

Cervical Manual Therapy: A Systematic Progression

Date	Venue	Tutor
Sat 1 st and Sat 8 th Nov 2008	Bristol Royal Infirmary, Bristol	Martin Rabey
Sun 2 nd and Sun 9 th Nov 2008	St Thomas' Hospital, London	Martin Rabey

Cervical spine mobilisation and manipulation techniques are widely used by manual therapists. This highly practical course with smaller numbers of participants aims to build upon pre-existing palpatory skills to facilitate more refined manual assessment and manipulative therapy skills. Clinical reasoning relating to the techniques is constantly examined.

It is based upon an approach developed in Auckland, New Zealand, and widely taught throughout Australia and New Zealand. All assessment and the majority of treatment techniques are performed with the subject supine. The approach aims to teach effective intervention whilst emphasising patient comfort, and to maximise the safety of the interventions, particularly during manipulative techniques.

The course aims to:

- To build upon pre-existing palpatory skills to facilitate more refined manual assessment and therapy.
- To facilitate relevant clinical reasoning, including incorporation of end range and manipulative techniques into the treatment approach.
- To review potential risks related to manipulation of the cervical spine, and allow participants to assess and minimise these risks when performing these techniques.

On completion of the course the participant will be able to:

- Demonstrate improved palpatory skills and application of the mobilisation and manipulative techniques taught. (Feedback from course tutor and other participants acting as models)
- Demonstrate knowledge of the indications, precautions and contraindications to end range and manipulative techniques. (Short written test)
- Demonstrate an understanding of issues surrounding pre-manipulative cervical spine testing and the potential risks involved. (Short written test)
- Clinically reason when new techniques are appropriate for individual patients including when to mobilise or manipulate a cervical joint. (Examination of case histories in group setting and on individual level)
- Clinically reason technique progression. (Examination of case histories in group setting and on individual level)
- Demonstrate a good level of background skill and knowledge to be able to perform all of the complex cervical spine treatment techniques effectively and efficiently with further practice. (Feedback from course tutor acting as model)
- Demonstrate an understanding of the importance of competency. (Short written test)
- Demonstrate knowledge of effects and evidence for cervical mobilisation and manipulation techniques. (Short written test)

DAY 1

- 9.00 Welcome
- 9.15 VBI testing
Indications and contraindications for end range and manipulative techniques
Competency
- 10.00 Coffee
- 10.15 PPIVMs
Short lever “upslopes and downslopes” for assessment and treatment
Including clinical reasoning / case scenarios
- 12.15 Lunch
- 1.00 The locking position
- 1.30 Use of locking techniques for mobilisation C2/3-C7/T1 (long lever “upslopes” and “downslopes”)
Including clinical reasoning / case scenarios
- 3.30 Introduction to cervical manipulation
- 4.00 Finish

DAY 2 (One week later)

- 9.00 Evidence for cervical mobilisation / manipulation
Postulated rationale for techniques
Revision of VBI testing and indications and contraindications
Revision of competency
- 9.45 Coffee
- 10.00 Revision of locking techniques for mobilisation C2/3-C7/T1
Including clinical reasoning / case scenarios
- 10.45 Thoracic supine “dog” manipulation
Sitting cervico thoracic junction mobilisation
Prone “indirect” cervico thoracic junction manipulation
Including clinical reasoning / case scenarios
- 12.30 Lunch
- 1.15 “Upslope”, “downslope and “indirect” cervical manipulations C2/3-C7/T1
Including clinical reasoning / case scenarios
- 3.45 Revision of clinical reasoning
Competency
- 4.15 Finish