

Online course

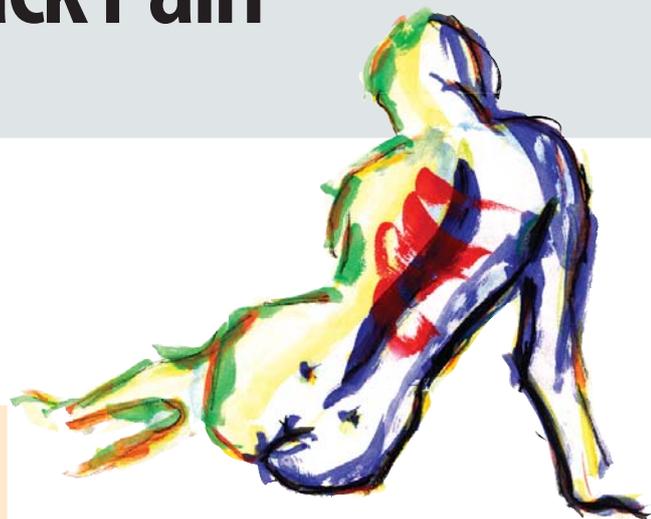
Managing Low Back Pain

13 presentations, video of practical elements, practice points to consolidate learning, multi choice quizzes, extensive downloads of additional reading, questions answered

Introduction

This Online course presents a comprehensive approach to the evaluation of lumbar spine pain disorders and forms module 1 of the Certificate in Spinal Manual Therapy. Of special interest will be clinical practice, emphasizing clinical examination, evaluation through clinical reasoning, differential diagnosis, & management. Evidence-based or evidence-informed practice is essential but can only be used when it exists at a satisfactory level of quality. Unfortunately there are still aspects of MT that have not been adequately investigated. This course explores the available evidence regarding the use of MT and presents a classification system for the lumbar spine to enable individualized management combining MT & exercise, among other management strategies, for a wide range of pain disorders.

This Online course will be presented through 13 recorded lectures, with video of practical elements. Practice Points after each section have been designed to encourage implementation and deeper learning of the topics raised in the lecture and video presentations. Each section will be followed by a short multiple choice quiz to ensure topics have been understood. The course is designed for the clinician who is interested in an evidence based approach to the use of MT and exercise to manage a wide range of lumbar spine pain disorders. It is anticipated that the course content will be suitable to individuals who are seeking to expand their knowledge in this area. Whilst the course will be presented at a high level this should not be seen as a barrier to participation for those with little or with no previous experience in this area. As a result of attending the course participants will gain greater understanding of the role of MT & exercise in managing LBP & low back related leg pain.



Course objectives

At the completion of this fully Online 24 hour program the participants will:

- Be conversant in clinically relevant developments in anatomy, pathoanatomy and age related changes of the lumbar spine
- Have a clear understanding of pain mechanisms, and their clinical relevance, and gain appropriate understanding of measures to address a variety of acute, chronic, and complex pain disorders.
- Be conversant with current evidence and clinical reasoning processes with respect to spinal manual therapy.
- Be familiar with a wide range of lumbar spine examination procedures.
- Be familiar with determining a differential diagnosis based on an integrated clinically reasoned examination of the joint, muscle & neural systems of the lumbar spine and pelvis.
- Be able to formulate an appropriate and effective manual therapy & exercise management program suitable for the assessed condition.
- Be proficient in applying an appropriate diagnostic specific manual therapy treatment strategy incorporating manual treatment techniques and specific exercises.

Course developers

Kim Robinson

B App Sci (Physio),
Grad Dip Manip Ther
(Distinctions). FACP
Fellow of the Australian College of Physiotherapists
Specialist Musculoskeletal physiotherapist.
Adjunct Senior Teaching Fellow (Curtin).
Accredited Mulligan Concept Teacher.
Director of Manual Concepts.



Kim has developed a reputation as a leading figure in manual therapy education. He was formerly a lecturer and clinical teacher on the Postgraduate Diploma and Masters in manipulative therapy programmes at Curtin University for many years before establishing Manual Concepts with Toby Hall. He has conducted a variety of clinical workshops and courses based on current research and evidence, throughout Australia and in many countries around the world.

Kim gained membership to the Australian College of Physiotherapists in 2009 as a specialist musculoskeletal physiotherapist.

Kim is an accredited teacher of the Mulligan Concept and a member of the International Mulligan Concept Teachers Association. His research interests and publications include manual diagnosis, cervicogenic headache, neck pain and the application of the Mulligan Concept.

Please follow the link for a list of his publications and conference presentations.

