

**O M P T**  
ORTHOPAEDIC MANUAL PHYSICAL THERAPY  
Long-Term Course 2009 – 2010

Calendar and Topic Outline

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**Scientific Basis / Principles of Orthopaedic Manual Physical Therapy**

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August 25 (\*5:15 PM) Introduction, overview, course objectives  
Principles of Clinical Reasoning

August 26  
(Wednesday) **Connective tissue:**  
Structure & Function  
Inflammation/Repair-Healing  
Effects of Immobilization  
Effects of Early Motion

August 29  
(Saturday) AM  
9 am – 4 pm **Synovial Joint Tissues:**  
Structure – Function  
Soft tissue Exploration (lab)  
Kinematics of Synovial Joints  
*LUNCH (12 – 1)*  
PM Pathology of Synovial Joint Tissues  
Joint Play (lab)  
Pain Science

September 1 Principles of Patient Interview (lab)  
Planning the Physical Examination

September 8 Concepts of Selective Tension (Cyriax)  
Practice lab  
Principles of Passive Motion Assessment

September 15 **Treatment Principles:**  
Soft Tissue Mob. / Deep Friction Massage  
Muscle Stretching

September 22 Treatment Principles (cont)  
Joint Mobilization:  
Clinical Reasoning  
Review / Discussion  
Case Study

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**SPINE UNIT (lumbar, thoracic, cervical, upper cervical)**

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September 29		Functional Anatomy of the Spine (overview) Pathology/Pathokinesiology of the Spine Observation/ROM/ Over-pressures (Cervical & Upper Cervical)
October 3		Neurological Testing (UMN/LMN)
<b>*(Saturday)</b>	<b>AM</b>	Upper & Lower Quadrant
		Cervical & Upper Cervical: Surface Palpation Lab
	<b>PM</b>	Pathology / Pathokinesiology of the Cervical & Upper Cervical Spine
October 6		Segmental Movement Testing Cervical (PAIVM / PPIVM)
October 13		Segmental Movement Testing Upper Cervical (PAIVM / PPIVM)
October 20		Principles of Neurodynamic Testing Neurodynamic Lab (Upper & Lower Quadrant)
October 27		Pattern Recognition (Cervical & Upper Cervical) Cervical Headache vs. Migraine Evidence Based Practice Review of Literature ( Cervical & Upper
Cervical)		
October 31	<b>AM</b>	Functional Anatomy of Thoracic Spine Thoracic & Lumbar Spine: Surface Palpation Lab Pathology / Pathokinesiology of the Thoracic & Lumbar Spine
<b>*(Saturday)</b>	<b>PM</b>	Observation / ROM / Over-pressures : Thoracic & Lumbar Spine
November 3		Segmental Movement Tests lab Thoracic & Lumbar (PAIVM/PPIVM)
November 10		Principles of Extension vs Flexion – Concepts of Exam/Rx Clinical Reasoning Lecture & Lab
November 17		Pattern Recognition (Thoracic & Lumbar) Evidence Based Practice Review of Literature (Thoracic & Lumbar) Discussion / Lab
November 24		Screening Examination UE/LE Role playing – pt. examination
December 1		Treatment Principles Lab: manual traction foraminal opening

December 5	<b>AM</b>	Treatment Lumbar Spine Role play / case studies
<b>*Saturday</b>	<b>PM</b>	Treatment Thoracic Spine Role play / case studies
December 8		Treatment Cervical Spine Role play / case studies
December 15		Treatment Upper Cervical Spine Role Play / case studies

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**PELVIS / LOWER EXTREMITY**

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January 5		Normal Gait Mechanics Movement Observation
January 9	<b>AM</b>	Functional Anatomy Hip & Pelvis Palpation
<b>(Saturday)</b>	<b>PM</b>	Common Hip Pathologies Examination of the Hip Accessory Tests / Special Tests
January 12		Pathology / Pathomechanics of the Pelvis Examination of the Pelvis Accessory tests
January 19		Pelvis – Special Tests Evidence Based Practice Literature Review (Hip & Pelvis) Coccyx – Examination & Treatment
January 26		Treatment Hip & Pelvis Case studies: muscle stretching Soft tissue Neurodynamics
&		
February 2		Joint technique
February 6	<b>AM</b>	Functional Anatomy of the Knee Palpation
<b>(Saturday)</b>		Pathology / Pathomechanics of the Knee
	<b>PM</b>	Examination of the Knee Accessory Tests / Special Tests Evidence Based Practice Literature Review
February 9		Treatment of the Knee Case studies

February 16		Functional Anatomy of the Patello-femoral region Examination of the P-F joint
February 22		Evidence Based Practice Literature Review Treatment of the P-F joint
February 27	<b>AM</b>	Functional Anatomy of the Foot/Ankle Palpation Review Gait Kinematics
<b>(Saturday)</b>	<b>PM</b>	Pathology/Pathomechanics of the Foot/Ankle Examination of the Foot/Ankle Accessory testing
March 2		Accessory testing (cont.) Evidence Based Practice Literature Review Double Crush Phenomenon
March 9		Treatment of the Foot / ankle Case studies: STM Neurodynamics Joint technique

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### UPPER EXTREMITY

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March 16		Functional Anatomy of Shoulder Girdle Surface Palpation Lab Pathology/Pathomechanics – Shoulder
March 23		Selective Tension Examination Passive Accessory Testing
March 30		Differential diagnosis: Cervical vs Shoulder Special tests ; Evidence Based Practice Literature Review  Neurodynamics UE (review)
April 6		Treatment: soft tissue, muscle stretching review passive techniques Case study – discussion

April 10    **AM**        Functional Anatomy of Elbow-Forearm  
                                 Pathology/Pathomechanics of Elbow  
                                 Surface Palpation Lab

**Saturday**

**PM**        Selective Tension Examination  
                                 Passive Accessory Tests  
                                 Special Tests; Evidence Based Practice Literature Review

April 13                                    Treatment: soft tissue, muscle stretching  
    Case Study – discussion

May 8

**AM**        Functional Anatomy of the Hand  
                                 Surface Palpation Lab  
    Pathology/Pathomechanics of the Hand

**Saturday**

**PM**        Selective Tension Examination  
                                 Passive Accessory Testing / Special Tests  
                                 Treatment:

**Orthopedic PT Resident – Additional Saturday Schedule**

September 12

October 17

November 14/15                      Mobilization of the Nervous System – Level 1

January 23

February 13

March 13

April 3

May 1

June 5

July 17

**Orthopedic PT Resident – Evidence Based Literature Review/Presentation – Wednesday 6-9PM**

September 16

October 7

November 11

December 9

January 13

February 10

March 10

April 7

May 12

June 9

July 14

