

Course Description

This three-day seminar will focus on Minimal Lever Mid Range (MLMR) Manipulation of the spinal regions Mid Cervical, Mid Thoracic Mid Lumbar and Sacro-Iliac Joint. Particular attention will be paid to safety, comfort, control, effectiveness and efficiency. MLMR techniques will be clearly defined and described using current research, as well as the difference between MLMR and High Velocity Low Amplitude (HVLA). The course will be 75% practical and 25% theory, with clearly demonstrated and rehearsed hands on practice with exercises for developing the different types of practical skills required and necessary to develop optimum manipulation. Classes will be taught using computerised audio-visual aids, a course hand out will be provided and Online Streaming Video material in the form of 3 series of material of techniques & treatment can be purchased at the course at a discounted price but are available for viewing at manipulation.dh-o.com or early purchase at the normal price.

Course Objectives

At the completion of this course, participants will be able to:

1. Describe and understand the theory of MLMR techniques in the spinal regions.
2. Be aware of their own body requirements through optimum handling, operator posture, operator and patient positioning and stance (feet) and clearly aware of how this helps to improve their effectiveness, efficiency, control, comfort and safety.
3. Understand the need for multiple components and have suggestions for different spinal regions in order to build the tension to the barrier point, within the mid range of the joints movement
4. Have the skills to understand primary and secondary levers and how they help to create and build the barrier
5. Have the skills to understand focussing and targeting to a specific single segment and / or facet joint.
6. Be aware of the need for adaptation to anatomical, morphological and developmental differences in a variety of patients

7. Be aware of different skill exercises which will help to reduce manipulation anxiety and improve success rates
8. Be able to identify and recognise red flags and contra-indications to manipulation, relative and absolute, with up to date information on the value of pre manipulative questions as well as relevant objective testing, particularly for the upper cervical spine.
9. Have a range of techniques for the different regions of the spinal and junctions
10. Be more positive with their manipulation skills and techniques. This course will demystify the feat often associated with manipulation techniques and courses

Course Outline

Day 1

9am – 9.15am – Introduction to the group, basic information about the course, material, subjects and practical techniques to be demonstrated and rehearsed and actually how the course will run in terms of theory, practice and table tutoring.

9.15am -10.30am – Foundation ideas and concepts of osteopathic technique using audio-visual aids, audience participation theory and practical exercises.

10.30am – 10.50am – Break

10.50am – 11.45am practical exercise to follow on from previous material and implement ideas into practice. Introduce a practical exercise to help understand combining components in a mobilising technique

11.45am – 12.30pm theory of minimal leverage with explanation of modifying factors, multiple components and effectiveness and efficiency

12-30pm – 1pm practical introduction to Lumbar manipulation using minimal lever. Break down of the technique into smallest parts and then rebuild with explanations and justifications

1pm -2pm Lunch

2pm – 3.30pm Building up of Lumbar manipulation using minimal lever, with practical demonstrations, practice time, table tutoring and audio visual aids.

3.30pm – 3.50pm Break

3.50pm – 4.15pm Explanation and practice of impulse skills, with practice of whole technique.

4.15pm – 5.00pm Further practice of the whole Lumbar manipulation Technique

5.00pm – 5.50pm Introduction to Thoracic manipulation breakdown, building up using minimal leverage approach

5.50pm – 6.00pm summary of the days material and practice and brief introduction of the morning and next days material

Day 2

9am – 9.15am Introduction to day 2 material and very brief summary of foundation ideas

9.15pm – 10.45am Further breakdown and building up with practice of the thoracic manipulation technique

10.45am -11am Break

11am – 11.45am Re practice of the Lumbar manipulation

11.45am – 12.30pm Thoracic manipulation focusing to the upper and lower segments using same technique with minor adaptation(s)

12.30pm – 1pm Contra-indications to manipulation general and for the cervical spine with consideration of validity of testing the cervical spine pre-manipulation

1pm – 2pm Lunch

2pm – 3.30pm Completion of contra-indications and Introduction the cervical manipulation (cradle & chin holds)

3.30pm – 3.50pm Break

3.50pm – 4.30pm Introduction to the cervical manipulation with practical exercises and audio visual aids

4.30pm – 5.45pm Further breakdown and building up with practice of the cervical manipulation technique

5.45pm – 6.00pm summary of the days material and practice and brief introduction of the morning and next days material

Day 3

9am – 9.15am Introduction to day 3 material

9.15pm – 10.45am Further cervical manipulation practice

10.45am -11am Break

11am – 12pm Introduction to Sacro-iliac Joints, structure v function

12pm – 1pm Techniques for the Sacro-iliac joints

1pm – 2pm Lunch

2pm – 3.30pm Continuation of practice of the Sacro-iliac joints & Repetition of all spinal Regions Techniques previously practiced

3.30pm – 3.50pm Break

4.30pm – 5.25pm Repetition of all spinal Regions Techniques previously practiced & 'Round Robin' Exercise

5.25pm – 5.30pm Final rounding up and finish

1. At the completion of the course, the participants will be expected to be able to demonstrate that they have a theoretical understanding, knowledge and practical application of these techniques. It is however not expected that participants will automatically be able to adapt to this style without further practice
2. Participants will have a range of techniques at the end of the course however it is understood that this may not be all and every possible technique due to time constraints and different levels and capabilities of learning in any one course. The schedule may therefore change allowing for flexibility and participant interaction and individual needs

3. There is no formal way of specifically assessing the participant's performance and abilities at the end of the course. The tutor will be following the participant's round at the practice tables, asking them for their self reflection of their performances as well as advising and suggesting further improvements, whilst complimenting where necessary and providing construction criticism
4. The provider's experience of these types of courses leads him to believe that the time frame will be sufficient to achieve the course objectives and outcomes.
5. A certificate of attendance and hours will be provided to each participant at the end of the completed training, by the organizers and signed by the teacher.