of neck and thoracic pain and dysfunctions, based on clinical reasoning process; cervicogenic headache

12.00-13.00 **Lunch**

13.00-14.00 cervicogenic headache – continues

14.00-15.00 cervicogenic dizziness

15.00-15.30 **Coffee**

15.30-17.00 Functional clinical instability of cervical spine

Day 4

09.00-10.00 Repetition of techniques in day 3

10.00-11.00 Cervical radicular pain

11.00-12.00 Thoracic outlet

12.00-13.00 **Lunch**

13.00-14.00 Thoracic spine dysfunctions

14.00-14.15 **Coffee**

14.15-15.45 Clinical cases completed in groups of four participants

15.45-16.00 Conclusions and closing of cervical and thoracic spine manipulation

The teachers are experienced manipulative physiotherapists, who have been running a IFOMPT recognized OMT program according to the Kaltenborn-Evjenth concept in Finland since 1984. There will be one instructor for 8-10 participants.

Literature recommended: Kaltenborn et al: The spine, basic evaluation and mobilization techniques, and Evjenth et al: Translatory spinal manipulation for physical therapists

The course will be organized by SOMTY, the Finnish Association of Orthopaedic Manual Therapy (a member organization of IFOMPT).

There will be a possibility to participate in either one or both parts of the course.

Course fee (including VAT): 430€/2 days, 800€/4 days.

Accommodation: Varala Sports Institute (the course place), or Hotel Scandic Rosendahl (10 minutes walk)

For further information: pj@omt.org.

Teachers:

**Markku
Paatelma PT
OMT, MSc, PhD
cand., OMT
instructor**



**Keijo Pitkämäki
PT OMT, OMT
instructor**



**Tuija Mänttari
PT OMT, OMT
instructor**



**Mikael Falck
PT OMT, OMT
instructor**

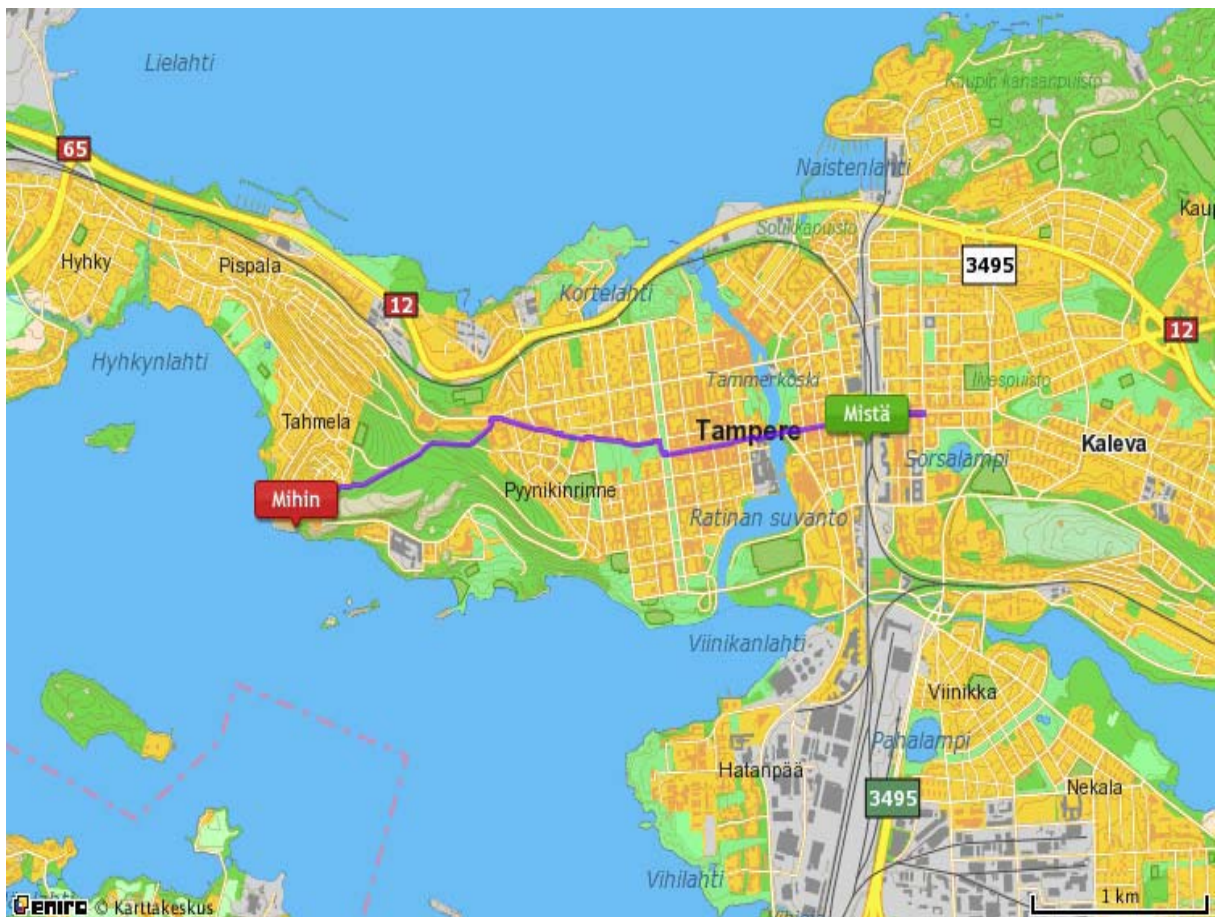


Registration: SOMTY, Hallituskatu 11 C, 33200 Tampere, FINLAND

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Prices: 430 euros / one part (two days), 800 euros / two parts (four days)

Including materials, coffee and lunch



Green arrow (Mistä) points the Railway station and red (Mihin) points the venue, Varala Sports Institute.

Accommodation:

Varala Sports Institute

Varalankatu 36, 33240 Tampere, FINLAND

<http://www.varala.fi>

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More information about Tampere city at <http://www.tampere.fi>