



HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED

香港物理治療學會有限公司

中國香港特別行政區 九龍佐敦德興街 12 號興富中心 9 樓 901 室
Room 901, 9/F Rightful Centre, 12 Tak Hing Street, Jordan, Kowloon, HKSAR
www.hongkongpa.com.hk Tel: (852) 2336 0172 Fax: (852) 2338 0252

Manual Concepts: Certification in Spinal Manual Therapy

organized by Hong Kong Physiotherapy Association Limited

- Date:** Part A: Lumbar Spine: 6 - 7 Jan, 2024 (Sat – Sun)
Part B: Thoracic & Cervical Spine: 23 - 25 Feb, 2024 (Fri – Sun)
- Time:** 08:45 – 16:45
- Venue:** Room 1003, Ma Kam Chan Memorial Building (KPC), Tung Wah College
- Instructor:** Dr. Vaidas STALIORAITIS
- Target:** Registered Physiotherapist
- Capacity:** 24
- * For over-subscription, priority would be given to HKPA / MPTA member. The remaining quota would be allotted by drawing lots.

| Course fee: | HKPA / MPTA member | Non-HKPA / -MPTA member |
|------------------|--------------------|-------------------------|
| Early Bird Offer | \$ 12,500 | \$ 14,000 |
| Normal Price | \$ 13,500 | \$ 15,000 |

- Deadline:** On or before **30 Nov 2023** (Early Bird Offer)
10 Dec 2023 (Normal Price)
- * The date on the postal chop will be taken as the date of registration
- Enquiry:** Ms. Joan IP (email: hkpa.manualconcepts@gmail.com)

Introduction of Manual Concepts:

Manual Concepts team of highly qualified specialist musculoskeletal physiotherapists are the educators on this course and have been brought together by Kim Robinson and Toby. Toby and Kim over 60 years combined clinical experience and have taught manual therapy at an advanced post-graduate university level for more than 30 years each. Toby and Kim are members of the Australian College of Physiotherapists, achieving Specialist Physiotherapist status in 2007. Through their expertise, Toby and Kim have been awarded the positions of Adjunct Associate Professor and Senior Teaching Fellow at Curtin University. For more details of the presenters please visit <https://www.manualconcepts.com/about-us/>.

Organizer:



Co-organizer:



東華學院
TUNG WAH COLLEGE

Course Description:

The primary aim of the programme is to integrate joint, muscle and neural tissue based manual therapy concepts to provide a comprehensive approach to the management of neuromusculoskeletal pain disorder. The syllabus is grounded in a bio-psychosocial approach to managing spinal musculoskeletal disorders, which incorporates a range of manual therapy concepts. Of special interest will be clinical practice, emphasizing clinical examination, evaluation, interpretation, differential diagnosis and therefore classification and treatment. Management is based on identification of specific sub-groups amenable to manual therapy including movement impairment and motor control impairments, as well as neural tissue pain disorders. Screening for negative prognostic factors will also be taught as it is important to screen out patients unsuitable for manual therapy.

This course will be suitable to individuals at all levels of experience including those who are seeking new knowledge and those seeking to expand their knowledge. Whilst the course will be presented at a high level this should not be seen as a barrier to participation for those with little experience in this special area. As a result of attending the course it is anticipated that participants will gain personal satisfaction in a variety of ways that will enhance their individual requirements. There are therefore no pre-requisites for participation. This syllabus will cover in detail the cervical, thoracic and lumbar spine regions. Participants are provided with pre-course reading material and an extensive course manual to cover all aspects of the programme.

Course Instructor: Dr. Vaidas STALIORAITIS

Specialist Musculoskeletal Physiotherapist, MSc (Curtin University), Graduate Entry Master of Physiotherapy (Curtin University), Master of Clinical Manipulative Physiotherapy (Curtin University), Certified Mulligan Concept Teacher, Associate of the Australian Musculoskeletal Physiotherapy Association, Faculty staff member Manual Concepts, Western Australia.



