



This comprehensive training program delves into the art of manual and exercise therapy tailored for the lower quadrant of the body. Split over two days, day one focuses on the intricate dynamics of the lumbopelvic region, while day two centers around the hip and knee. Participants have the flexibility to choose between separate sessions for lumbopelvic or hip and knee care or combine them for a holistic exploration of manual and exercise therapy for the lower quadrant.

Course Title: Manual & Exercise Therapy for the Lower Quadrant Course

Participants have the flexibility to choose to attend one of the two sessions, or both.

Part A - The Lumbopelvic Region

- **Intro & Discussion:** This section covers the basics of adult musculoskeletal management. It's an interactive session that goes over the important considerations of the biopsychosocial framework.
- **Assessment Strategies:** Explore targeted assessment techniques to pinpoint the root causes of lumbopelvic issues.
- **Effective Treatment Options:** Learn and practice easily applicable hand-on-and-off techniques supported by evidence.
- **Evidence-Based Exercise Therapy:** Dive into exercise therapy techniques grounded in the latest research and guidelines.
- **Interactive Case Studies:** Apply your newfound knowledge through interactive case studies, fostering critical thinking and problem-solving skills.

Part B - The Hip and Knee

- **Introduction & Discussion:** This section introduces adult musculoskeletal care with a focus on the hip and knee regions within a biopsychosocial framework.
- **Assessment Approaches:** Explore targeted evaluation techniques for identifying hip and knee issues.
- **Effective Treatment Choices:** Learn practical, evidence-backed hands-on and non-invasive methods tailored to hip and knee conditions.
- **Evidence-Based Exercise Therapy:** Dive into research-grounded exercise therapy techniques for hip and knee management.
- **Interactive Case Scenarios:** Apply your knowledge through interactive case studies, enhancing critical thinking for practical application in hip and knee care.

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