**Title:** Mechanisms and Clinical Effects of Orthopaedic Manual Therapy: Understanding and Application Based on Evidence

**Course Purpose:** The program is designed to review the (specific effects) associated with thrust and non-thrust manipulation as well as the clinical outcomes associated with the approach as a treatment. The course is 65% lab-based and 35% lecture-based. In addition, common thrust and non-thrust techniques will be used in a laboratory format for application skills. Topics discussed will include:

1. What influences outcomes (e.g., natural history, non-specific and specific effects)
2. Specific mechanisms associated with thrust and non-thrust manipulation;
3. The theory of specificity;
4. Whether one form of manual therapy leads to improved mechanisms or clinical effects;
5. How to “present” a manual therapy to a patient;
6. The overall clinical effects associated with thrust and non-thrust manipulation

**Objectives:** At the end of this course, participants will:

1. Understand the peer-reviewed literature on manual therapy mechanisms
2. Synthesize the clinically-oriented evidence on thrust and non-thrust manipulation
3. Apply common manual therapy techniques in a laboratory setting
4. Recognize the gaps in the literature for thrust and non-thrust manipulation

**Instructor Bio:** Professor Chad Cook is a clinical researcher, physical therapist, and profession advocate with a history of clinical care excellence and service. His passions include refining and improving the patient examination process and validating tools used in day-to-day physical therapist practice. He has authored or co-authored three textbooks, including the influential Orthopedic Physical Examination Tests: An Evidence-Based Approach, and has published over 310 peer-reviewed manuscripts, including approximately 50 studies on manual therapy. He lectures internationally on orthopedic examination, manual therapy, and treatment and is currently the Director of Research Facilitation at the Department of Orthopaedics and the Director of the Center for Excellence in Manual and Manipulative Therapy at Duke University in the United States.

**Course Schedule**:

*Day One*

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| --- | --- | --- |
| Time | Activity | Lab or Lecture |
| 8:00-8:30 | Sign in | NA |
| 8:30-10:00 | Clinical Research Evidence | Lecture |
| 10:00-10:20 | Break | NA |
| 10:20-12:30 | Specificity, determining responders, red flags, and philosophical issues | Lecture |
| 12:30-1:30 | Lunch | NA |
| 1:30-3:30 | Techniques for the neck and thoracic region | Lab |
| 3:30-3:50 | Break |  |
| 3:50-5:00 | Techniques for the neck, thoracic, and shoulder | Lab |
| 5:00-5:30 | Summary of material for the day | Discussion |

*Day Two*

|  |  |  |
| --- | --- | --- |
| Time | Activity | Lab or Lecture |
| 8:00-8:30 | Sign in | NA |
| 8:30-10:00 | Manual therapy mechanisms | Lecture |
| 10:00-10:20 | Break | NA |
| 10:20-12:30 | Techniques for the shoulder | Lab |
| 12:30-1:30 | Lunch | NA |
| 1:30-3:30 | Techniques for the shoulder, elbow, wrist and hand | Lab |
| 3:30-3:50 | Break | NA |
| 3:50-5:00 | Techniques for the elbow, wrist and hand | Lab |
| 5:00-5:30 | Summary of material for the day | Discussion |

*Day Three*

|  |  |  |
| --- | --- | --- |
| Time | Activity | Lab or Lecture |
| 8:00-8:30 | Sign in | NA |
| 8:30-10:00 | Techniques for the low back, hip, and sacroiliac region | Lecture |
| 10:00-10:20 | Break | NA |
| 10:20-12:30 | Techniques for the low back, hip, and sacroiliac region | Lab |
| 12:30-1:30 | Lunch | NA |
| 1:30-3:30 | Techniques for the knee and ankle-foot | Lab |
| 3:30-3:50 | Break | NA |
| 3:50-5:00 | Techniques for the knee and ankle-foot | Lab |
| 5:00-5:30 | Summary of material for the day | Discussion |