

Manual Concepts

Education for Health Professionals

Information brochure

CERTIFICATE IN

Orthopaedic Manual Therapy

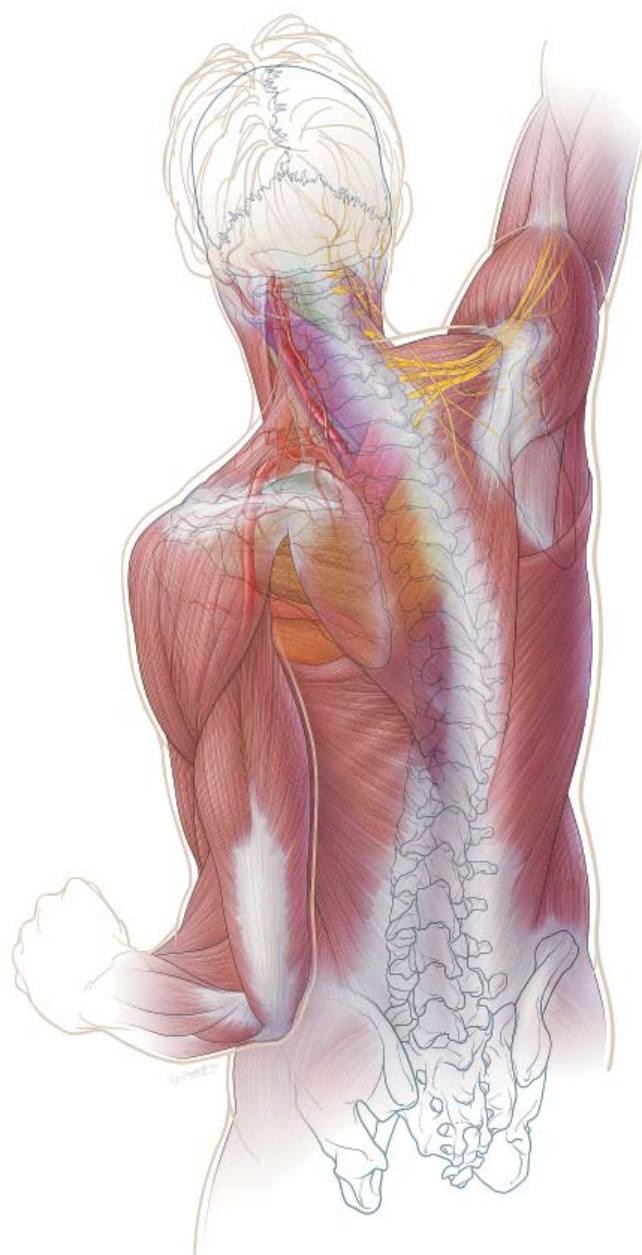
Postgraduate educational programmes designed to improve patient management and fast track to a Masters degree

Introduction

Manual Concepts and Curtin University are offering a new partnership in post-graduate clinical education leading to higher education qualifications.

Participants completing the 4-week Certificate in Orthopaedic Manual Therapy programme provided by Manual Concepts may be eligible to undertake distance-learning units through the School of Physiotherapy, which then accelerates completion of the Masters in Clinical Physiotherapy (Manipulative Therapy or Sports Therapy stream). These qualifications can lead to level 2 titled membership of either the MPA or Sports specialist interest group.

This exciting new opportunity could be your stepping stone to an even higher professional status beyond level 2 entitlement, through to membership of the Australian College of Physiotherapists as a Clinical Specialist.



www.manualconcepts.com

telephone: 08 9317 6022 • info@manualconcepts.com • PO Box 1236, Booragoon, Western Australia 6954

Course objectives

At the completion of the four-week program the participants will:

- be conversant in clinically relevant developments in anatomy, pathoanatomy and age related changes of the spinal column
- have a clear understanding of pain mechanisms, their clinical relevance, the appropriate measures to address complex chronic pain disorders and the neurophysiological basis for pain relief by manual therapy
- be conversant with current evidence and clinical reasoning processes with respect to spinal manual therapy
- be proficient in applying spinal and peripheral joint, neural and muscle examination procedures
- be proficient in determining a differential diagnosis based on an integrated examination of the joint, muscle and neural systems
- be able to formulate the most appropriate and effective manual therapy management program suitable for the assessed condition
- be proficient in applying an appropriate manual therapy treatment strategy incorporating manual treatment techniques and specific exercises.



