

## **Advanced Spinal Manipulation Basic Course**

This course will introduce participants to Minimal Lever Mid Range Manipulation techniques theoretically and practically applied to the three main regions of the spine and sacro-iliac joints. Relevant and up to date research will be incorporated to support different and new ideas, handout material, computer generated images, presentation slides and video material will help further enhance knowledge and understanding.

Participants will learn about the basic foundation concepts of handling, operator posture, use of body movement, stance and they will understand the importance of what makes Minimal Lever Mid range Manipulation so interesting, safe, comfortable, efficient and effective. Practical exercises as well as theory discussion will further develop their ideas and comprehension.

Practical sessions will consist of computer images of techniques which will also be demonstrated with explanation and justification for each aspect of the technique. Techniques will be broken down and rebuilt introducing participants to each part of the technique slowly building easy sections into the total manipulation. This will be applied to the Lumbar, Thoracic, Cervical spines and the Sacro-iliac joints with table tutoring to all participants, as much as each individual requires it. There will be exercises separated away from the manipulation to practice skills required for the total manipulation, in particular the impulse movements so that this can be rehearsed away from patients, safely and carefully.

At the end of the three days participants will have a sound knowledge of this style of manipulation to the main regions of the spine and the basic knowledge and skills to start using in clinical practice. There will be time set aside to consider red flags, differential diagnosis and indications for manipulation during the course.