

# Peripheral Manual Therapy

## ADDITIONAL INFORMATION:

### **Skills and techniques**

Evidence based practice is a strong theme of the course. Participants are guided through a logical approach underscored by a process of sound clinical reasoning in the evaluation of the patients presenting condition. Participants are taught skills and techniques that enhance efficient and effective physical examination of a wide range of clinical presentations.

Classification of peripheral joint pain syndromes is an important aspect of this course. The syllabus will encompass evidence-based examination procedures required to determine various types of sub-classifications of pain disorders. For example, neural pain disorders can be classified according into three categories comprising neuropathic pain sensory hypersensitivity, compressive neuropathy, and peripheral nerve sensitization. This information is very important as it drives treatment choices and is important for identification of patients suitable for neural tissue mobilization techniques. There has growing been understanding of the mechanism underlying acute and chronic pain, particularly the importance of considering pain within a biopsychosocial framework.

### **Articular disorders**

As part of the assessment of the joint system we aim to teach a range of testing procedures relevant to articular function and movement. Identification of joint hypo/hypermobility is one aspect in identifying patients likely to respond to manual mobilization. Joints with impaired movement can be safely treated with a range of mobilization techniques including mobilization with movement.

### **Exercise**

Specific & non-specific exercise for rehabilitation is an important aspect of the programme. The presenter will cover exercise prescription for management of spinal and peripheral joint disorders.

### **Muscle dysfunction and motor control**

An emphasis of this course is a functional approach to the assessment of the muscle control system and muscle impairments. There is ample evidence to suggest that only a small proportion of patient have instability or that motor control impairment is a significant issue requiring training. Determining which patients require rehabilitation of motor control is an important part of this course. A systematic functional approach to the management of patients with muscle dysfunction and motor control impairment will be taught.