Dr. Stalioraitis has teaching experience at the undergraduate and postgraduate level. He has postgraduate manual therapy teaching experience both nationally and internationally. He is also an experienced musculoskeletal clinician and has been working with many elite sports people such as gymnasts and dancers. Dr. Stalioraitis has been working with Manual Concepts for 20 years providing teaching and practical supervision on the Certificate in Orthopaedic Manual Therapy, Certificate in Advanced Sports Rehabilitation, and Certificate in Spinal Manual Therapy programs. He is an internationally accredited Mulligan Concept Teacher, through an exhaustive examination process. Dr. Stalioraitis is also a Fellow of the Australian College of Physiotherapists since 2016 and is a Specialist Musculoskeletal Physiotherapist. He continues to work in private clinical practice and his special interest is in managing people with spinal pain conditions.

Course Details (Part A Lumbar Spine):

| Time | Day 1 (06/01/2024, Sat) | Day 2 (07/01/2024, Sun) |
|-------|---|---|
| 08:45 | Registration | |
| 09:00 | Lumbar physical examination <ul style="list-style-type: none"> • Postural assessment relevant to patients' presentation • Passive physiological intervertebral movement assessment • Passive assessor intervertebral movement assessment utilising combined movement theory | Lumbar motor control assessment and treatment utilising Prof. Peter O' Sullivan classification system <ul style="list-style-type: none"> • Flexion pattern motor control impairment |
| 10:30 | Morning Tea | |
| 10:50 | Lumbar articular treatment <ul style="list-style-type: none"> • Passive physiological rotation and lateral flexion techniques utilising combined movement theory | Assessment of neural tissue pain disorders utilising the Shafer classification system <ul style="list-style-type: none"> • Peripheral nerve sensitisation • Compressive neuropathy |
| 12:30 | Lunch | |
| 13:30 | Lumbar articular treatment <ul style="list-style-type: none"> • Maitland treatment approach utilising combined movement theory • Mulligan treatment approach (SNAGS) | Treatment of neural tissue pain disorders <ul style="list-style-type: none"> • Nerve gliders and sliders for sciatic and femoral nerve • Decompression techniques (Mulligan, Maitland, Physiological rotation and side flexion techniques) |
| 15:00 | Afternoon Tea | |
| 15:15 | Lumbar motor control assessment and treatment utilising Prof. Peter O' Sullivan classification system <ul style="list-style-type: none"> • Active and passive extension motor control pattern | Treatment of neural tissue pain disorders <ul style="list-style-type: none"> • Spinal mobilisation with leg movements for sciatic and femoral nerves utilising Mulligan approach |

Course Details (Part B Thoracic & Cervical Spine):

| Time | Day 1 (23/02/2024, Fri) | Day 2 (24/02/2023, Sat) | Day 3 (25/02/2023, Sun) |
|-------|---|--|---|
| 08:45 | Registration | | |
| 09:00 | Thoracic spine physical examination <ul style="list-style-type: none"> • Postural assessment relevant to patients' presentation • Passive physiological intervertebral movements • Passive assessorly intervertebral movement assessment utilising combined movement theory | Upper cervical spine physical examination <ul style="list-style-type: none"> • Upper cervical spine active and combined movements • Passive physiological intervertebral movements for C0/1 and C1/2 • Passive assessorly intervertebral movements utilising combined movement theory | Motor control assessment and treatment for the cervical spine <ul style="list-style-type: none"> • Deep neck flexor assessment • Lower Cervical extensor assessment • Deep neck flexor exercises and progressions in to more challenging functional positions • Cervical extensor exercises and progressions in to more challenging functional positions |
| 10:30 | Morning Tea | | |
| 10:50 | Thoracic articular treatment <ul style="list-style-type: none"> • Passive physiological rotation and techniques in side lying and sitting utilising combined movement theory | Sub axial cervical spine physical examination <ul style="list-style-type: none"> • Sub axial cervical spine active and combined movements • Passive physiological intervertebral movements (rot, side flex, flex and ext) • Passive assessorly intervertebral movements utilising combined movement theory | Assessment of neural tissue pain disorders utilising the Shafer classification system <ul style="list-style-type: none"> • Peripheral nerve sensitisation • Compressive neuropathy |
| 12:30 | Lunch | | |
| 13:30 | Thoracic articular treatment <ul style="list-style-type: none"> • High velocity thrust techniques in prone sitting and standing | Upper cervical spine treatment <ul style="list-style-type: none"> • Mulligan approach (Headache SNAG, Reverse headache SNAG and Upper cervical traction) • C1/2 Self SNAG | Treatment of neural tissue pain disorders <ul style="list-style-type: none"> • Nerve gliders and sliders for median, radial and ulnar nerves • Decompression techniques utilising Mulligan, Maitland, Physiological rotation techniques |
| 15:00 | Afternoon Tea | | |
| 15:15 | Thoracic articular treatment <ul style="list-style-type: none"> • Mulligan treatment approach (SNAGS) | Sub axial spine treatment <ul style="list-style-type: none"> • Upslope and Downslope techniques • Maitland treatment approach utilising combined movement theory • Mulligan treatment approach (NAGS and SNAGS) | Treatment of neural tissue pain disorders <ul style="list-style-type: none"> • Spinal mobilisation with arm movements for median, radial and ulnar nerves utilising Mulligan approach |



