



## **NZMPA Weekends 2008**

### **College Accredited Membership Courses (CAMC)**

**Thinking of upgrading your musculoskeletal skills or maybe even considering a pathway to College membership? These are the courses for you!!**

The NZ Manipulative Physiotherapy Association (NZMPA) is a special interest group of the NZ Society of Physiotherapists (NZSP). Our role is to provide ongoing education in musculoskeletal physiotherapy to an internationally recognised level. The NZMPA runs a series of weekend based courses targeting those physiotherapists who may be recently qualified, or those who have been in practice for a while who need to increase their diagnostic and management skills over a wide range of musculoskeletal conditions. The courses consist of an upper and lower quartile component and run approximately every 8-10 weeks, over 2 years. All the courses are accredited with the NZ College of Physiotherapy. In 2002 we introduced a research component to enhance the pathway to Member of the College status, and assignments and an exam will be available in 2008.

### **FORMAT OF THE WEEKENDS**

#### **Upper Quartile Weekends - Auckland and Wellington**

The upper quartile weekends will provide an integrated approach to the management and treatment of the cervical spine and upper limb.

The following areas will be covered:

#### **Weekend One and Two:**

- Cervical Spine: Assessment of cervical spine joints from C0- T4. This will follow the eclectic approach, which includes the osteopathic model along with Mulligan, Maitland and stabilisation concepts to name a few. These have all been used on the Dip. MT course over the last 10 years. Techniques such as cradle hold and chin hold will be covered. The most recent changes to reduce the stress on the spine will be taught. These will be incorporated with the latest information on aspects of safety including the VBI protocol and ligament stability testing.
- The most recent research information on these topics will be presented.
- Mobilisation will be progressed over the weekend to high velocity thrust work and taught in conjunction with clinical application.
- Clinical reasoning with relation to such conditions as cervical headache, whiplash and degenerative conditions of the cervical spine will be covered.
- Neurodynamic testing of the upper limb will be included with differential diagnosis of the neck, shoulder and arm pain.
- Shoulder management will include mobilisation to the shoulder joint for hypomobile conditions e.g. frozen shoulder including Mulligan type mobilisations. Diagnosis and management of Impingement and shoulder instabilities will be covered.

## **Weekend Three and Four:**

- Assessment, management and treatment of the elbow wrist and hand, in particular will be covered.
- Further refinement of the techniques taught on the previous weekends will also be included in the weekends with further supervision of high velocity thrust in all areas of the cervical and upper thoracic spine.
- In depth analysis of the assessment procedures for the upper quartile will be covered and this will be related to clinical reasoning and pattern recognition.
- Case presentations and group discussions will be an integral part of the weekends such that all components of management of the upper quartile are drawn together. Part of weekend four will now include lectures and discussions on how to analyse and understand the research literature. This is extremely important as we are constantly being asked to provide **evidence based practice**.

## **Lower Quartile Weekends - Christchurch**

There are 4 weekends on the Lumbar Spine and Lower Quartile, covering:

- Lumbar Spine, Pelvis and Hip. The assessment of these areas will be covered in detail. This will include active passive and accessory movements. Management of clinical syndromes such as acute disc lesions, lumbar and pelvic instability, movement dysfunctions of the hip including OA and persistent pelvic and groin pain will be covered. Mulligan techniques will be integrated into the programme.
- Progressions of mobilisation techniques to high velocity thrust will be included in the lumbar spine and pelvis and continued through to all the other weekends to ensure consistency. The above treatment techniques will also be progressed up to the thoracic spine including the rib cage.
- Management of thoracic conditions such as T4 syndrome, the osteoporotic female and Scheurmans disease will be included.
- Knee assessment and management of common knee injuries. This will include differential diagnosis of ligament and meniscal tissues. Management programmes following ACL rupture and repair will be evaluated using the most up to date research.
- Clinical reasoning, case presentations and when possible actual assessments of patients with relevant conditions will be included for all of the above conditions.
- Current concepts with regard to exercise prescription will be explored and presented. In weekend two of the lower quartile course one day is specifically focused on exercise physiology, prescription and rehab.
- Ankle and foot: Assessment and management of common foot and ankle disorders, including the current models of podiatry assessment for foot disorders, will be critiqued.
- Management of Chronic Achilles tendinosis and ankle instability including the latest exercise regimes for this condition will be included.
- Clinical reasoning and case presentations will draw together all the syndromes covered in the previous weekends.
- In depth analysis of participants assessment techniques will also be covered.
- Revision of previous techniques taught

**For further information please contact the NZMPA office - see details on our letterhead**

**Register early to secure your place!**

**Please note that payment is not due until 6 week's prior to each course.**