

**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  |