Diagnosis and Treatment of Movement System Impairments: 
Introduction to Concepts and Application – 3 Day Workshop
(Developed by Shirley Sahrmann PT, PhD, FAPTA)
Organized by
Manipulative Therapy Specialty Group, HKPA Limited

Speaker
Dr. Mary Kate McDonnell, PT,DPT,OCS

Date
1st July – 3rd July 2016 (Friday – Sunday)

Time
9am – 5:00pm (registration 8:30am in the first day)

Venue
Physiotherapy Department, G/F, Main Block, Prince of Wales Hospital, 30-32 Ngan Shing Street, Shatin, NT

Course Content
The Movement System Impairment (MSI) syndromes were developed by Shirley Sahrmann, PT PhD, FAPTA and her colleagues at Washington University Program in Physical Therapy. These syndromes are described in her books, Diagnosis and Treatment of Movement Impairment Syndromes and Movement System Impairment Syndromes of the Extremities, Cervical and Thoracic Spine.

Course Fee
HK$4500 for MTSG members
HK$4550 for HKPA members
HK$5050 for non-HKPA members
(HK$400 discount for Early Bird Registration before 13th May 2016)
Course fee for successful registration is non-refundable

Class Size
25 (Priority will be given to MTSG members with first come first served basis.)

CPD
Pending

Registration
Send registration form with
1. A stamped self-addressed envelope, and
2. A crossed cheque, payable to “Hong Kong Physiotherapy Association Limited”.
The name of this course, name of registrant and contact telephone number should be written at the back of the cheque and then send to:

Mr. Nathan Leung
Physiotherapy Department, Intergrated Rehabilitation Services,
1/F, Main Block, Tseung Kwan O Hospital,
2 Po Ning Lane, Hang Hau, Tseung Kwan O

Deadline of Registration: 3rd June 2016. Successful registrants will be notified by via Email on or before 10th June 2016 (Enquiry: mtsg.hkpa@yahoo.com.hk)

Special Weather Arrangement
When Tropical Cyclone Warning Signal No. 8 (or higher number) and/or black rainstorm signal is hoisted, the following arrangement will apply:
For classes & amp; examinations that have not yet started
If Typhoon signal no. 8 and/or black rainstorm signal is in force 2 hours before the course, the course will be cancelled.
For classes & examinations that have already started
When Typhoon signal no. 8 or above is hoisted- Classes immediately suspend.
Fee paid are not refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.
Background of the Course

Diagnosis and Treatment of Movement System Impairments: Introduction to Concepts and Application – 3 Day Workshop (Developed by Shirley Sahrmann PT, PhD, FAPTA)

The concepts and principles of the movement system impairment (MSI) theory and its relationship to alteration in neuromusculoskeletal function will be presented. This course will enable the clinician to identify impairments in alignment, muscle length, and pattern of movement and their relationship to musculoskeletal pain syndromes. The signs and symptoms of syndromes to be diagnosed by physical therapist will be described. The course will include demonstration and practice in the examination methods used to identify movement impairment syndromes, which include movement testing, alignment assessment, test of muscle length, strength, and analysis of movement patterns during specific joint motions and during functional activities. Discussion will focus on the importance and means of developing a precise therapeutic exercise program and correcting faulty posture and movement associated with functional activities. The program will include demonstrations and practice of examinations, selection of corrective exercise and performance of therapeutic exercises.

Upon completion of this course the participant should be able to:
1. Describe why static and dynamic balance about a joint is the critical element for optimal movement and prevention of pain syndromes.
2. Describe the concepts relating muscle length and strength.
3. Describe the concepts of relative flexibility/stiffness and displacement of the axis of rotation.
4. Recognize faulty patterns of movement and muscle recruitment.
5. Recognize faulty postures and the associated muscle imbalances.
6. Recognize muscle imbalances syndromes associated with painful conditions of the neck, shoulder, back, hip and knee.

Suggested Readings:

Biographies of Speaker

Dr. Mary Kate McDonnell, PT,DPT,OCS, is currently an Associate Professor of Physical Therapy and Orthopedic Surgery and the Associate Director of Clinical Residencies and Fellowships at Washington University School of Medicine Program in Physical Therapy. She received her Bachelor of Science in Physical Therapy from St. Louis University, Master of Health Science and Clinical Doctorate of Physical Therapy from Washington University. Dr. McDonnell is a board certified orthopedic physical therapist (OCS) and a Fellow of the Education Leadership Institute (ELI). Her primary teaching responsibilities in the education curriculum is content related to diagnosis and management of musculoskeletal conditions. She maintains a clinical practice specializing in posture and movement with a focus on the upper quarter. She has developed an ABPTRFE accredited Movement System Clinical Fellowship. For over 25 years she has been actively involved with Dr. Shirley Sahrmann and colleagues at Washington University in developing diagnoses and treatment strategies related to Movement System Syndromes.
Registration Form

Diagnosis and Treatment of Movement System Impairments: Introduction to Concepts and Application – 3 Day Workshop
1st - 3rd July 2016

Name: ____________________________________________________________
(BLOCK LETTER, as appear in your HKPA registration)

Email address (for successful notification): ____________________________

HKPA member: (Yes / No *) HKPA Membership no: _______________

MTSG member: (Yes / No *) * Please delete as appropriate.

Work Place & Unit: ________________________________________________

Phone no.: ____________(home) ____________(office) _____________(pager / mobile)

Cheque no: ____________________________ Bank: ___________________________

Please send registration with:
1. A stamped self-addressed envelope and
2. A crossed cheque, payable to Hong Kong Physiotherapy Association Limited. The name of this course, name of registrant and contact telephone number should be written at the back of each cheque and then send to:

Mr. Nathan Leung
Physiotherapy Department, Integrated Rehabilitation Services,
1/F, Main Block, Tseung Kwan O Hospital,
2 Po Ning Lane, Hang Hau, Tseung Kwan O

Legal Claim Waiver Consent

In consideration of HKPA Ltd. accepting my registration to the “Diagnosis and Treatment of Movement System Impairments: Introduction to Concepts and Application – 3 Day Workshop”, I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.

Signature: ___________________ Name of Registrant: _______________________

Date: ________________________

*Please sign the above consent before submitting your registration