

November 5, 2019

## EM120: Maitland Concept Level 1



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Pt, MSc, OMPT, IMTA®  
Teacher

The **Maitland Concept®** is based on a detailed assessment of neuro-musculoskeletal disorders; the continuous evaluation process allows the operator to always be in control of the result of the applied techniques. Besides joints and muscular bands, the **Maitland Concept®** also gives importance to all the aspects concerning the functionality of the peripheral and central nervous system. These considerations based on the **latest neurobiological and neurodynamical knowledges** included in a **biopsychosocial model**, make this method one of the **most advanced concept**.

The total time spent between teacher-student-patients is 160 hours.

Theory: 37 hours, practice: 105 hours, examination and treatment of the patient by the participants: 11 hours, demonstrations with the patient by the teacher: 7 hours.

**THEORY:** Introduction to the 4-hour Maitland Concept, 3-hour movement diagram, general subjective examination, lumbar, cervical, thoracic, sacro-iliac, temporomandibular, shoulder, elbow, wrist and hand complex, hip, knee and foot complex 13 hours, general physical examination 1 hour, annotations 2 hours, instability against hypermobility 2 hours, spinal traction 1 hour, osteoarthritis and pathologies from overuse 2 hours, aspects for the home program 1 hour, selection of techniques 4 hours, evaluation aspects and 4 hours revaluation.

**PRACTICE:** Procedures for the objective examination: 35 hours for musculoskeletal examination of the rachis excluding the combined movements and the differentiation of the functional demonstration, 37 hours for the peripheral joints excluding the differentiation of the functional demonstration. Treatment procedures including treatment progression:

1. vertebral - treatment techniques with intervertebral accessory movements, spinal traction, cervical rotation, cervical lateroflexion, lumbar rotation, sacroiliac (15 hours).
2. peripheral joints with accessory and physiological movements used in degrees and in different positions physiological according to teaching techniques (16 hours).
3. home program (2 hours).



25 Seats



€2,400.00



160 Hours



50+50 ECM

## INTENDED FOR

Doctors and  
Physiotherapists

## PAYMENTS

Deposit €700.00 + VAT  
22% (€854.00) within 7  
days from the  
registration

2<sup>nd</sup> deposit €600.00 +  
VAT 22% (€732.00) by  
date August 30, 2019

3<sup>rd</sup> deposit €600.00 +  
VAT 22% (€732.00) by  
date October 30, 2019

Balance €500.00 + VAT  
22% (€610.00) by date  
January 22, 2020

**Total: €2,400.00 +**  
VAT 22% (**€2,928.00**)

## CALENDAR

I Week: 6-10 November  
2019 II Week: 29 January -  
2 February 2020 III Week:  
13-17 June 2020; IV Week:  
12-16 September 2020

## LANGUAGE

Italian

## SCHEDULE

The total time spent between teacher-student-patients is 160 hours.

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overuse 2 hours, aspects for the home program 1 hour, selection of techniques 4 hours, evaluation aspects and 4 hours reevaluation.

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2. peripheral joints with accessory and physiological movements used in degrees and in different positions physiological according to teaching techniques (16 hours).
3. home program (2 hours).

