

Comprehensive Management of the Spine (CMS)

Module 1 – Lumbar spine

	Day 1	Day 2	Day 3	Day 4
Session 1				
9am	Introduction to LBP <ul style="list-style-type: none"> - Evidence for manual therapy - Lumbar pathophysiology 	Spinal examination fundamentals <ul style="list-style-type: none"> - Lumbar spine segmental mobility and pain provocation tests 	Management strategies for sacroiliac joint pain	Lumbar motor control impairment functional assessment
10.45am	Morning tea (15 mins)			
Session 2				
11am	Classification system for LBP <ul style="list-style-type: none"> - Clinical translation framework - How to use and interpret it in clinical practise 	Lumbar neural tissue disorders <ul style="list-style-type: none"> - Classification systems for neural tissue pain disorders - Neuropathic pain vs somatic referred pain vs nociplastic pain 	Treatment of lumbar articular dysfunction <ul style="list-style-type: none"> - Utilising various manual therapy approaches, including HVT 	Management of motor control impairment for the lumbar spine <ul style="list-style-type: none"> - Functional exercises & progressions into more challenging positions
1pm	Lunch (1 hour)			

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	Day 1	Day 2	Day 3	Day 4
Session 3				
2pm	Lumbar physical examination <ul style="list-style-type: none"> - Posture / loading & functional assessment 	Lumbar neural tissue assessment <ul style="list-style-type: none"> - Peripheral neurological screen 	Treatment of lumbar articular dysfunction (cont.) <ul style="list-style-type: none"> - Utilising various manual therapy approaches, including HVT 	Neural treatment denervation & peripheral nerve sensitisation for the lower quadrant
3.30pm	Afternoon tea (15 mins)			
Session 4				
3.45pm	Active & combined movements according to the severity of patient symptoms	Sacroiliac joint assessment	Treatment of lumbar articular dysfunction <ul style="list-style-type: none"> - Acute LBP (shift correction) 	Case study – complex patient <ul style="list-style-type: none"> - Assessment and clinical interpretation across all biopsychosocial domains in a patient with lumbar pelvic pain
5pm	END			

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Module 2 – Thoracic & cervical spine

	Day 1	Day 2	Day 3	Day 4
Session 1				
9am	Spinal examination fundamentals <ul style="list-style-type: none"> - Thoracic spine & ribcage assessment 	Cervical spine anatomy & pathophysiology <ul style="list-style-type: none"> - Differential diagnosis of headaches - International classification of headache disorders 	Upper cervical spine treatment (cont.) <ul style="list-style-type: none"> - Utilising various manual therapy approaches 	Cervical spine & scapulothoracic spine motor control assessment <ul style="list-style-type: none"> - Scapular motor control assessment - DNF and Cx extensor motor control assessment
10.45am	Morning tea (15 mins)			
Session 2				
11am	Thoracic spine active movement & combined movement <ul style="list-style-type: none"> - Throacic spine segmental mobility and pain provocation tests 	Spinal examination fundamentals <ul style="list-style-type: none"> - Active & combined movement tests for upper cervical spine 	Lower cervical spine articular assessment <ul style="list-style-type: none"> - Active & combined movement tests - Cervical spine segmental mobility and pain provocation tests 	Cervical spine & scapulothoracic spine exercises <ul style="list-style-type: none"> - Functional exercises & progressions into more challenging positions
1pm	Lunch (1 hour)			

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Module 2 – Thoracic & cervical spine

	Day 1	Day 2	Day 3	Day 4
Session 3				
2pm	Thoracic spine & ribcage articular treatment - Utilising various manual therapy approaches, including HVT	Upper cervical spine segmental mobility tests - Upper cervical spine segmental mobility and pain provocation tests	Lower cervical spine articular treatment - Utilising various manual therapy approaches, including HVT	Neural treatment denervation & peripheral nerve sensitisation for the upper quadrant
3.30pm	Afternoon tea (15 mins)			
Session 4				
3.45pm	Thoracic spine & ribcage articular treatment (cont.) - Utilising various manual therapy approaches, including HVT & exercise	Upper cervical spine treatment - Utilising various manual therapy approaches	Lower cervical spine articular treatment (cont.) - Utilising various manual therapy approaches, including HVT	Case study – Neural treatment denervation & peripheral nerve sensitisation for the upper quadrant
5pm	END			