



**Australian Association  
of Musculoskeletal Medicine**

# TREATMENT MODULE ONE: SPINAL MANUAL THERAPIES AND EXERCISES

The spinal manual therapies and exercises is the first module in the Advanced Treatment Certificate for Musculoskeletal Medicine.

Modules can be completed in any order and can be completed as a stand alone educational activity.

## AIMS:

The spinal therapies and exercises module aims to provide teaching and learning in:

- the physiological and anatomical basis of spinal manual therapies and exercises.
- how to apply surface anatomy knowledge and palpation skills to define and accurately locate spinal dysfunction.
- how to treat common spinal dysfunctions with a variety of mobilisation and manipulation techniques.
- how to treat cervical dysfunctions with muscle energy therapy techniques.
- how to treat common cervical spinal and rib dysfunctions with counterstrain and positional release techniques.
- how to teach patients effective stretching techniques for spinal pain and tightness.
- the safe and appropriate application of all treatment techniques and exercises taught in this module.

## LEARNING OUTCOMES:

By the end of the spinal therapies and exercises module, participants should be able to:

- describe how spinal manual therapies and exercises benefit spinal dysfunction.
- demonstrate accurate diagnosis of spinal dysfunction through detailed palpation.
- apply mobilisation, manipulation, muscle energy therapy, counterstrain and positional release techniques to specific spinal dysfunction presentations.
- demonstrate the teaching of stretching techniques for spinal pain and tightness.
- describe the principles of the safe and appropriate application of all treatment techniques and exercises taught in this module.



## PRE-READING

The pre-reading component comprises of approximately 4 hours of content to prepare for the workshop.

## WORKSHOP

A two-day workshop comprising interactive tutorials, hands-on physical examination and treatment techniques, as well as feedback and case discussion

## CONTACT

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## TEACHING STRATEGIES:

The module commences with three to four hours of prereading in the month before the workshop to prepare participants with information on the theoretical basis, guiding principles, effectiveness and safe application of the techniques covered in the workshop. This will maximise the time spent in the workshop on learning practical techniques in the workshop.

At the workshop the prereading material will be discussed and applied. Treatment techniques will be taught through demonstrations by tutors, supervised application of the techniques and exercises on fellow participants with detailed feedback from tutors, and by patient demonstrations and case discussions.

The range of techniques and exercises has been chosen to cover the most common and important mechanical spinal problems seen in community-based practice. The number of techniques and exercises covered has been limited to provide sufficient time for participants to apply their new skills on returning to their practices after the workshop.



## PRE-READING

The prereading will cover:

- revision of gross, functional and surface anatomy of the spine including relevant material from the Certificate in Musculoskeletal Medicine.
- the guiding principles of
  - o joint mobilization
  - o muscle energy therapy
  - o counter strain and positional release
  - o stretching of muscles and joints
- key evidence about the effectiveness of the therapies covered
- the concept of irritability of spinal disorders
- safety issues in the application of techniques

# WORKSHOP DETAILS

## DATE:

Saturday 14 and Sunday 15 October 2023  
08:30 - 17:00

Registrations close Friday 6 October, 2023 to allow for pre-reading requirements.

## VENUE:

View Hotel  
Kingsford Smith Drive & Hunt Street  
HAMILTON, QLD

## TUTORS:

- Dr Geoff Harding - Musculoskeletal Medicine Practitioner, Sandgate Brisbane.
- A/Prof Michael Yelland - GP & Musculoskeletal Medicine Practitioner, Arana Hill, Brisbane, Associate Professor, School of Medicine, Griffith University

## COST:

- \$1400

## CPD:

A certificate of attendance will be supplied on completion of the module to facilitate claiming of appropriate Education Activity hours and Review of Performance hours.

## PRE-REQUISITES

Medical Practitioners wishing to Enrol in this module must satisfy the following pre-requisites:

- Be a current financial Member of the AAMM
- Completed the AAMM Certificate of Musculoskeletal Medicine (or equivalent - to be approved by the convenor)

**REGISTER**  
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