



### Course Investment

The course investment is \$400.00 per weekend with a 5% discount if all courses are paid for at the beginning of each year and \$250 for standalone courses.

A hard copy of the course manual is distributed at the start of the year with the course notes distributed at each course at a once-off

fee of \$100.00 per year in addition to the electronic documents distributed by Drop Box.

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### Terms and Conditions

- Attendance is limited to paid-up members of the NZMPA and PNZ who hold an Annual Practicing Certificate (APC).
- The introduction weekend **MUST** be attended to continue with subsequent courses or standalone courses.
- A number of courses can be done on a standalone basis, but attendance is dependent on attending the introduction weekend or previous course completers.
- The COMT will only be awarded on completion of the 9 courses.
- Course fees are payable before courses are attended.
- If a course is cancelled by the participant, fees will be refunded but a \$50.00 administration fee will be levied.
- The dates stated and schedule are provisional. A minimum of 20 for each venue must be confirmed for the course to take place.
- Register by returning the attached registration form to the NZMPA.
- A registration fee of \$50 will be charged on confirmation of registration. This will be deducted from the fee for final course registered for. If such course is cancelled, this amount will be forfeited.
- Course fees include a brown bag ( sandwich, cookie and fruit)

## REGISTRATION FORM 2019

Name	
Postal Address	
Cell	
Email	
NZMPA #	
PNZ#	
APC#	

### CERVICAL SPINE AND UPPER QUARTILE

Introduction	Auckland – 9&10/2/2019 Wellington – 23&24/2/2019
Cervical Spine	Auckland – 9&10/3/2019
Shoulder	Auckland – 4&5/5/2019
Elbow, Hand MSK	Auckland – 3&4/8/2019
HVT and Review	Auckland – 19&20/10/2019

### LUMBAR SPINE AND LOWER QUARTILE

Hip and Knee	Auckland – 6&7/4/2019 Wellington – 11&12/5/2019
Diagnosis and Management of LBP (Part I)	Auckland – 27&28/7/2019 Wellington – 10&11/8/2019
Diagnosis and Management of LBP (Part II)	Auckland – 24&25/8/2019 Wellington – 14&15/9/2019
Ankle, Foot and Review	Auckland – 9&10/11/2019 Wellington – 23&24/11/2019
COMT Update	Auckland – 30/3/2019 Christchurch – 19/10/2019

I would like to pay upfront to get 5% discount

Special Dietary Requirements eg vegan:



# NZMPA Certificate in Orthopaedic Manual Therapy (COMT)



## Certificate in Orthopaedic Manual Therapy (COMT)

Welcome to the NZMPA Certificate in Orthopaedic Manual Therapy (COMT). This programme provides an opportunity for physiotherapists to undertake a comprehensive, post-graduate level course that will enhance their ability to diagnose and manage patients with disorders of the musculoskeletal system. Content is delivered over a series of weekends starting with an introductory course that is a pre-requisite to attending any of the other component weekends. As detailed below, this introductory weekend sets the scene for the remainder of the programme by ensuring that participants have a firm understanding of key knowledge and principles that relate to all of the other weekends.

The remainder of the programme is made up of weekend courses which focus on the different body regions, with a consistent format of discussion of theoretical underpinnings, contemporary evidence-based principles, pragmatic clinical practice and practical demonstration and learning. The strong foundations of manual and manipulative therapy that NZMPA is renowned for, are inherent to this new programme.

To attain the certificate, all components of the programme must be completed. Ideally, weekends should be attended in the order presented as knowledge and skills covered in early weekends is built upon over subsequent weekends.

Provided the introductory weekend has been attended, some components of the programme can be completed as 'stand-alone'

### INTRODUCTION

#### Weekend One – Introduction

*This weekend is a pre-requisite course in order to complete the COMT.*

Day 1: Advancing the Understanding of Manual Therapy and Musculoskeletal Physiotherapy Concepts - This day introduces the NZMPA Certificate in OMT, contextualises the philosophy of the programme and discusses its position within musculoskeletal physiotherapy education on national and international level. This first day delivers content that forms the very underpinning of best practice as a considered clinician including clinical reasoning and diagnostics and how these are influenced by factors such as diagnostic accuracy.

Day 2: Exercise Testing and Prescription - This day covers the scientific basis and principles of exercise testing and prescription. It will evaluate current best practice, drawing on relevant contemporary literature to analyse underpinning neurological, musculoskeletal and systemic pathophysiology, exercise testing strategies and exercise prescription. There will be a strong clinical focus to this day.

### CERVICAL SPINE AND UPPER QUARTILE

#### Weekend Two - The Cervical Spine

*This weekend is a pre-requisite course for Weekend Five.*

Weekend Two focuses on assessment and management of the cervical and thoracic spine. It begins with a review of anatomy and biomechanics of these regions and then progresses logically from examination through to treatment. The clinical application of knowledge, assessment and treatment techniques are discussed throughout the weekend and reinforced by relevant case studies. Key pathologies are covered.

#### Weekend Three - The Shoulder

*This weekend is a 'stand-alone' course \* which can be taken separate to the COMT.*

This weekend covers the assessment and management of shoulder pain. It includes screening for 'Red Flag' pathology and the place of medical imaging for the shoulder. An overview of the anatomy and biomechanics of the shoulder and scapulothoracic joint is presented. Current understandings on key pathologies and the 'state of the art' regarding diagnostic tests for shoulder pathologies are presented. The weekend is structured around the assessment, differential diagnosis and management of the various causes of shoulder hypermobility, hypomobility and 'impingement'.

