

September 2, 2020

## EM136: Maitland® Concept Level 2A



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Teacher



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Pt, MSc, OMPT, IMTA®  
Teacher

### Course aims:

Educate physiotherapists to the use of problem-solving and to treat patients with neuromusculoskeletal disorders being based on the **Maitland Concept®** Principles.

At the end of this course the participant will understand and will be able to explain and to apply the elements of the **Maitland Concept®**, in particular on the following topics:

- Specific details of the **Maitland Concept®**
- Differentiation test including the "functional demonstration": specific test for: spinal cord (Lx), shoulder, elbow, hand, foot, knee.
- Technical skills, evaluation and treatment of neurodynamical problems.
- Use of compression and its applications for intra-articular problems
- Biomechanics of the spine
- Evaluation and treatment of lumbar and cervical spine by the use of combined movement.
- Lumbar syndromes.
- T4 syndrome.
- Knee front pain.
- Cervicogenic headache.
- Revision, deepening of the practice of all the joints complex.

During the course there will be a demonstration of a therapy session on a patient performed by a teacher.

The participants will treat patients under supervision.


**32 Seats**

**€2,135.00**

**80 Hours**

**50 + 50 ECM**
**INTENDED FOR**

Doctors and  
Physiotherapists who  
have passed level 1

**PAYMENTS**

Deposit €732.00 within 7  
days from the  
registration

2<sup>nd</sup> deposit €732.00 by  
date March 26, 2020

Balance €671.00 by date  
August 26, 2020

**Total: €2,135.00**

**CALENDAR**

I Week: 02 - 06  
September 2020 II Week:  
II Sett: 21 - 25 July 2021

**LANGUAGE**

Italian

*Official IMTA Course reserved to Doctors and Physiotherapists who have passed level 1*

## SCHEDULE

### Day 1

9-10.30 course objectives, review of the Maitland concept

10.45-12.30 review and analysis of the Lumbar Physical Exam with differentiation and functional demonstration

13.30- 15.30 patient demonstration

15.45-18 review and deepening SLR, SLUMP, PKB slump

18-19 practice

### Day 2

8.30-9 preparation of patients

9-10.30 first group of patients (second practical group)

10.30-12 second group of patients (first practical group)

12-12.30 practice

13.30-15.30 re-evaluation and treatment of a patient

15.45-17 review of the palpation of the column and accessory movements  
17-19 anatomy and biomechanics of the nervous system

### **Day 3**

8.30-9 preparation of patients  
9-10 first group pt  
10-11 second group pt  
11.30-12.30 ULNT1 and 2a tests  
13.30-14.30 re-evaluation and treatment of the patient  
14.30-15.30 ULnt2b and 3  
15.45-17 selection of treatment techniques for intra-articular disorders  
17-18 techniques on the teacher with feedback  
18-19 PPIVMs Cx Occ-C2

### **Day 4**

8.30-9 preparation of patients  
9-10 first group pt  
10-11 second group pt  
11.30-12.30 principles of patodynamic treatment  
13.30-14.30 re-evaluation and demonstration treatment of the patient  
14.30-15.30 palpation of peripheral nerves  
15.45-17 patoneurodynamic treatment techniques  
17-18 techniques on the teacher with feedback  
18-19 review of Cx FL and Rot treatment

### **Day 5**

8.30-9 preparation of patients  
9-10 first group pt  
10-11 second group pt  
11-12.30 combined movements, including column biomechanics  
13 end of the first week

### **Day 6**

9-10 lumbar syndromes of discogenic vs facet  
10.15-11.45 review of lumbar PPIVMs and lumbar rotation including localization  
11.45-12.30 Syndrome T4 ppivms Tx, Pa Thrust  
13.30-15.30 patient demonstration  
15.45-18 differentiation and functional demonstration of the elbow  
18-19 practice session

### **Day 7**

8.30-9 preparation of patients  
9-10.30 first group pt  
10.30-12 second group pt  
12-12.30 reflection on the practice  
13.30-14.30 re-evaluation and treatment of patient demonstration  
14.30-15.30 differentiation and progression of shoulder treatment

15.45-18 differentiation and progression of knee treatment

**Day 8**

8.30-9 preparation pt

9-10 first group pt

10-11 second group pt

11.30-12.30 Acute cervical block

13.30-14.30 re-evaluation and demonstration treatment of the patient

14.30-15.30 PPIVMs Cx

15.45-18 differentiation and functional demonstration of the foot and ankle

**Day 9**

8.30-9 preparation of the pt

9-10 first group of the pt

10-11 second group of the pt

11.30-12.30 individual evaluation of the techniques and feedback

12.30-18 individual evaluation of techniques and feedback

**Day 10**

8.30-9.15 first group of patients

9.15-10 second group of patients

10.15-12.15 cervicogenic headache: presentation and treatment

12.15-12.30 evaluation of the course, closing