Instructors and invited course faculty

Manual Concepts have brought to Perth in Western Australia some of the world's leading expert clinicians, researchers and teachers of manual therapy. Each teacher will build on the knowledge and expertise brought by the other presenters to build a coordinated, integrated approach to manual therapy.

Coordinators and course developers

Kim Robinson

B App Sci (Physio),
Grad Dip Manip Ther
(Distinctions).

Fellow of the Australian College of Physiotherapists (FACP). Specialist musculoskeletal physiotherapist. Adjunct Senior Teaching Fellow (Curtin University). Visiting Lecturer (University of Dublin, Trinity College). Senior Teaching Fellow (University of Western Australia). Accredited Mulligan Concept Teacher. Director of Manual Concepts.

Kim Robinson 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 Master in Manipulative Therapy programmes at Curtin University of Technology for many years before establishing Manual Concepts. He now conducts a variety of clinical workshops and courses, based on current research and evidence, throughout Australia and in many countries around the world. Kim is an active member of the Australian Physiotherapy Association and the Musculoskeletal Physiotherapists Association of Australia. Kim has gained membership to the Australian College of Physiotherapists 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.



Toby Hall

MSc, Post Grad Dip
Manip Ther. Adjunct
Senior Teaching Fellow
(Curtin).

Visiting Lecturer
(University of Dublin,
Trinity College),
Accredited Mulligan
Concept Teacher. Director of Manual Concepts.

Toby Hall gained his undergraduate qualification in physiotherapy in the UK in 1985. He traveled to Perth to complete the postgraduate Diploma in Manipulative Therapy at Curtin University in 1990. He then went on to complete a Master of Science degree by thesis in 1996. He has taught on Curtin University's Manual Therapy programs, including the Master in Manipulative Therapy for many years and has lectured extensively within Australia and many overseas countries. He is extensively involved in research at Curtin University as well as many teaching commitments. Toby has presented at many conferences, published a range of book chapters as well as articles related to research in the area of neural tissue dysfunction, cervicogenic headache and the Mulligan Concept. He is the editor of a new textbook entitled Mulligan's Mobilisation With Movement: The art and the science. He is a Member of the International Advisory Board for Manual Therapy Journal and an Associate editor of the Journal of Manual & Manipulative Therapy. Please follow the link for a list of his publications and conference presentations. Toby has taught manual therapy in over 25 countries. These courses are well received by physiotherapists who have a wide range of backgrounds and manual therapy experience.



Invited course faculty

Jenny McConnell

B App Sc (Phy) Syd U, Grad Dip Man Ther Syd U, M
Biomed Eng UNSW.

Director McConnell & Clements Physiotherapy,
Sydney, Australia. Director McConnell Institute, Marina
del Rey, California.

Professor Peter O'Sullivan

Dip Physio. Grad Dip Manip Ther, PhD, FACP.
Fellow of the Australian Physiotherapy Association.
Senior Lecturer, School of Physiotherapy, Curtin
University, Perth, Western Australia. Director and
Specialist Musculoskeletal Physiotherapist, Bodylogic,
Shenton Park, Perth

Associate Professor Michele Sterling

BPhty, Postgrad Dip Manipulative Therapy
(distinction); MPhty; PhD, FACP.
Lecturer at the Department of Physiotherapy,
Queensland University of Technology, Brisbane.

Professor Steve Edmondston

DipPhysio(Otago), AdvDipPhysio(Auck), PhD(Curtin)

Michael Monaghan

Osteopath, Manipulative Physiotherapist

Max Zusman

DipPT(WAust), GradDipHlthSc(WAIT), MAppSc(Curtin)

Associate Professor Diana Hopper

TC, DipYL(SWDVic), BAppSc(WAIT),
GradDipSPhysio(WAIT), Med, PhD(WAust), FASMF

Associate Professor Diana Hopper

TC, DipYL(SWDVic), BAppSc(WAIT),
GradDipSPhysio(WAIT), Med, PhD(WAust), FASMF

Mark Oliver

MApp Sc, Accredited Mulligan Concept Teacher

Dr Ben Wand

PhD, Senior Lecturer Notre Dam University

Dean Watson

Consultant Headache & Migraine Physiotherapist

Course overview

This comprehensive four-week programme provides clinicians with intensive tuition in an integrated approach to orthopaedic manual therapy of the spine, sacroiliac joints, hip, knee, ankle and shoulder girdle complex.

