

SPINAL MANUAL THERAPIES AND EXERCISES

SATURDAY 19 July 2025

View Hotel
Kingsford Smith Drive and Hunt Street
Hamilton, QLD

TIMING	TOPIC	TIME ALLOCATION
08:00-08:30	Registration	30 minutes
08:30-10:00	<u>Session 1: Introduction</u> <ul style="list-style-type: none"> • 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 	90 minutes
10:00-3:30	<u>Session 2: Lumbar spine and sacroiliac joint</u> <p>Mobilisation</p> <ul style="list-style-type: none"> • Rotational mobilisation • Sacroiliac joint • Lumbar spine (specific and non-specific) • Traction of the lumbar spine • Longitudinal mobilisation of the sacroiliac joint <p>Stretching exercises</p> <ul style="list-style-type: none"> • 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) <p>Patient demonstrations of techniques including volunteers from participants</p>	330 minutes
3:30-4:30	<u>Session 3: Thoracic Spine</u> <p>Mobilisation</p> <ul style="list-style-type: none"> • Rotational mobilisation <p>Thoracolumbar junction and lower thoracic spine</p> <ul style="list-style-type: none"> • Specific A-P and P-A manipulation of the thoracic spine and costovertebral joints <p>Patient demonstrations of techniques including volunteers from participants</p>	60 minutes
4:30	End of Day 1	

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TIMING	TOPIC	TIME ALLOCATION
08:00-08:30	Registration	30 minutes
08:30-11:30	<u>Session 3: Thoracic Spine (Continued)</u> Counterstrain and positional release <ul style="list-style-type: none">• Scapulothoracic region• Parasternal chest wall pain• First rib release Stretching exercises <ul style="list-style-type: none">• Length testing and strength testing• Post-isometric relaxation technique for stretching and mobilisation• Thoracic spinal stretches	180 minutes
11:30-3:30	<u>Session 4: Cervical Spine</u> Mobilisation <ul style="list-style-type: none">• Rotational mobilisation<ul style="list-style-type: none">- Cervical spine• Lateral mobilisation of cervical spine• Traction of the cervical spine Muscle energy therapy <ul style="list-style-type: none">• Upper cervical spine in neutral including cranio-cervical junction in flexion• Lower cervical spine Counterstrain and positional release <ul style="list-style-type: none">• Upper cervical spine and occiput• Stretching exercises <ul style="list-style-type: none">• Length testing and strength testing• Post-isometric relaxation technique for stretching and mobilisation• Cervical spinal stretches Patient demonstrations of techniques including volunteers from participants	240 minutes

3:30-4:30	<u>Session 5: Closing Session</u> <ul style="list-style-type: none"> • 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 	60 minutes
4:30	End of Day 2	

NOTE: Each day will include a 20-minute break for Morning and Afternoon Tea and a 40-minute break for Lunch.