

**MODULE 1: SPINAL MANUAL THERAPIES AND EXERCISES**

**DAY 1 - SATURDAY 19 JULY, 2025**

View Hotel

Kingsford Smith Drive and Hunt Street

Hamilton, QLD

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| **TIMING** | **TOPIC** | **TIME ALLOCATION** |
| 08:15-08:30 am | Registration | 30 minutes |
| 08:30-10:20 am | **Session 1: Introduction**   Overview of the weekend workshop   * Review of prereading and issues arising from it   Check on movement testing and palpation skills relevant to therapies covered in this module  **Morning tea** (20 minutes) | 90 minutes |
| 10:00-10:20 am | **Morning Tea** | 20 minutes |
| 10: 20 am – 3:30 pm | **Session 2: Lumbar spine and sacroiliac joint**  **Mobilisation**   * Rotational mobilisation * Sacroiliac joint * Lumbar spine (specific and non-specific) * Traction of the lumbar spine * Longitudinal mobilisation of the sacroiliac joint   **Lunch break** (40 minutes)  **Stretching exercises**   * Length testing and strength testing * Post-isometric relaxation technique for stretching and mobilisation * Lumbo-pelvic exercises (bridging, weight transfer, clamming, piriformis stretches, marching on the spot, pelvic shift)   **Patient demonstrations of techniques including volunteers from participants**  **Afternoon tea** (20 minutes) | 330 minutes |
| 3:30-4:30 pm | **Session 3: Thoracic Spine**  **Mobilisation**   * Rotational mobilisation   **Thoracolumbar junction and lower thoracic spine**   * Specific A-P  and  P-A manipulation of the thoracic spine and costovertebral joints   **Patient demonstrations of techniques including volunteers from participants**   End of Day 1 | 60 minutes |

**MODULE 1: SPINAL MANUAL THERAPIES AND EXERCISES**

**DAY 2 - SUNDAY 20 JULY, 2025**

View Hotel

Kingsford Smith Drive and Hunt Street

Hamilton, QLD

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| **TIMING** | **TOPIC** | **TIME ALLOCATION** |
| 08:30-11:30 am | **Session 3: Thoracic Spine (Continued)**  **Counterstrain and positional release**   * Scapulothoracic region * Parasternal chest wall pain * First rib release   **Morning tea** (20 minutes)  **Stretching exercises**   * Length testing and strength testing * Post-isometric relaxation technique for stretching and mobilisation * Thoracic spinal stretches | 180 minutes |
| 11:30am-3:30pm | **Session 4: Cervical Spine**  **Mobilisation**   * Rotational mobilisation * Cervical spine * Lateral mobilisation of cervical spine * Traction of the cervical spine   **Lunch break** (40 minutes)  **Muscle energy therapy**   * Upper cervical spine in neutral including cranio-cervical junction in flexion * Lower cervical spine   **Counterstrain and positional release**   * Upper cervical spine and occiput * Lower cervical spine   **Stretching exercises**   * Length testing and strength testing * Post-isometric relaxation technique for stretching and mobilisation * Cervical spinal stretches   **Patient demonstrations of techniques including volunteers from participants**  **Afternoon tea** (20 minutes) | 240 minutes |
| 3:30-4:30 pm | **Session 5: Closing Session**   Case discussions and patient demonstrations (volunteers from participants) to illustrate application of the above techniques   * Using manual and exercise therapies together * Using manual and exercise therapies with other treatments presented in the certificate. * Discussion of safety issues * Assessing response to treatment      End of Day 2 | 60 minutes |