

SEMINAR SERIES PRESENTED BY



MID-ATLANTIC MANUAL THERAPY CONSULTANTS



PHYSICAL THERAPY CONTINUED EDUCATION
COURSE DESCRIPTIONS,
OBJECTIVES AND SCHEDULES

DATE

JAN. 30-31
FEB. 20-21
MARCH 20-21

SPEAKERS

JEFF ROGERS JR.
PT, DPT, FAAOMPT

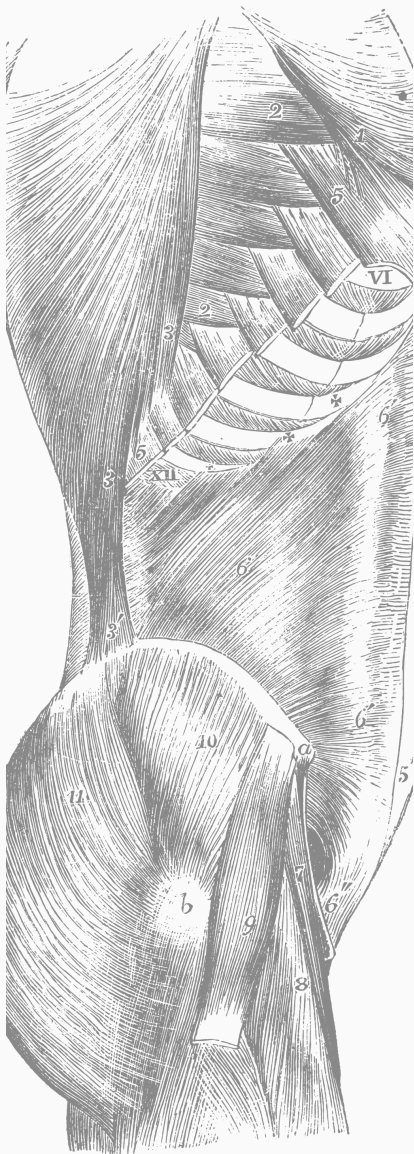
ALESSANDRO ANTONINI
PT, DPT, CIMT, FAAOMPT

HVLA OF THE SPINE, EXTREMITIES & RIBS

COURSE DESCRIPTION

This multi-topic, 2 weekend long, cumulative seminar series includes >80% hands-on lab and <20% didactic components. It will be presented in a condensed format, whereby all the content that normally takes 3 weekends will be taught in 2. Extensive lab practice time is dedicated to learning HVLA mobilizations, which is the primary focus of the course, as well as appropriate examination techniques relevant to the mobilizations taught. There is also a review of current evidence and a live case study (2nd weekend). Some bonus/advanced techniques will also be taught, which are not otherwise offered in the stand-alone courses.

In addition, supplemental video content for this course featuring most/all mobilization techniques taught is also included. This course series will be submitted for approval in PA and NJ for 27 contact hours (and 6.0 direct access renewal hours- PA only).



COURSE OBJECTIVES

- The participant will identify the history of thrust mobilization, current APTA policy, differences with non-thrust techniques, and the evidence available for techniques taught.
- The participant will identify specific differential diagnoses that would lead to precautions and contraindications of HVLA techniques.
- The participant will demonstrate subjective history questions that would indicate the potential for differential diagnoses that would contraindicate HVLA.
- The participant will identify clinical presentations, such as specific dysfunctions/pathologies, and when to apply the HVLA techniques.
- The participant will demonstrate how to appropriately perform HVLA techniques on a lab partner, for multiple spinal joint regions (Cervical, Thoracic, Lumbar, SIJ/Pelvis).
- The participant will demonstrate how to appropriately perform HVLA techniques on a lab partner, for multiple extremity joint complexes (Shoulder, Elbow, Wrist/Hand, Hip, Knee, Ankle/Foot).