#### Weekend Four - Assessment and Treatment of Peripheral Nervous System. Elbow, Wrist and Hand

*Each day of this weekend represents a 'stand-alone' course.*

Day 1: Peripheral Nervous System and Neurodynamics - The first day of this weekend will concentrate on the assessment and management of disorders of the peripheral nervous system (PNS).

Relevant biomechanics and functional anatomy of the PNS will be discussed and will include relevant neurodynamic concepts associated to this

Day 2: Elbow, Wrist and Hand - This second day concentrates on the distal upper limb, from the elbow to the wrist and hand. Theoretical concepts of functional anatomy and biomechanics of the distal upper limb will be covered.

#### Weekend Five - Cervical HVT and Upper Quartile Revision

*Weekend Two is a pre-requisite for this course.*

Day 1: Cervical and Cervico-thoracic HVT - This weekend builds on Weekend Two. The theme of assessment and management will be extended from the cervical spine into the cervico-thoracic junction with the focus to extend the student's skills from mobilisation of the cervical, cervico-thoracic and thoracic regions through to high-velocity thrust (HVT). Case studies will be used to assist clinical reasoning processes for conditions that would be amenable to HVT.

Day 2: Upper Quartile Revision - The second day will provide reflection on the learning acquired throughout the cervical spine and upper quartile programme. Participants will be encouraged to bring relevant case studies along for discussion and analysis.

### LUMBAR SPINE AND LOWER QUARTILE

#### Weekend Six - The Hip and Knee

*Each day of this weekend represents a 'stand-alone' course"*

Day 1: The Hip - This day covers the assessment and management of hip pain. It includes screening for 'Red Flag' pathology, radiological imaging for the hip and identification of dysplastic hips (including FAI & CAM lesions). Current understandings on pathologies such as labral tears, greater trochanteric pain, 'piriformis' syndrome and osteochondral lesion. The 'state of the art' regarding diagnostic tests for hip pathologies are presented

Day 2: The Knee - This day covers the assessment and management for disorders of the knee. Theoretical concepts regarding the biomechanics and functional anatomy of the knee will be covered, along with discussion of the relevance to the entire lower limb kinetic chain. Current evidence-based guidelines for the clinical management of knee disorders will be covered. This day also covers practical skills regarding assessment and treatment for the knee.

#### Weekend Seven - Diagnosis and Management of Low-Back Pain (Part I)

*This weekend is a pre-requisite course for Weekend Eight.*

This weekend introduces a diagnostic and management algorithm that is based on both expert opinion and current research evidence. It provides a reasoned approach to identifying and managing the cause of, and contributing factors to, LBP. Information is presented in a manner that facilitates the synthesis and integration of key components of popular treatment approaches including, McKenzie, Mulligan, Maitland, Sahrman, McGill and O'Sullivan.

#### Weekend Eight - Diagnosis and Management of Low-Back Pain (Part II)

*Weekend Seven is a pre-requisite for this course.*

This weekend completes the presentation and application of the lumbar algorithm introduced Weekend Seven. The weekend includes assessment and management of disorders of movement of the lumbar spine and pelvis (including 'instability' and the role of abdominal & trunk muscles). Factors that influence LBP such as neural sensitisation, pain behaviors (e.g. fear covered through the lumbar spine component of the programme).

#### Weekend Nine - Ankle, Foot and Achilles and Lower Quartile Revision

*The first day of this weekend represents a 'stand-alone' course \* which can be taken separate to the COMT.*

Day 1: The Ankle, Foot and Achilles - The first day of this weekend is dedicated to the ankle and foot. Theoretical concepts regarding the biomechanics and functional anatomy of the ankle/foot will be covered, along with discussion of the relevance to the entire lower limb kinetic chain. The relevant clinical presentations which are commonly associated with the ankle and foot will be discussed (in particular Achilles tendinopathy, ankle/foot ligament injury and stress fracture) within a clinical reasoning framework to aid differential diagnosis.

Day 2: Lower Quartile Revision - The second day will provide a day for reflection on the learning acquired throughout the lumbo-sacral spine and lower quartile programme. Participants will be encouraged to bring relevant case studies along for discussion and analysis during this day. A formative group 'quiz' will enable participants to gauge their learning through the programme. This day will also include specific revision of lumbar and SIJ manual therapy techniques.

#### - HVT and Review Weekend

*Weekend Ten is a standalone upgrade course in addition to the COMT.*

Cervical Manipulation is a restricted activity with the HPCA, to be performed only by Physiotherapists, Medical Doctors, Chiropractors and Osteopaths. A second component of the HPCA is the requirement to maintain your competence in these areas. Weekend 10 of the COMT Programme is designed to allow participants to further advance their skills in the area of HVT to the neck but also other spinal and peripheral joints. Whilst there has been revision in the other weekends of these techniques, this weekend allows the participants to peak their knowledge and skills. This weekend can be taken at the conclusion of the other 9 weekends or a standalone for previous Dip MT, PGD and COMT course members.

This course should ideally be done every few years to remain up to date.

Please Note the Course Venues 2019:  
Auckland – AUT, Northcote, Auckland  
Wellington – Wellington Hospital, Wellington City