



MANUAL CONCEPTS

EDUCATION FOR HEALTH PROFESSIONALS

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Specialist Musculoskeletal Physiotherapists

As awarded by the Australian College of Physiotherapists in 2007

Adjunct Associate Professor & Senior Teaching Fellow (Curtin University)

Senior Teaching Fellows (The University of Western Australia)

Accredited Mulligan Concept Teachers

INTEGRATED MANUAL THERAPY FOR THE LUMBAR SPINE

Course Outline

Dr Toby Hall and Kim Robinson are internationally respected teachers of manual therapy. They hold positions of Adjunct Associate Professor and Senior Teaching Fellow at Curtin University, Australia, as well as Senior Teaching Fellowships at The University of Western Australia. Both have many years of experience in teaching manual therapy at a postgraduate level, lecturing in many countries on aspects of spinal manual therapy. They have a wide range of research interests with more than 100 publications on the topics of neural tissue pain disorders, headache and the Mulligan Concept. Toby is the co-author of 3 new textbooks on the Mulligan Concept (*Mobilisation with movement: The art and the science*; *The Mulligan Concept of Manual Therapy: Textbook of Techniques: Elsevier Edn 1 & 2*) and have both also published a wide range of book chapters in more than 20 textbooks.

This course will cover evidence-based functional evaluation of pain disorders of the lumbar spine and thereby classification for appropriate management. Of special interest will be evidence based clinical practice, emphasizing clinical examination, evaluation, differential diagnosis, interpretation, classification and treatment.

This course will be conducted in lecture, tutorial and workshop format for the clinician or academic who is interested in manual therapy, manual medicine or musculoskeletal medicine. It is anticipated that the course content will be suitable to individuals who are seeking new knowledge, to individuals seeking to expand their knowledge and to those individuals seeking the stimulation of clinical interaction. Whilst the course will be presented at a high level this should not prevent participation for those with little or with no previous experience in this special area. After attending this course, it is anticipated that participants will gain personal satisfaction as in a variety of ways, which will enhance their individual requirements. There are therefore no pre-requisites for participation.

Course Philosophy

Low back pain is a bio-psychosocial problem, and it is important to recognize that not all patients respond to manual therapy. Identifying potential responders is an important aspect of the evaluation and will be taught in this course. Potential responders to manual therapy need to be carefully examined with respect to the patient's psychosocial factors, central nervous system sensitivity, joint, muscle and neural systems in an integrated examination procedure. A clinical framework will be described on which to base classification and subsequent management. Strong emphasis is placed on teaching clinicians the ability to perform a comprehensive examination in this regard.

The manual therapy examination and management process presented in this course is eclectic which provides a more realistic, multifactorial approach to the management of a wide range of patients with acute and chronic lumbar spine pain disorders.

Articular system and movement impairment

As part of the assessment of the movement impairment we aim to teach a range of examination procedures to include pain provocative tests as well as motion dysfunction. A significant aspect of the assessment procedure is the use of combined movements. There is evidence that classification of an individual patient's low back pain disorder, and subsequent matched treatment improves treatment outcomes.

Neural System

Leg pain is a common accompaniment to low back pain, hence evaluation of lumbar neural tissues is an important aspect of the physical examination. A comprehensive overview of the mechanisms underlying lumbar neural tissue pain disorders is presented together with assessment procedures and differential diagnosis for different types of neural dysfunction, including neuropathic pain with sensory hypersensitivity, peripheral nerve sensitization and compressive neuropathy (radiculopathy). Assessment to distinguish these problems will be demonstrated and practiced. The clinical relevance of distinguishing these different types of disorders will be discussed, particularly in relation to management.

Muscle System

An emphasis of this programme is a functional approach to the assessment of motor control impairment using the principles described in cognitive functional therapy by Peter O'Sullivan. As well, we consider spinal instability and the signs and symptoms that are commonly found on clinical examination of motor control impairment and spinal instability. Determining which patients require rehabilitation of motor control is an important part of this programme. A systematic, functional, evidence based approach to the management of patients with motor control impairment will be taught.

A core principle of the programme is the ongoing analysis of the examination findings from the subjective and physical examination procedures. To ascertain an appropriate manual therapy diagnosis critical analysis is developed through clinical reasoning applied to specific case studies. This programme does not provide the participants with a recipe approach to treatment. Students will be able to develop though sound methodology, appropriate treatment strategies including exercise, with logical progression over time.

Participants

There is no pre-requisite in terms of manual therapy experience. The programme offers a high level of information and clinical expertise, providing all participants regardless of previous clinical experience and knowledge with a stimulating learning environment. Previous programme participants have recommended Manual Concepts courses, and have reported excellent feedback in terms of material content, presenters' knowledge, and practical supervision.

Aims:

To develop a strong biomedical basis towards the examination, evaluation, classification, and physical treatment of lumbar spine neuromusculoskeletal pain disorders.

To provide or enhance knowledge of the pathophysiology of lumbar spine pain disorders.

To promote an understanding of the underlying mechanisms in lumbar spine neuromusculoskeletal pain disorders.

To develop ability to evaluate, differentially diagnose and classify lumbar spine neuromusculoskeletal pain disorders.

To develop ability to prescribe & apply management for lumbar spine neuromusculoskeletal pain disorders.

Programme

Introduction to the problem of low back pain and the evidence base for manual therapy

Lumbar spine examination including screening for appropriate patient's, articular differentiation tests, clinical reasoning and clinical pattern recognition

Assessment and management of lumbar spine movement impairment disorders

Lumbar neural tissue pain disorders, neural tissue physical examination and management

Motor control impairment in low back pain: evaluation and management

Review and questions

This programme is intended as a guide only and is subject to change.