

HOW TO MAKE YOUR MANUAL SKILLS REALLY COUNT: A ONE DAY WORKSHOP ON THE EFFECTIVE USE OF MANUAL TECHNIQUES FOR **LUMBAR SPINE DYSFUNCTION**

Tutor: Alison Middleditch MCSP MMACP

Alison is a Practice Principal at the Surrey Physiotherapy Clinic. She qualified from Kings College Hospital in 1977 and became a member of the MACP in 1981 and is both Tutor and Examiner for MACP. Held a five year Research Post at Bioengineering Department University College, London and co-author of Functional Anatomy of the Spine.

Publications

Functional Anatomy of the Spine, 2nd Edition (2005) Elsevier

Chapter in: Hypermobility Syndrome (2003) Keer and Grahame, Butterworth Heinemann

Articles in Physiotherapy and In Touch. LECTURED extensively both nationally and internationally

Lecture at The World Congress of Physiotherapy 1991

Guest Lecturer at The Manipulation Association of Chartered Physiotherapists Annual Conference; 1990 and 1994 Guest Lecturer at the OCPPP (Organisation of Chartered Physiotherapist in Private Practice) on three occasions

Aims:

1. To review anatomy and biomechanics of the lumbar spine to enable appropriate use of manual techniques.
2. To enable participants to use advanced handling skills in the examination of lumbar spine dysfunction.
3. To discuss the evidence base for the use of manual techniques in the management of low back pain.
4. To demonstrate how manual techniques can be refined to improve efficacy.
5. To allow participants to practice a wide range of manual techniques under close supervision and to discuss the evidence base for each technique.
6. To assist in problem solving so that the participant can select the appropriate manual treatment for each individual patient.

Venue: **Physiotherapy Department**
 Wigan Health Centre
 2nd Floor
 Boston House
 Frog Lane
 Wigan
 WN6 7LB

Date: **SATURDAY 5th JUNE 2010**

Attached: **Programme/ Application Form/Directions**

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WIGAN HEALTH CENTRE FROG LANE WIGAN
SATURDAY 5TH JUNE 2010**

PROGRAMME

8.45am	Registration
9.00am	Lecture Anatomy and biomechanics of the lumbar spine Normal and abnormal movements in the lumbar spine Articular tropism and its relevance to pathology The role of the disc in lumbar spine disorders
10.00am	Practical Posture and functional assessment Refining manual skills for examining the lumbar spine Understanding your examination findings
10.30am	Coffee
10.50am	Practical Examination techniques Soft tissue palpation in the lumbar spine - erector spinae, thoracolumbar fascia, quadratus lumborum, multifidus, erector spinae aponeurosis Soft tissue techniques for the lumbar spine Soft tissue stretches
1.00 pm	Lunch
1.15pm	Practical Bony palpation Refining manual techniques to improve efficacy in the lumbar spine Using combined movements and accessory movements together Using techniques to compliment joint biomechanics Lumbar spine Grade V techniques – are they appropriate? Functional rehabilitation for the lumbar spine Rehabilitation to compliment your manual techniques Problem solving Fitting treatment selection to signs and symptoms Contraindications to manual treatments Integrating manual treatment with other forms of management
4:00pm	Finish

DIRECTIONS TO WIGAN HEALTH CENTRE – BOSTON HOUSE

Physiotherapy Department is situated on the 2nd Floor.

The Health Centre entrance is signposted Manor Pharmacy. Out of hours the entrance to department is by the Pharmacy through gates.

Click on this link to find us on Google Maps - <http://www.wigan.gov.uk/>

Parking

There is plenty of free parking.

Refreshments

Although refreshments are provided by ourselves lunch is not included. No restaurant on site. We recommend that you bring your own lunch or there is café closeby where you can buy sandwiches.



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SATURDAY 5TH JUNE 2010

APPLICATION FORM

Name:

(Please print name as you wish it to be shown on your certificate)

Address for correspondence:

Contact Nos Home :
Work :
Mobile :

E-mail Address:

Place of work :

Grade :

Area of work :

Apply to : Irene Wellman, Welbeing CPD, North View
Church Road, Bulphan, RM14 3RU
Tel: **08453 70 22 70** or e-mail: enquiries@welbeing-cpd.co.uk

Fee : **£117.50 per delegate one day**
Please make cheques payable to **Welbeing CPD Limited**
Places guaranteed on receipt of payment
Stage payments welcome on application
Credit/Debit Card Payments welcome – Online or Phone
www.welbeing-cpd.co.uk



Fee includes : Refreshments
 Course notes
 Signed certificates towards CPD

Cancellation Policy In the event of an applicant cancellation, a refund will not be possible unless the course organiser is able to find a replacement. If a replacement is found, a charge of £60 .00 will be made for administration costs.