[Publications](#)

Dr Toby Hall

PhD, MSc, Post Grad Dip
Manip Ther. FACP
Adjunct Associate Professor (Curtin)
Specialist MSK Physiotherapist.
Fellow of the Australian College
of Physiotherapists
Accredited Mulligan Concept Teacher
Director of Manual Concepts



Toby gained his physiotherapy qualification in the UK in 1985, followed by a postgraduate Dip in Manip Therapy in 1990 at Curtin University. He then went on to complete a Master of Science in 1996 and a PhD in 2010 also at Curtin University. He has lectured extensively within Australia and more than 30 countries. He is heavily involved in research working with several groups around the world. He has presented at many conferences, published more than 20 book chapters and 110+ articles related to research in the area of neural tissue dysfunction, headache and the Mulligan Concept.

Toby is a co-author of 3 textbooks published by Elsevier entitled Mulligan's Mobilisation With Movement: The art and the science & The Mulligan Concept of Manual Therapy: Manual of Techniques (1st & 2nd edition). He is a Member of the International Advisory Board for the journal Musculoskeletal Science & Practice and an Associate-editor for the Journal of Manual & Manipulative Therapy.

Please follow the link for a list of his publications and conference presentations.

[Publications](#)



Course Overview

This manual therapy programme is aimed at merging the examination of the joint, muscle and neural systems into an integrated wholistic examination procedure. We place strong emphasis on teaching clinicians the ability to perform an accurate and specific manual therapy examination of the spine and pelvis, which is based on current best evidence knowledge of anatomy, pathoanatomy, pathophysiology, and pain mechanisms.

The examination process developed by Manual Concepts draws on the work of many different concepts in manual therapy. We believe that an eclectic approach, drawing on different concepts of examination and treatment, provides a more realistic, effective approach to the management of a vast range of spinal pain disorders.

Joint System

As part of the assessment of the joint system we aim to teach a range of articular testing procedures to include pain provocative tests for specific structures as well as tests to determine specific motion segment dysfunction. A significant aspect of the assessment procedure is the use of combined movements. Equally important is the use of specific passive segmental motion testing and provocative tests for pain reproduction. Current research demonstrates that identification of joint hypo/hyper mobility and subsequent treatment based on this classification improves treatment outcomes.

Neural System

Disorder of the neural system is commonplace in musculoskeletal pain disorders, and so examination of the neural system forms an essential element of the physical examination. However not all neural disorders respond to neural mobilisation techniques. Hence it is essential that the treating clinician has a good understanding of the pathophysiological mechanisms underlying neural pain problems to understand how to effectively manage them. As part of the course a comprehensive overview of neural tissue pain disorders will be presented to enable differential diagnosis and classification of 3, treatment specific, sub-classifications:

- Neuropathic pain with sensory hypersensitivity
- Peripheral nerve trunk sensitisation, and
- Neuropathic pain with nerve root compression (radiculopathy).

Assessment to identify these problems will be demonstrated and practiced. The clinical relevance of classifying will be presented, particularly in relation to management.

Muscle System

An emphasis of this programme is a functional approach to the assessment of the spinal motor control. As well we address the theoretical concept of spinal instability and the signs and symptoms that are commonly found on clinical examination of motor control impairment. It is important to recognize that not all patients require motor control retraining. There is ample evidence to suggest that only a small proportion of patient have instability. Treating all chronic low back pain patients with stabilization exercise through specific multifidus and transversus abdominis exercise is not appropriate and the literature shows this does not work. Determining which patients require motor control re-education is an important part of this programme. A systematic graded, functional approach to the management of patients with spinal 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. Clinicians will be able to develop though sound methodology, appropriate treatment strategies 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 participants have highly recommended Manual Concept courses. They have reported excellent feedback in terms of material content, presenters' knowledge, and supervision. In these Covid times we are not able to provide face to face courses, hence the best option is to provide Online courses until the situation stabilises. We hope that will be sooner rather than later.

Course information

Please contact the course organizer if you have any further questions

Further details are also available on our website at www.manualconcepts.com

**REGISTER
NOW**
Don't delay!

Content

Each section is a high quality video of each presentation followed up with "Practice Points" to facilitate practice of presented material. Each section is followed by a multiple choice quiz. Extensive additional articles are provided for download. There is also the opportunity to ask the Manual Concepts team questions.

Background

- 1.0 Reconceptualizing MT - 72 minutes
- 1.1 Understanding LBP - 83 minutes
- 1.2 LBP Pathophysiology - 39 minutes

Examination

- 1.3 Dynamic control - 52m
- 1.4. Combined movements - 44m
- 1.5. Manual examination - 44m
- 1.6 Sacroiliac joint screening - 31m
- 1.7. Neural tissue pain disorders - 106m
- 1.8. Neural examination 72m
- 1.9. Control impairment - 55 m

Management

- 1.10. Movement impairment - 92m
- 1.11. Neural pain disorders - 104m
- 1.12. Control impairment/exercise - 55m



Manual Concepts

Education for Health Professionals

www.manualconcepts.com

info@manualconcepts.com