

**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