



ORTHOPEADIC MANUAL THERAPY ACADEMY  
(OMTA)

# **International Integrated Orthopaedic Manual Therapy Program- IOMPT**

February 2019

Cairo- Egypt

13th February 2019

Approaching movement health of the neck  
Considering the shoulder  
Practical Master Class

9:00 am- 4:30 pm

By  
Beate Stindt

This masterclass will follow on from the earlier lecture in exploring the influence of the shoulder girdle on movement efficiency of the neck. Cognitive movement control assessments will be used to evaluate coordination efficiency of the neck, particularly into rotation. These findings will then guide the clinician in designing individualised retraining programs. This practical workshop will give the participants clinical tools for immediate use in the clinic.

## Objectives

- To become familiar with cognitive movement control assessments to identify impairment of the neck, with a specific emphasis on cervical asymmetries.
- To be able to clinically reason how these results fit with the patient's presentation and goals through the use of case studies
- Design & implement an individual retraining programme to change the mechanism of impairment
- Gain practical skills in movement assessment and retraining based on a clinical reasoning process which the delegate will be able to use immediately in their clinic



ORTHOPEADIC MANUAL THERAPY ACADEMY  
(OMTA)

14th February 2019

Orthopaedic Manual Therapy Assessment and Management for  
the Cervical Spine

1-Day Practical Course

By

Wendy Scholten-Peeters, Peter Goossens & Jan Pool

Part 1

'Safe manual therapy practice in the cervical spine: a practical  
workshop to improve diagnostic and therapeutic skills'

9:00 am -1:00 pm

## Objectives

Upon completion of this session, participants will be able to:

- Apply knowledge to reduce the probability of CAD in individual patients with neck pain
- Practice the clinical examination
- Practice safe cervical spine manipulation techniques



# ORTHOPEADIC MANUAL THERAPY ACADEMY (OMTA)

## Part 2

### Clinical Reasoning in Neck Pain Patients

1:30 am-5:30 pm

Neck pain is a common musculoskeletal disorder. The main feature of neck pain is pain in the cervical region which is often accompanied by other complaints as restriction of the range of motion and/or functional limitations. Often the neck pain is precipitated or aggravated by neck movements or sustained positions. Besides pain and stiffness, headache, brachialgia, dizziness and other signs and symptoms may be present. There is no conclusive evidence regarding specific pathology in the majority of cases for acute or chronic neck pain. The pain can originate from many structures in the cervical region. Consequently, most cases are labelled as non-specific neck pain or neck pain of unknown origin. In this course, neck pain is defined as pain and disability in the cervical region, with or without radiating symptoms in the arms or head.

The assessment and the treatment of neck pain patients are still a challenge. Despite new information and reviews on all kind of topics concerning neck pain hard evidence is scarce. Still best evidence based practice, which includes clinical expertise, is of utmost importance.

In this masterclass two aspects will be discussed. Firstly the latest evidence in assessment and treatment of the cervical spine. Starting with a critically discussion on anatomy and biomechanics of the cervical spine, the clinimetric properties of diagnostic tools, such as the validity, reproducibility and responsiveness, will be discussed in order to create a core set of instruments.

Furthermore, the use of classification system. To achieve more substantial results of treatment, matching groups of patients with the most appropriate treatment for their profile, i.e. stratified care, good be of great importance.



ORTHOPEADIC MANUAL THERAPY ACADEMY  
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15th February 2019

Recognising Red Flags:  
Serious pathology masquerading as musculoskeletal conditions.

4:15-7:15 pm

3-Hour Master Class  
By  
Laura Finucane

- Serious pathology can mimic musculoskeletal conditions and can respond to physical therapy which makes it challenging for clinicians to identify. Recognising serious pathology early is critical as this will aid better outcomes for patients.
- Using a series of case studies and practical examination the master class will;
- Examine which pathologies can mimic musculoskeletal conditions.
- Increase the awareness of non - musculoskeletal causes of pain.
- Consider what questions will help to determine the cause of symptoms.
- Review which tests or further investigations should be used to help in diagnosis.



# ORTHOPEADIC MANUAL THERAPY ACADEMY (OMTA)

## 16-17th February 2019

Orthopaedic Manual Therapy Assessment and Management for  
the Thoracic & Lumbar Spine  
1-Day Practical Course

By  
Per kjaer & Paul Minteken

Part 1-16<sup>th</sup> February 2019

An integrative approach to assessment and management of back  
pain

4:30 pm -7:30 pm

In this workshop, Per Kjaer discusses the need for a change to the current paradigm in the management of people with back pain from a merely biomedical, to a more integrative perspective, where psychosocial factors are actively included. The transition of the role of the manual therapist as a provider of passive treatment to become a facilitator of an active treatment approach that includes pain management strategies and exercise to promote self-management is also discussed. Simple clinical tools will be presented to include psychosocial factors in the assessment, as well as tools to promote self-management for the patient. The teaching format will be lectures, group discussions and case-based learning.

### Objectives

The participants expand their knowledge about new theories and integrative approaches to the management of people with back pain as well as simple tools to start developing their own skills towards integrating the elements of a biopsychosocial model of care.



# ORTHOPEADIC MANUAL THERAPY ACADEMY (OMTA)

Part 2-17<sup>th</sup> February 2019

**Lumbar Manipulation: Interventions You Should Be Using!**

9:00 am-4:00 pm

There is growing evidence to support the use of high velocity manipulation to provide pain relief as well as an improved level of function for individuals with low back pain. In this masterclass we will review the evidence supporting the use of high velocity lumbar manipulation for musculoskeletal disorders. In the laboratory session, we will review indications and contraindications for high velocity manipulation and demonstrate a core set of lumbopelvic manipulative techniques supported by research. Participants will then have time to practice and refine these techniques with the guidance of the presenter.

## Objectives

Upon completion of this session, participants will be able to:

- Describe the current best evidence for the implementation of spinal manipulation in the treatment of low back pain.
- Recognize the indications, contraindications, and precautions for lumbar spinal manipulation.
- Demonstrate a working knowledge in the choice of manipulative procedures in an evidence-based, multi-model approach to low back pain.
- Perform proper technique with evidence-based lumbar manipulations.



ORTHOPEADIC MANUAL THERAPY ACADEMY  
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18th February 2019

Sub-classification Based Profiling : The importance of Motor  
Imagery and Neurological Factors

9:00-4:00 pm

1-Day Practical Course

By  
Sean Gibbons

Objectives

After the workshop the participant will be able to:

- Critique the four current evidence based sub-classification categories
- Consider the characteristics of Movement as a key subgroup
- Debate the limitations of the current models of Movement Dysfunction
- Accept that a subgroup exists - Neurological factors - in which they cannot learn to change their motor control based on current strategies
- Value the importance of Motor Imagery Skill across all sub-classifications





# ORTHOPEADIC MANUAL THERAPY ACADEMY (OMTA)

## **Who can attend?**

Physiotherapists and medical doctors

## **Program Fee**

### **National Registration**

Early Bird Registration (First 20 Seats)

Students	4500 LE
OMTA Members & Congress Attendees	4900 LE
Other Attendees	5500 LE

Normal Registration

Students	5000 LE
OMTA Members & Congress Attendees	5300 LE
Other Attendees	6000 LE

### **International Registration**

Early Bird Registration (First 20 Seats)

Students	350 \$
OMTA Members & Congress Attendees	400 \$
Other Attendees	450 \$

Normal Registration

Students	400 \$
OMTA Members & Congress Attendees	450 \$
Other Attendees	500 \$