## DETAIL OF THE FIRST WEEK

### First Day

08.30 Registration for participants

09.00 Objectives of the course

10.00 Introduction to the Maitland concept

11.00 Palpatory anatomy

12.00 Introduction to the principles of the C / O (Subjective examination)

13.00 Lunch break

14.00 Lumbar subjective examination (C / O Lx) and principles of subjective examination

15.00 Degree of movement

16.00 Practice lumbar accessory movements

17.00 Principles of physical examination

18.30 Conclusion of works

### Second Day

08.30 P / E LX: Lumbar physical examination, Inspection and active movements

09.00 Registration of physical examination data

10.00 Neurological examination

11.00 Theory of neurodynamics

12.00 Practice Neurodynamics: SLR, PNF, PKB, Slump

13.00 Lunch break

14.00 Lumbar palpation

15.00 PAIVMs: passive intervertebral accessory movements

16.00 Practice degrees of movement

17.00 Introduction of the movement diagram

18.30 Conclusion of works

### Third day

08.30 Lumbar physical examination: self-treatment and patient education

09.00 Anca subjective examination

10.00 Anca physical examination

11.00 Inspection, active movements, tests if necessary

12.00 Introduction of hip treatment

13.00 Lunch break

14.00 Physical passive movements of the hip

15.00 Passive movements of hip accessories

16.00 Continuation of the movement diagram

17.00 Hip treatment progression

18.30 Conclusion of works

### Fourth Day

08.30 Continuation of the Anca

09.00 Cervical subjective examination (C / O Cx)

10.00 Continuation of the principles of subjective examination

11.00 Planning of the cervical physical examination

12.00 Introduction of cervical physical examination

13.00 Lunch break

14.00 Treatment of a patient by the teacher in a collective session

15.00 Introduction to Clinical Reasoning

16.00 Continuation of Cervical physical examination: inspection, functional demonstration and differentiation

17.00 Cervical active movements and tests if necessary

18.30 Conclusion of works

### Fifth Day

08.30 Cervical physical examination

09.00 Neurological examination

10.00 Neurodynamics: ULNT1 (neurodynamic test for the upper limb 1)

11.00 Cervical palpation 12.00 Introduction of cervical accessory movements

13.00 Lunch break 14.00 PAIVMs C2-C7 cervical accessory movements C2-C7

15.00 Cervical treatment

16.00 ECM practice test

17.30 Last questions and conclusion of the course

### **SECOND WEEK**

- Review of the concept, clinical reasoning
- C / O of the shoulder complex
- P / E of the shoulder complex, inspection, functional demonstration, active movements
- P / E of the shoulder complex, passive movements, movement diagram, "Quadrant" and "Locking" of the shoulder
- Gleno-humeral accessory movements, acromion-humeral, acromioclavicular, scapulothoracic, 1st rib
- Progression of Rx to the shoulder, self-treatment of the shoulder
- Differentiation of the upper cervical and antero-posterior movements of the Cx
- Passive physiological intervertebral movements (PPIVM`s) Lx
- Lumbar rotation, lumbar traction
- PPIVM`s cervical (Cx8 Cx2-Cx7 and Cx7-Tx4); Rx Lateroflexion and Cx rotation; Cervical self-treatment
- C / O cage Toracica (Tx)
- P / E Tx, functional demonstration inspection, active movements, neurological and Neurodynamic examination, palpation and accessory movements, self-treatment Tx

- Examination and treatment of patients by the participants with supervision of the teacher (from the 3rd to the 5th day)
- Complete the clinical reasoning forms THIRD WEEK \_ C / O sacro-iliac articulation (ASI)
- P / E ASI - Introduction to pain mechanisms
- RxASI
- Revisions Shoulder, Quadrant, accessory movements
- C / O knee and P / E knee
- RX knee - C / O and P / E Foot
- Rx Foot
- Demonstration of an exam and treatment to the patient by the teacher of the course
- Examination and treatment of patients by the participants with supervision of the teacher (from the 2nd to the 5th day)
- Complete the clinical reasoning form FOURTH WEEK - C / O, P / E and Elbow Rx
- The role of the Maitland concept in medicine and rehabilitation
- Practical work on various differentiations
- C / O temporomandibular joint (ATM) \_P / EeRxATM
- Vertebral column reviews - Revisions of the Cx and PPIVM`s Occ-Cx2
- C / O and P / E elbow
- Elbow Rx - C / OeP / Emano
- Rx hand
- Demonstration of an exam and treatment to the patient by the teacher of the course
- Examination and treatment of patients by the participants with supervision of the teacher (from the 2nd to the 5th day)
- Complete the clinical reasoning form Evaluation of learning

### **THIRD WEEK**

- C / O sacro-iliac articulation (ASI)
- P / E ASI
- Introduction to pain mechanisms

- RxASI - Revisions Shoulder, Quadrant, accessory movements
- C / O knee and P / E knee
- RX knee
- C / O and P / E Foot
- Rx Foot
- Demonstration of an exam and treatment to the patient by the teacher of the course
- Examination and treatment of patients by the participants with supervision of the teacher (from the 2nd to the 5th day)
- Complete the clinical reasoning form

#### **FOURTH WEEK**

- C / O, P / E and Elbow Rx
- The role of the Maitland concept in medicine and rehabilitation
- Practical work on various differentiations
- C / O temporomandibular joint (ATM)
- P / EeRxATM
- Vertebral column reviews
- Revisions of the Cx and PPIVM's Occ-Cx2
- C / O and P / E elbow
- Elbow Rx
- C / OeP / Emano
- Rx hand
- Demonstration of an exam and treatment to the patient by the teacher of the course
- Examination and treatment of patients by the participants with supervision of the teacher (from the 2nd to the 5th day)
- Complete the clinical reasoning form
- Evaluation of learning