COURSE SCHEDULE

Seminar Series:
HVLA of the Spine, Extremities & Ribs

WEEKEND 1

DAY 1 – SATURDAY

7:30 - 8:00	Registration
8:00 - 10:30	Course series intro, basic principles, Hx of manipulation, current APTA policy, clinical prediction rules (brief overview of this concept), indications/contraindications, pt selection including use of outcome measures and/or FABQ, safety issues
10:30 - 10:45	Break
10:45 - 12:15	Techniques: VBI/upper cervical stability testing, thoracic, rib and cervical mobility testing
12:15 - 1:00	Lunch - on your own
1:00 - 2:20	Techniques: Thoracic Spine and Ribs
2:20 - 2:35	Break
2:35 - 4:00	Techniques: CTJ and Cervical Spine
4:00 - 5:00	Techniques: Hip, Knee

DAY 2 – SUNDAY

8:00 - 10:00	Review of day 1 techniques
10:00 - 10:15	Break
10:15 - 12:00	Techniques: Ankle, Foot, Shoulder
12:00 - 12:15	Break
12:15 - 2:00	Techniques: Shoulder, Elbow, Wrist/Hand

COURSE SCHEDULE

continued...

Seminar Series:
HVLA of the Spine, Extremities & Ribs

WEEKEND 2

DAY 1 – SATURDAY

7:45 - 8:00	Registration/Welcome Back!
8:00 - 10:00	Review of weekend 1 techniques: Cervical, Thoracic, Ribs, UE/LE
10:00 - 10:15	Break
10:15 - 11:15	Review of weekend 1 techniques: remainder of UE/LE
11:15 - 12:15	Techniques: SIJ and Lumbar mobility testing
12:15 - 1:00	Lunch - on your own
1:00 - 2:20	Techniques: SIJ/Pelvis
2:20 - 2:35	Break
2:35 - 4:00	Techniques: Lumbar Spine
4:00 - 5:00	Live Patient Case Study

DAY 2 – SUNDAY

8:00 - 10:00	Review of day 1 Lumbar and SIJ/Pelvis techniques
10:00 - 10:15	Break
10:15 - 12:00	Advanced Cervical and CTJ techniques/General review
12:00 - 12:15	Break
12:15 - 2:00	Live Patient and/or Written Case Studies

NEURODYNAMICS: EXAMINATION & MOBILIZATION TECHNIQUES

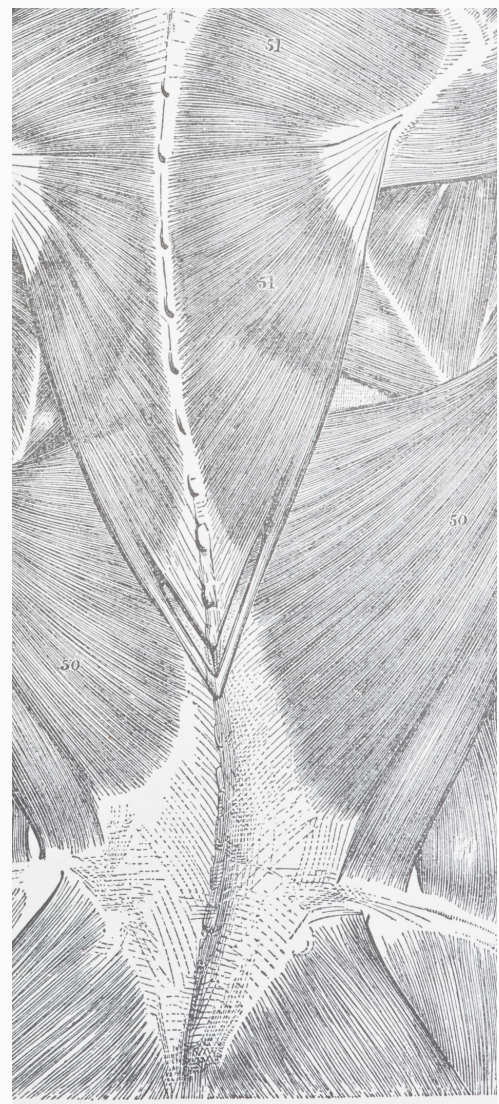
COURSE DESCRIPTION

This 2 day seminar includes ~60% hands-on lab and ~40% didactic components. The content incorporates and highlights the works of: David Butler, Mark Butler, Jack Stagge, Robert Elvey, and others. From there, examination and treatment approaches are taught combining components of their content into a user-friendly, test re-test approach to neurodynamics.

