



HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED

香港物理治療學會有限公司

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Certificate in Manual Therapy

The Hong Kong Physiotherapy Association has jointly organized the Certificate in Manual Therapy programme with Manual Concepts. The teaching staff are Dr Toby Hall, Kim Robinson and Vaidas Stalioraitis. Toby, Kim and Vaidas are internationally respected teachers of manual therapy. Toby and Kim are based at Curtin University, Perth Western Australia, where they hold the positions as Adjunct Associate Professor and Senior Teaching Fellow, as well as holding adjunct positions at other universities. Toby, Kim and Vaidas have many years of teaching experience in manual therapy at a postgraduate level, lecturing in many countries on aspects of orthopaedic manual therapy. They have written more than book chapters, 3 manual therapy textbooks, and published over 100 articles in relation to researching the evidence base of Manual Therapy. Further details of their publications and teaching experience can be seen on Manual Concepts website.

Course Content

The course will cover the anatomical and functional basis to the evaluation of a wide range of pain disorders affecting the spine and peripheral joints. Of special interest will be clinical practice, emphasizing to a high level evidence-based clinical examination, evaluation, interpretation, differential diagnosis and treatment. Exploring evidence based practice is an important aspect of the programme, but only where good quality evidence exists. Classification of each individual patient with appropriate matched treatment strategies is the way forward in clinical practice. Not all patients are suitable for manual therapy, hence it is important to screen patients for a wide range of psychosocial issues, central nervous system sensitization, as well as comorbidities to ensure effective treatment.

This course will be conducted in lecture, tutorial and workshop format for the clinician or academic who is interested in manual therapy, manual medicine or musculoskeletal medicine. It is anticipated that the course content will be suitable to individuals who are seeking new knowledge, to individuals seeking to expand their knowledge and to those individuals seeking the stimulation of clinical interaction. Whilst the course will be presented at a high level this should not be seen as a barrier to participation for those with little or with no previous experience in this special area. As a result of attending the course it is anticipated that participants will gain personal satisfaction as in a variety of ways that will enhance their individual requirements. There are therefore no pre-requisites for participation. Previous programme participants have recommended Manual Concepts courses. They have reported excellent feedback in terms of material content, presenters' knowledge, and practical supervision.

The aims of the programme are such that at the completion of the programme participants will be:

- Aware of relevant and recent advances in pain physiology
- Aware of the evidence base for manual therapy, and to be able to screen for inappropriate patients
- Able to analyze subjective and physical examination findings and subsequently apply evidence-based clinical reasoning in neuromusculoskeletal physiotherapy practice to ensure appropriate treatment selection
- Able to recommend evidence- based joint, neural and motor control examination and diagnostic procedures, and able to formulate the most appropriate and effective management program based on the diagnosis, classification and stage of the disorder
- Able to determine a differential diagnosis based on an integrated examination of the joint, motor control and neural systems
- Able to develop an effective evidence-based treatment plan using appropriate manual therapy to include general and specific exercise
- Aware of the indications and contraindications in the manual therapy management of musculoskeletal pain disorders
- Able to develop effective communication strategies with patients
- Able to integrate clinical and theoretical constructs to achieve and reflect on clinical outcomes

Course Philosophy

This manual therapy programme is aimed at merging the examination of the joint, muscle and neural systems into an integrated wholistic examination procedure. We place strong emphasis on teaching clinicians the ability to perform an accurate and specific evidence-based manual therapy examination.

The examination process developed by Manual Concepts draws on a range of manual therapy concepts, and is therefore an eclectic approach, which we believe provides a more realistic, multifactorial approach to the examination and treatment procedure.

Articular system and movement impairment

As part of the assessment of the movement impairment we aim to teach a range of examination procedures to include pain provocative tests as well as motion dysfunction. A significant aspect of the assessment procedure is the use of combined movements. There is evidence that classification of an individual patient's low back pain disorder, and subsequent matched treatment improves treatment outcomes.

Neural System

Evaluation of upper and lower limb neural tissues is an important aspect of the physical examination. A comprehensive overview of the mechanisms underlying neural tissue pain disorders is presented together with assessment procedures and differential diagnosis for different types of neural dysfunction, including neuropathic

pain with sensory hypersensitivity, peripheral nerve sensitization and compressive neuropathy (radiculopathy and peripheral nerve). Assessment to distinguish these problems will be demonstrated and practiced. The clinical relevance of distinguishing these different types of disorders will be discussed, particularly in relation to management.

Muscle System

An emphasis of this programme is a functional approach to the assessment of motor control impairment using the principles described in cognitive functional therapy by Peter O'Sullivan. As well, we consider spinal instability and the signs and symptoms that are commonly found on clinical examination of motor control impairment and spinal instability. Determining which patients require rehabilitation of motor control is an important part of this programme. A systematic, functional, evidence based approach to the management of patients with motor control impairment will be taught.

A core principle of the programme is the ongoing analysis of the examination findings from the subjective and physical examination procedures. To ascertain an appropriate manual therapy diagnosis critical analysis is developed through clinical reasoning applied to specific case studies. This programme does not provide the participants with a recipe approach to treatment. Students will be able to develop though sound methodology, appropriate treatment strategies including exercise, with logical progression over time.

Aims

At the completion of the 15-days program the participants will:

To develop a strong evidence-based biomedical basis towards the examination, evaluation, classification, and physical treatment of neuromusculoskeletal pain disorders.

To provide or enhance knowledge of the pathophysiology of a wide range pain disorders that typically present in clinical practice.

To promote an understanding of the underlying pain mechanisms in neuromusculoskeletal pain disorders.

To develop ability to evaluate, differentially diagnose and classify a wide range of neuromusculoskeletal pain disorders.

To develop ability to prescribe & apply evidence-based management of a diversity of acute and chronic neuromusculoskeletal pain disorders.

Certificate

Upon passing, students will be granted a certificate issued by Manual Concept together with HKPA.

Tentative Venue

Class Rooms of The Hong Kong Polytechnic University

Enrollment period

February/ March 2019

Dates

Module	Instructor	Date (tentative)	Content	Duration
1 st module	Dr Toby Hall	June 7-11 2019	Lumbar spine, pelvis, & thoracic spine	5 days
2 nd module	Kim Robinson	June 28 – July 2 2019	Cervical spine & shoulder	5 days
3 rd module	Vaidas Stalioraitis	August 7-11 2019	Tendinopathy, hip, knee, foot, elbow, wrist & hand	5days

Fees

HK\$24,000

Class capacity

20

Enquiry:

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