Due to popular demand the programme is scheduled three times each year in Perth, commencing January, June and November and once each year in Vilamoura, Algarve, Portugal in collaboration with Formaterapia. For more details regarding the course presenters in Portugal, please see our website. For specific dates regarding course commencement please see the section titled programme dates.

Primary aim

The primary aim of the programme is to integrate joint, muscle and neural tissue based manual therapy concepts to provide a more functional and comprehensive approach to the management of a range of neuromusculoskeletal conditions. This clinical programme is closely complemented by tutorials addressing common spinal and peripheral pathologies together with pain physiology and pathophysiology.

This is a unique opportunity to be educated and closely supervised by our internationally respected team of clinical educators led by Specialist Musculoskeletal Physiotherapists Kim Robinson and Toby Hall. Our Perth team of invited faculty members includes experts in the field of manual therapy such as Jenny McConnell, Dr Peter O'Sullivan, Max Zusman, osteopath Michael Monaghan, Mark Oliver, Dr Steve Edmondston, Dr Michelle Sterling, Dr Ben Wand, Dean Watson and Dr Diana Hopper.

The syllabus

The syllabus places particular emphasis on the spinal regions and related spinal pain disorders with relevant consideration of the shoulder girdle complex, pelvis/sacroiliac joints and the articulations of the lower limb. This syllabus integrates a range of manual therapy concepts developed by internationally renowned manual therapists.

Principal educators

Kim Robinson and Toby Hall are the coordinators and course developers. Recently awarded Fellowship of the Australian College of Physiotherapists, they have over 50 years clinical experience and have taught manual therapy for



more than 20 years at a postgraduate university level. In addition for the last 15 years they have been teaching short manual therapy courses to physiotherapists around the world. Toby and Kim are the principal educators for the programme and guide participants through the comprehensive course content.

Course materials

Participants are provided with extensive pre-course reading material and handouts to cover all aspects of the programme. Varied teaching formats, including PowerPoint presentation, video, practical demonstration and group participation activity facilitate the learning and clinical reasoning processes. Patients, where possible, will be presented to the group to illustrate the clinical application of the approach.

Skills and techniques

Evidence based practice is a strong theme of the course. Participants are guided through a logical approach underscored by a process of sound clinical reasoning in the evaluation of the patients presenting condition. Participants are taught skills and techniques that enhance efficient and effective physical examination of a wide range of clinical presentations.

Toby Hall and Bob Elvey have worked closely together for many years and have developed some important advances in the understanding and clinical examination of neural tissue disorders. Course participants are instructed in the pathogenesis, assessment and management of neural tissue pain conditions. Classification of spinal pain syndromes is an important aspect of this course. The syllabus will encompass evidence based examination procedures required to determine various types of sub-classifications of pain disorders. For example neural pain disorders can be classified according into three categories of sensory hypersensitivity, denervation, and peripheral nerve sensitization. This information is very important as it drives treatment choices and is important for identification of patients suitable for neural tissue mobilization techniques.



Muscle dysfunction and motor control

Professor Peter O'Sullivan, is a Fellow of the Australian College of Physiotherapists and has completed his PhD in the area of muscle dysfunction and motor control. He has published a range of articles and book chapters in relation to lumbopelvic muscle dysfunction, motor control and active intervention for rehabilitation of lumbar instability and related conditions. He is one of the leading international figures in manual therapy in the area of classification of motor control impairments of low back pain. Peter has developed a functional and highly effective approach to the classification and management of specific sub-groups of low back pain disorders, which involve motor control impairment. Peter demonstrates the clinical application of this new functional approach through a range of video case studies and patient demonstrations. In this way Peter simplifies the complex role of muscle dysfunction and motor control impairment in lumbopelvic pain syndromes.

Acute and chronic pain

In recent years there has been increasing importance placed on understanding the mechanism of acute and chronic pain and how manual therapy may influence pain. Max Zusman has published widely in manual therapy and medical literature and creates an environment for participants to more readily understand important issues related to pain pathophysiology and its management. To build on this information there are sessions devoted to pain management including cognitive behavioural retraining, goal setting, pacing and other pain management techniques.

Osteopathic skills

An additional perspective, brought by Michael Monaghan, whose Osteopathic skills in examination and treatment including manipulation, broaden the dimensions of the programme. A highly accomplished clinician, Michael is extremely adept

at developing participant competence in this highly skilled area of manual therapy. He places particular emphasis in developing safety and comfort in manual treatment skills. Michael has been teaching manual therapy to physiotherapists in Australia and New Zealand for 30 years and has written 'Spinal Manipulation' a textbook for physiotherapists as well as authoring a CDROM and videos.