There is extensive lab practice time dedicated to learning specific examination and mobilization techniques, and adjunctive treatments, along with a review of current evidence and live case studies. In addition, supplemental video content for this course featuring all techniques taught is also included.

COURSE OBJECTIVES

- The participant will discuss the history and evolution of neurodynamics, the anatomy and pathophysiology of the peripheral nervous system.
- The participant will identify safety issues, indications, and contraindications for the application of neurodynamic testing and mobilization.
- The participant will identify specific differential diagnoses that would clinically present as neural compression vs. irritation.
- The participant will demonstrate proper subjective and objective examination techniques that would indicate the presence of peripheral neuropathic dysfunction.
- The participant will demonstrate how to perform neural tension testing for the upper and lower quarter.
- The participant will demonstrate how to perform multiple neural mobilization techniques for the upper and lower quarter in order to properly treat peripheral neural dysfunctions.



COURSE SCHEDULE

Seminar Series:
Neurodynamics: Examination &
Mobilization Techniques

DAY 1 – SATURDAY

7:30 - 8:00	Registration
8:00 - 10:00	History of neurodynamics, review of anatomy/physiology, indications/contraindications, differential diagnosis and clinical signs/symptoms
10:00 - 10:15	Break
10:15 - 12:00	Lab- "The Duck" examination
12:00 - 1:00	Lunch - on your own
1:00 - 2:20	Lab – nerve palpation of the lower quarter, demonstrate and practice lower extremity neural tension testing
2:20 - 2:35	Break
2:35 - 4:00	Lab – nerve palpation of the upper quarter demonstrate and practice ULTT's
4:00 - 5:00	Introduction to treatment concepts

DAY 2 – SUNDAY

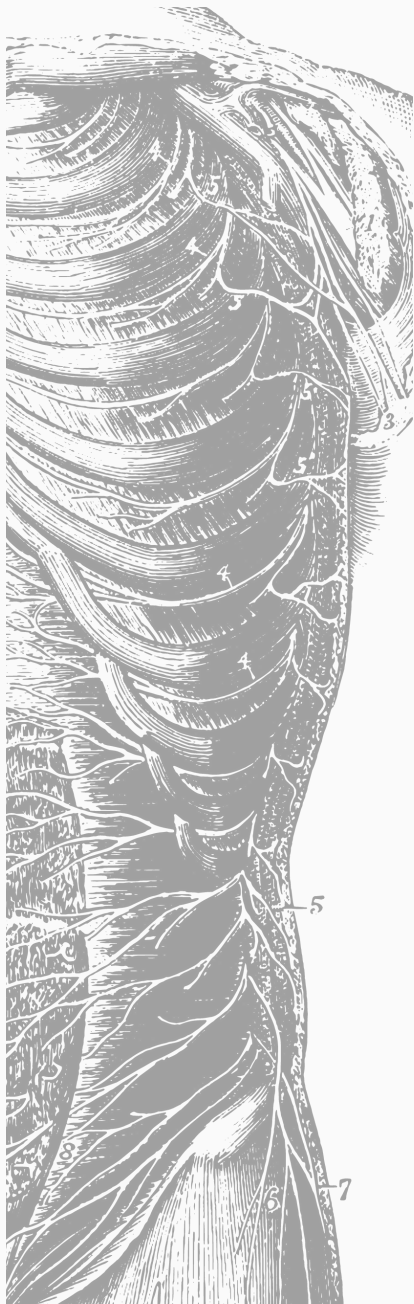
8:00 - 10:30	Lab – demonstrate and perform neural mobilization including central gliders (LE and UE), sliders and tensioners
10:30 - 10:45	Break
10:45 - 12:15	Home Exercise Program, adjunctive treatment techniques
12:15 - 1:00	Q & A, Review, Case Studies

CERTIFIED MANUAL AND NEURODYNAMIC THERAPIST (CMNT)

COURSE DESCRIPTION

This certification course is available to anyone having completed both the Comprehensive HVLA Mobilizations Course (Full Spine, SIJ, Extremities), AND the Neurodynamics: Examination & Mobilization Techniques Course. This is a unique certification, in that it combines both HVLA mobilizations and neurodynamic examination and treatment skills, setting the therapist apart from their peers.

