

Spinal & Peripheral Manipulation Course



Location: Sudan-Khartoum 

Date: 24-25-26 November 2022

Tutor:

Dr. Mohamad Al-Dolifey

PT, CMP, CMTP, CDPN



- Primephysio and OMTA Teaching Team
- Certified Manual Therapist. OMTA
- Kinetic Control Movement Therapist
- McKenzie Trained, McKenzie Institute, New Zealand.
- Certified Dry Needling Practitioner, Australia
- Maitland Trained Therapist. IMTA. Switzerland
- Senior physiotherapist primephysio clinics- Cairo since 2018
- Senior physical therapist in ministry of health hospitals for 18 years

Topics to be covered:

- 1- Spinal & peripheral manipulation as a treatment options for patients with spinal mechanical problems.
- 2- Understand the difference between manipulation and mobilization as a treatment.
- 3- Understand the reasoning behind manipulation.
- 4- What are the indications and contraindications of spinal & peripheral manipulation?
- 5- How and when to apply manipulation techniques to different spinal regions?

Spinal & Peripheral Manipulation Course



Course Content

DAY 1

Content	Time
• Introduction and theoretical basis.	• 9:00 -11:00 am
• Coffee break.	• 11:00 - 11:20 am
• Thoracic (T4-T9) manipulation Flexion, extension, rotation and ribs	• 11:20 am – 12:45 pm
• Cervicothoracic junction (C7-T3) manipulation Extension, rotation and 2nd rib.	• 12:45 – 01:45 Pm
• Lunch break	• 01:45- 2:20 pm
• 2nd rib and lower ribs	• 2:20 – 2:50 pm
• Lumbar spine(L1-L5) manipulation • Rotation in neutral, rotation in flexion. • Recap of the day.	• 2:50 – 3:30 pm

DAY 2

Content	Time
• SIJ manipulation Posterior innominate, anterior innominate and Symphysis pubis.	• 9:00 -10:15 am
• Upper cervical ligament and stability tests.	• 10:15 - 11:00 am
• Coffee break	• 11:00 am – 11:15 pm
• Cervical (C2-C7) manipulation Chin hold (upslope, downslope).	• 11:15 – 12:00 Pm
• Cervical (C2-C7) manipulation Cradle hold (upslope, downslope).	• 12:00- 12:45 pm
• Upper cervical (Co-C1-C2) manipulation Rotation	• 12:45 – 01:45 pm
• Lunch break	• 01:45 – 2:15 pm
• Recap, discussion with participants regarding the techniques they are not confident in doing.	• 2:15 – 3:15 PM

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DAY 3

• Content	Time
• Revision on synovial joints	• 9:00 -9:30 am
• Shoulder (glenohumeral and acromioclavicular joints)	• 9:30 - 10:15 am
• Sternoclavicular, elbow (humeroulnar and radial head) and wrist	• 10:15 am – 11:00 pm
• Coffee break	• 11:00 – 11:20 Pm
• Hip and knee	• 11:20- 11:50 pm
• Ankle and foot	• 11:50 – 12:30 pm
• Recap and discussion	• 12:30 – 1:15 pm
• Lunch break	• 1:15 – 1:45 PM
• Alternative manipulation techniques, discussion and mini scenarios	• 1:45 – 3:00 PM
• Certificates ceremony	• 3:00 PM

Prerequisites: For Physiotherapists (Graduates or internship students)

Course fee:

Normal Registration / Individual Registration: 110 USD

Payment method: **PAYMENT THROUGH LOCAL ORGANIZER**

For inquiries & booking:



+249925446358



info@primephysio.com



<http://www.primephysio.com>