

Certificate in Spinal Manual Therapy - Course Program

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
9.00 Session 1	Introduction LBP. Evidence base for manual therapy. Lumbar pathophysiology	Lumbar spine segmental mobility tests	Lumbar motor control impairment functional muscle assessment	Lumbar motor control impairment functional correction	Thoracic spine segmental mobility tests	Cervical spine anatomy, age changes and pathoanatomy	Cervicothoracic motor control assessment	Lower cervical articular/neural assessment
10.30	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
10.50 Session 2	Lumbar physical exam Posture	Lumbar neural disorders	Treatment - lumbar articular dysfunction	Neural treatment Denervation & peripheral nerve sensitization	Thoracic cage assessment	Active movement analysis + Upper Cx combined movement	Upper cervical treatment	Cervical neural/articular treatment techniques
12.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.30 Session 3	Active mov't, dynamic control + combined mov't	Lumbar neural assessment	Treatment - lumbar articular dysfunction	Neural treatment Denervation & peripheral nerve sensitization	Thoracic spine/cage articular treatment	Upper cervical spine segmental mobility tests	Upper cervical treatment	Cervical neural/articular treatment techniques
3.00	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea
3.15 Session 4	Active mov't, dynamic control + combined mov't	Sacroiliac joint assessment	Treatment - lumbar articular dysfunction	Thoracic spine active movement & combined movement	Thoracic spine/cage articular treatment	Ucx stress tests Ucx Passive segmental mobility tests	Lower cervical articular/neural assessment	Cervical neural/articular treatment techniques