Cervical disorders

Dr Michele Sterling is well known for her work in the area of motor control dysfunction in the cervical spine. She is a world recognized authority on whiplash disorders, chronic neck pain and cervicogenic dizziness. She has published widely on these subjects and brings this knowledge to expand participants' understanding of cervical and scapula motor control impairment as well as whiplash and other cervical disorders and what can be done to correct them. Michele is partly based at the School of Physiotherapy at the University of Queensland, but she spends most of her time as director of CONROD, where she heads the research team currently undertaking a range of research projects.

Thoracic spine disorders

Professor Steve Edmondston is based at Curtin University where he heads up the Musculoskeletal Physiotherapy section. He has a great deal of knowledge and clinical expertise in the management of thoracic spine disorders. He completed his PhD in this field a number of years ago and has written a range of book chapters and journal articles in relation to thoracic and cervical spine manual therapy. He presents a refreshingly uncomplicated but very clinically effective approach to thoracic spine manual therapy.

Biomechanical assessment and rehabilitation

Jenny McConnell has developed international respect with her innovative approach to assessment and treatment of a range of biomechanical disorders

affecting the shoulder/neck complex, lumbar spine and lower limb. Her highly educational and practical sessions integrate well with the overall concept of the four-week program. Jenny covers assessment and rehabilitation of the shoulder girdle complex. Rehabilitation includes EMG biofeedback muscle reeducation, exercise, articular mobilization as well as taping for pain control.

Sacroiliac joint dysfunction

Sacroiliac joint dysfunction is considered by some to be a significant factor in lumbo-pelvic pain. Mark Oliver is an accredited Mulligan Concept practitioner who has developed a unique and logical approach to demystify the assessment and management of potentially complex clinical cases. His approach can be readily integrated into the model of assessment presented during this programme. The astute clinician will be able to quickly determine the relative contribution of sacroiliac joint dysfunction to the patients presenting disorder and thereby determine an effective treatment strategy.

Advanced Standing Credits

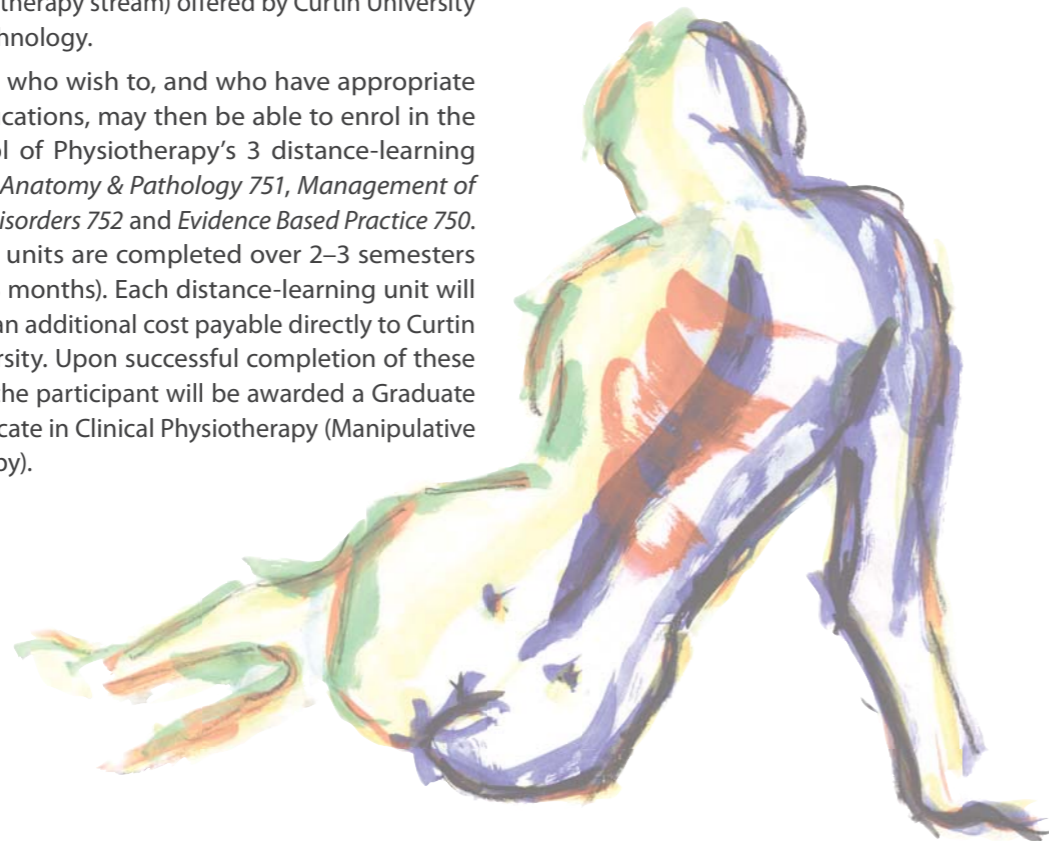
Participants successfully completing the Manual Concepts 4-week Certificate in Orthopaedic Manual Therapy programme will be awarded 25 credits towards advanced standing in the Graduate Certificate in Clinical Physiotherapy (Manipulative Therapy) and Masters in Clinical Physiotherapy (Manipulative Therapy or Sports Physiotherapy stream) offered by Curtin University of Technology.

