

PROGRAMME



Diagnosis and Treatment of Movement System Impairment Syndromes: The Lower Quadrant

Date	Venue	Tutor
2008 dates TBA		Shirley Sahrman

This course will provide an update and the best available evidence for movement impairment syndromes of the low back, hip and knee. The course is designed to enable the practitioner to conduct an examination that results in the development of a diagnosis of a movement impairment syndrome. The course will consist of practical workshops of the tests comprising the physical examination. The results of these will then be collated to develop a diagnosis and a suitable intervention program will then be formulated. On completion of the course the participant should be able to explain the diagnostic categories of movement impairment syndromes of and perform tests for the low back, hip and knee. Participants should also be able to arrive at a diagnosis and both plan and instruct a patient in that personalised intervention programme.

Day 1

8.30am	Registration
9.00am	Introduction Movement Impairment Syndromes: Lumbar Spine – best available evidence
10.30am	Break
10.45am	Examination Tests (practical)
12.30pm	Lunch
1.30pm	Demonstration of complete examination for low back syndrome: Development of treatment program
2.15pm	Participants practice complete exam (practical)
3.15pm	Break
3.30pm	Development of intervention programme (practical)
4.30pm	Presentation of selected cases
5.00pm	Close

Day 2

9.00am	Movement Impairment Syndromes: Femoral – update and best available evidence
10.30am	Break
10.45am	Examination tests (practical)
11.45am	Demonstration of complete examination and development of treatment programme
12.30pm	Lunch
1.30pm	Participants practice complete exam and develop a treatment programme (practical)
2.30pm	Movement Impairment Syndromes: Hip
3.15pm	Break
3.30pm	Movement Impairment Syndromes: Knee
4.00pm	Participants practice complete exam and develop a treatment programme (practical)
5.00pm	Close