

# MANUAL CONCEPTS

## EDUCATION FOR HEALTH PROFESSIONALS

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### Manual therapy for the peripheral joints

#### Course Content

The course will cover the anatomical and functional basis to the evaluation of pain disorders of the peripheral joints. Of special interest will be clinical practice, emphasizing clinical examination, evaluation, interpretation, differential diagnosis and treatment.

This course will be conducted in lecture, tutorial and workshop format for the clinician or academic who is interested in manual therapy, manual medicine or musculoskeletal medicine. It is anticipated that the course content will be suitable to individuals who are seeking new knowledge, to individuals seeking to expand their knowledge and to those individuals seeking the stimulation of clinical interaction. Whilst the course will be presented at a high level this should not be seen as a barrier to participation for those with little or with no previous experience in this special area. As a result of attending the course it is anticipated that participants will gain personal satisfaction as in a variety of ways that will enhance their individual requirements. There are therefore no pre-requisites for participation

1. Relevant anatomy, pathoanatomy, and biomechanics of the peripheral joints.
2. Regional assessment of the shoulder, elbow, wrist and hand, hip, knee, ankle, and foot
  - Analyse posture types and the relationship of posture type to normal movement and specific dysfunction
  - Movement analysis and how this relates to specific dysfunction
  - Clinical pattern recognition
  - Clinical reasoning
  - Physical examination procedures aimed at the joint, neural and muscle systems
  - Use of case histories, written and role-play
  - Technique demonstration with closely supervised practical sessions
  - Clinical technique application
3. Development of appropriate diagnostic specific treatment strategies and appropriate treatment technique application

#### Course Philosophy

This manual therapy programme is aimed at merging the examination of the joint, muscle/fascial and neural systems into an integrated wholistic examination procedure. We place strong emphasis on teaching clinicians the ability to perform an accurate and specific manual therapy examination.

The examination and treatment approach is eclectic, based on a range of different concepts and ideas.

#### Joint System

As part of the assessment of the joint system we aim to teach a range of passive motion testing procedures. Comprehensive assessment of the articular system is an important step in identifying patients likely to respond to manual mobilization. Joints with impaired movement can be treated with a range of mobilization techniques including mobilization with movement, which will be taught during the course.

#### Neural System

Neural tissue dysfunction is an important aspect of the physical examination. A comprehensive overview of neural tissue pain disorders is presented before assessment procedures and differential diagnosis for 3 types of neural dysfunction, neuropathic pain with sensory hypersensitivity, peripheral nerve sensitization and compressive neuropathy. Assessment to distinguish these problems will be demonstrated and practiced. The clinical relevance of distinguishing these different types of disorders will be presented, particularly in relation to management. Common peripheral neural disorders such as carpal tunnel syndrome, tarsal tunnel syndrome, supinator tunnel syndrome, piriformis syndrome etc will be addressed during the course.

## **Muscle/fascial/tendon System**

An emphasis of this programme is a functional approach to the assessment of the muscle control system. A systematic graded, functional approach to the management of patients with motor control impairment will be taught, and consistent with the approach taken with the spinal manual therapy course. Consideration of tendinopathy and its management will be presented.

A core principle of the programme is the ongoing analysis of the examination findings from the subjective and physical examination procedures. To ascertain an appropriate manual therapy diagnosis critical analysis is developed through clinical reasoning applied to specific case studies.

This programme does not provide the participants with a recipe approach to treatment. Students will be able to develop through sound methodology, appropriate treatment strategies with logical progression over time.

## **Aims**

At the completion of the 10-day program the participants will:

- Be proficient in applying peripheral joint, neural and muscle examination procedures
- Be proficient in determining a differential diagnosis based on an integrated examination of the joint, muscle, tendon/fascial and neural systems
- Be able to formulate the most appropriate and effective treatment program suitable for the assessed condition
- Be proficient in applying an appropriate manual therapy treatment strategy incorporating manual treatment techniques and specific exercise

## **Participants**

There is no pre-requisite in terms of manual therapy experience. The programme offers a high level of information and clinical expertise, providing all participants regardless of previous clinical experience and knowledge with a stimulating learning environment. Previous programme participants have recommended Manual Concepts courses. They have reported excellent feedback in terms of material content, presenters' knowledge, and practical supervision.

## **Presenters**

Toby Hall and Kim Robinson are Specialist Musculoskeletal Physiotherapists, both are internationally respected teachers of manual therapy. Toby and Kim were accepted into the Australian College of Physiotherapists in 2007, the highest level of professional recognition in Australia. Toby and Kim are partly based at Curtin University, Perth Western Australia, where they hold the positions of Adjunct Senior Teaching Fellows. Toby and Kim have many years experience of teaching manual therapy at a postgraduate level, lecturing in many countries on aspects of manual therapy. Toby is the author of a new book on the evidence base for the Mulligan Concept (published in 2011). Both Kim and Toby have written a range of book chapters and published many articles in relation to researching the evidence base of Manual Therapy. Further details of his publications and teaching experience can be seen on Manual Concepts website.

Chris Perkins is a highly respected Specialist Sports Physiotherapist, also a member of the Australian College of Physiotherapists. He works at the highest levels of sports physiotherapy, working for the West Coast Eagles Football club in Perth. He also works closely with Peter O'Sullivan. He has a special interest in hip and groin injuries and has taught extensively on this topic in Australia.

Martin Rabey is a Specialist Musculoskeletal Physiotherapist and a McConnell instructor. He has taught extensively on the McConnell Concept, in the UK and Australia. He is currently lecturing and completing his PhD at Curtin University.

Evan Coopes is a lecturer in Musculoskeletal physiotherapy at Curtin University. He has a special interest in the foot and ankle and has taught extensively on this subject at a postgraduate and undergraduate level.

Associate Professor Di Hopper is a long-standing lecturer in sports physiotherapy at Curtin University. She has a special interest in soft tissue injuries and their management, working with athletes up to an Olympic level. She has developed, researched and published a model of management for muscle injuries. She will present this model during the course.

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