Using a 1-day format, the course consists of: a formal review session of many techniques taught in preceding courses, an Objective Structured Clinical Exam (OSCE), and a written exam. In order to obtain the "Certified Manipulative and Neurodynamic Therapist (CMNT)" distinction, both the OSCE and written exam have to be passed with a minimum score of 80% per component. OSCE consists of live exam, with 2 examiners present, on a partner. The written exam consists of 60 questions.



COURSE OBJECTIVES

- The participant will demonstrate proficiency, via written testing, of the following: history of thrust mobilization, current APTA policy, differences with non-thrust techniques, specific differential diagnoses, indications/precautions/contraindications for HVLA techniques, the anatomy and pathophysiology of the peripheral nervous system, safety issues/indications/contraindications for the application of neurodynamic testing and mobilization, and identify specific differential diagnoses that would clinically present as neural compression vs. irritation.
- The participant will identify clinical presentations, such as specific dysfunctions/pathologies, and when to apply the HVLA techniques.
- The participant will demonstrate proficiency, at a $\geq 80\%$ level with performing HVLA techniques on a partner, for multiple spinal joint regions (Cervical, Thoracic, Lumbar, SIJ/Pelvis).
- The participant will demonstrate proficiency, at a $\geq 80\%$ level with performing HVLA techniques on a partner, for multiple extremity joint complexes (Shoulder, Elbow, Wrist/Hand, Hip, Knee, Ankle/Foot).
- The participant will demonstrate proficiency, at a $\geq 80\%$ level, how to perform neural tension testing for the upper and lower quarter.
- The participant will demonstrate proficiency, at a $\geq 80\%$ level, how to perform neural mobilization techniques for the upper and lower quarter in order to properly treat peripheral neural dysfunctions.

COURSE SCHEDULE

Seminar Series:
Certified Manual and
Neurodynamic Therapist (CMNT)

DAY 1 – SATURDAY

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|--------------|--|
| 7:30- 8:00 | Registration |
| 8:00- 10:30 | General Review of HVLA Mobilization Techniques and Neurodynamic Techniques |
| 10:30- 10:45 | Break |
| 10:45- 12:00 | Written Exam/OSCE |
| 12:00- 5:00 | OSCE (continued) |

FREQUENTLY ASKED QUESTIONS



WHY ARE THERE 3 COURSES?

This is a certification series with a written and practical exam. The courses build on one another. This is not just your run of the mill weekend con ed course.

HOW MUCH DOES THE COURSE COST?

The total cost is \$1100 for all 3 courses. If you chose to do the 4th-weekend one-day certification exam, the total cost is \$1350.

WHERE WILL THE COURSE BE HELD?

1245 South Cedar Crest Blvd, Suite 205 Allentown, PA 18103
(Right across the street from Lehigh Valley Hospital)

WHAT ARE THE DATES AGAIN?

Jan. 30-31
Feb. 20-21
March 20-21

HOW MANY ARE ATTENDING THE CLASS?

There is a max of 18 students allowed due to covid restrictions.
8 were already taken before we even sent this out.

HOW DO I GET A SEAT?

Use the QR code at the top of the page or go to www.RobbinsPTwest.com/class to register.
If you are selected, we will notify you.

CAN PTAS DO THE CERTIFICATION?

No. They can however do the neurodynamics course. The cost is \$350

WHAT IS THE DATE FOR THE CERTIFICATION EXAM?

This will be determined during the 3rd class based on availability and best dates for all attendees.