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Manual Concepts: Certification in Spinal Manual Therapy Registration Form

Date: Part A: Lumbar Spine: 6 - 7 Jan, 2024 (Sat – Sun)
Part B: Thoracic & Cervical Spine: 23 - 25 Feb, 2024 (Fri – Sun)
Time: 08:45 – 16:45
Venue: Room 1003, Ma Kam Chan Memorial Building (KPC), Tung Wah College
Instructor: Dr. Vaidas STALIORAITIS

Please fill in **ALL** brackets in **BLOCK** letters:

Name: _____ PT Registration no.: _____

Place of work: _____ Field of Specialty: _____

Contact no.: _____ E-mail Address: _____

HKPA/MPTA membership no.: _____ Year of Experience: _____

Cheque No: _____ (Issuing bank): _____

Course fee:

| | HKPA / MPTA member | Non-HKPA / -MPTA member |
|------------------|------------------------------------|------------------------------------|
| Early Bird Offer | <input type="checkbox"/> \$ 12,500 | <input type="checkbox"/> \$ 14,000 |
| Normal Price | <input type="checkbox"/> \$ 13,500 | <input type="checkbox"/> \$ 15,000 |

Legal Claim Waiver Consent

In consideration of HKPA Ltd. accepting my registration to this course, 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



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I. Registration procedure:

1. Fill in the Registration Form and sign the Legal Claim Waiver Consent.
2. Write an individual cheque according to your membership status and date of registration, payable to “Hong Kong Physiotherapy Association Limited” with ***name of the course, your name, HKPA / MPTA membership no. and contact phone number*** on its back. Please do not staple the cheque to the application form.
3. Mail the registration form together with the cheque to:
**Ms. Joan IP, Department of Physiotherapy,
4/F, Rehabilitation Block, Tuen Mun Hospital,
23 Tsing Chung Koon Road,
Tuen Mun, New Territories, Hong Kong**
4. The date on the postal chop will be taken as the date of registration.
5. Deadline of registration: **10 Dec 2023**.
6. Successful applicants will be notified via email by 13 Dec 2023.

II. Notes to Applicants:

1. If the number of applicants exceed the capacity of the class, priority will be given to member of Hong Kong Physiotherapy Association and Macau Physiotherapists’ Association. While the remaining quota would be allotted by drawing lots.
2. The organizer reserves the rights to cancel the course in case of inadequate participants.
3. Paid course fee is **non-refundable**, regardless of the time of withdrawal, unless the course is cancelled by the organizer.
4. Membership status is based on the HKPA / MPTA membership list as at the date of registration deadline.

III. Special Weather Arrangement:

1. When Tropical Cyclone Warning Signal No. 8 (or a higher number) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:
 - For classes & examinations have not started, the course will be cancelled if Typhoon Signal No.8 and/or Black Rainstorm Signal is in force 2 hours before the course.
 - For classes & examinations that have already started, classes would immediately suspend when Typhoon Signal No.8 or above is hoisted.