Those who wish to, and who have appropriate qualifications, may then be able to enrol in the School of Physiotherapy's 3 distance-learning units, *Anatomy & Pathology 751*, *Management of Pain Disorders 752* and *Evidence Based Practice 750*. These units are completed over 2-3 semesters (12-18 months). Each distance-learning unit will incur an additional cost payable directly to Curtin University. Upon successful completion of these units the participant will be awarded a Graduate Certificate in Clinical Physiotherapy (Manipulative Therapy).



Masters in Clinical Physiotherapy

Further to completion of this course participants may be eligible to enrol in second semester (4 months) of the Masters in Clinical Physiotherapy (Manipulative Therapy or Sports Physiotherapy stream) to achieve this qualification. This would lead to level 2 membership of the MPA or Sports special interest groups of the Australian Physiotherapy Association. Those participants interested in gaining further information about the distance-learning units or higher programmes should contact Postgraduate Course Enquiries at the School of Physiotherapy via email (HlthSci-SS@exchange.curtin.edu.au).



Course information

Dates	January 18–February 12, 2010 June 28–July 23, 2010 November 22–December 17, 2010
Location	Perth, Western Australia
Investment	Australian and New Zealand citizens: AUD\$4,890 (no GST) Non Australians: AUD\$6,450 (no GST)
CPD points	160
Payment and refund policy	To ensure commitment to the programme it is a requirement that a non-refundable deposit of \$1000 be paid once the participant has become registered on the programme. All deposits are non-refundable. It is also a requirement that the course fee be paid for at least 3 months in advance of commencement of the programme, unless specific arrangements have been made with the course organizers. At the discretion of the organizers participants may be allowed one transfer to a future programme. The following will apply with respect to the balance of course fee refunds: <ul style="list-style-type: none"> • If a participant withdraws from the course more than 6 months in advance, a 20% administration fee will be deducted • If a participant withdraws from the course less than 3 months in advance, a 40% administration fee will be deducted • If a participant withdraws from the course less than 6 weeks in advance, a 50% administration fee will be deducted • If a participant fails to attend the course without notification in advance of 1 month prior to the start of the course, the full amount paid will be forfeited.
Facilities	The Certificate in Orthopaedic Manual Therapy program is conducted at Western Australia's major teaching venue. The School of Physiotherapy at Curtin University of Technology is a state of the art purpose-built facility. The Bentley campus of Curtin University is centrally located in the Perth environs and provides excellent clinical practice areas, lecture theatres, extensive library and many other resources. The university is served by excellent public transport for those that wish to live away from the campus. The city of Perth flanks the broad reaches of the Swan River, edged to the west by the Indian Ocean and in the east by the Darling Scarp. Basking in a sunny Mediterranean climate, Perth is an alfresco city, which invites visitors out onto the streets, into the cafes and down to the water's edge.



The School of Physiotherapy at Curtin University of Technology is a state of the art purpose-built facility.



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Accommodation

Single or shared privately owned, fully furnished apartments are available within a short distance of the venue. The cost will vary upon availability.

Further information regarding private apartments can be made at:

Townsend Lodge - <http://www.townsend.wa.edu.au>

or,

Selectstays - <http://www.selectstays.com.au>

or,

Arlington Apartments - <http://www.questapartments.com.au>

or,

Dowler Apartments - <http://www.dowlerapartments.com.au>

or,

Budget Apartments - <http://www.budgetapartments.com.au>

Other options:

<http://perthstudenthousing.spaces.live.com>

Booking

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