

**Manual Therapy of the Upper and Lower Extremities Including High
Velocity/ Low Amplitude Thrust Techniques**

Friday, November 1, 2019

Friday, November 1, 4:30 pm Registration, Program time 5:00pm-9:00pm

Saturday, November 2, 2019

Saturday, November 2, 7:30 am Registration, Program time 8:00am-5:00pm

Stockton University Main Campus HSC-301

FRIDAY

5:00 pm: Upper Extremity Anatomy Review (120 minutes)

1. Anatomy of the Shoulder Girdle/Joints
2. Anatomy of the elbow joint
3. Anatomy of the wrist joint

7:00pm: (break) (15 minutes)

7:15pm: Lower Extremity Anatomy Review (105 minutes)

1. Anatomy of the Hip Joint
2. Anatomy of the Knee Joint
3. Anatomy of the Foot/Ankle Joint

SATURDAY

8:00 am: Upper Extremity Joints

1. Biomechanics and functional limitations of the shoulder joints
 - a. Joints **(45 minutes)**
 - i. SCJ
 - ii. ACJ
 - iii. STJ
 - iv. GHJ
 - v. Scapular mechanics
 - b. Manual Therapy Gr 1-5 of the SCJ/ACJ/STJ/GHJ to restore functional biomechanics **(30 minutes)**
2. Biomechanics and functional limitations of the elbow joints
 - a. Joints **(30 minutes)**
 - i. Proximal Radioulnar Joint
 - ii. Ulnohumeral Joint
 - iii. Radiohumeral Joint

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- iv. Distal Radioulnar joint
- b. Manual therapy Gr 1-5 of the proximal RUJ, UHJ, RHJ, distal RUJ to restore functional biomechanics **(30 minutes)**

10:15 am (break) (15 minutes)

10:30 am

- 3. Biomechanics and functional limitations of the wrist joints
 - a. Joints **(30 minutes)**
 - i. Distal RUJ
 - ii. RCJ
 - iii. Intercarpal joints
 - b. Manual therapy Gr1-5 of the distal RUJ, RCJ, intercarpal joints to restore functional biomechanics **(30 minutes)**

11:30 am Lunch (60 minutes)

12:30 pm afternoon: lower extremity Joints

- 4. Biomechanics and functional limitations of the hip joint
 - a. Joints **(15 minutes)**
 - i. CFJ
 - b. Manual therapy Gr 1-5 of the CFJ to restore functional biomechanics **(30 minutes)**
- 5. Biomechanics and functional limitations of the knee joints
 - a. Joints **(45 minute)**
 - i. TFJ
 - ii. PFJ
 - iii. Proximal tib fib

2:00 pm BREAK (15 minutes)

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2:15 pm

- b. Manual Therapy Gr 1-5 of the TFJ, PFJ, prox tib fib joint to restore functional biomechanics (45 minutes)**
- 6. Biomechanics and functional limitations of the foot and ankle joints**
 - a. Joints (45 minutes)**
 - i. TCJ
 - ii. STJ
 - iii. Midfoot
 - b. Manual therapy Gr 1-5 of the TCJ, STJ, midfoot to restore functional biomechanics (45 minutes)**

4:30 pm Summary (15 min)

4:45 pm Course evaluations and distribution of course certificates (15 minutes)

Contact Hours

Lecture Discussion

There will be three 15-minute breaks and 1-hour meal during the course

Total contact hours=13 hours/780 min

Breaks, non instructional=2 hours/120 min

Instructional time=11 hours/660 min