

McKenzie Institute USA OMPT Fellowship Program
THRUST MANIPULATION COURSE

Course Description:

This lecture and laboratory course is designed to teach the theory, rationale, and evidence supporting spinal and extremity joint manipulation. The course is designed to enhance psychomotor skill in utilizing mobilization and manipulation for the management of musculoskeletal disorders. The main focus of the program will be on determining the indications and contraindications of applying the techniques to assure both safety and treatment effectiveness. The areas emphasized will be based on evidence from recent clinical trials using manipulation to treat the spine and extremity joints.

Course Objectives: The student will be able to:

- 1) Describe the current evidence supporting the use of manual physical therapy interventions.
- 2) Describe the Guide definitions of terms associated with manual therapy interventions.
- 3) Describe and demonstrate safety procedures associated with adverse outcomes resulting from manual physical therapy application.
- 4) Analyze the signs and symptoms which determine the appropriateness of manual physical therapy intervention.
- 5) Demonstrate competence in performing and interpreting the examination techniques (including but not limited to joint accessory motion examination) which determine that manual physical therapy interventions are indicated.
- 6) Demonstrate grade 1-5 thrust and non-thrust manipulation on simulated patients.
- 7) Demonstrate competence in both the technical application and interpretation of response to physical therapy interventions utilized in the management of musculoskeletal disorders.
- 8) Make appropriate adjustments in application of manual therapy (e.g., grade, depth, frequency, duration) and patient positioning in response to simulated patient changes during therapy.
- 9) Discuss the indications for various types of manipulative treatments for the spine and extremity joints, not limited to manipulation.
- 10) Interpret responses to treatment and make appropriate recommendations for modification.

Hours: 45 hours including pre-course readings and post-course assignments.

Required Texts/Media:

- **Required:**
 1. Cook CE. Orthopedic Manual Therapy An Evidence Based Approach, Upper Saddle River, NJ: Pearson Prentice Hall; 2007.
- **Recommended:**
 1. Levangie PK, Norkin CC. Joint Structure & Function, 4th ed., Philadelphia: F.A. Davis Co.; 2005.
 2. Magee DJ. Orthopaedic Physical Assessment, 5th ed., St. Louis: Saunders;2008.

Required Readings

1. Childs J, Fritz JM, Piva SR, et al. Clinical decision making in the identification of patients likely to benefit from spinal manipulation: a traditional versus an evidence-approach. Orthop Sports Phys Ther. 2003;33:259-272.
 2. Flynn T, Friz J, Whitman J, et al. A clinical prediction rule for classifying patients with low back pain who demonstrate short-term improvement with spinal manipulation. Spine 2002;27:2835-2843.
 3. Flynn TW, Fritz JM, Wainner RS, et al. The audible pop is not necessary for successful spinal high-velocity thrust manipulation in individuals with low back pain. Arch Phys Med & Rehab 2003;84:1057-106.
- Additional current readings and references will be provided prior to the course.
 - CDs and a manual of selected techniques will also be provided to the students to enhance self-assessment and skill development.