

Muscle Energy Techniques: Thoracic Spine and Ribs

Jay Cookson

BSc MMAPC MCSP PGD Manipulative Physiotherapy SRP CMP

Presenter

Jay Cookson works as the musculo-skeletal clinical specialist/lead for the Southampton City PCT. He also works as an ESP in spines, shoulders and the lower limb for the same trust. These varied roles involve the clinical supervision and development within the trust.

Combined with his NHS commitments he is also an external lecturer at the School of Health Professions at the University of Southampton, lecturing neuromusculoskeletal physiotherapy and applied anatomy.

Jay considers himself to be a manual therapist with an enthusiasm for the teaching of advanced handling skills and clinical reasoning.

Course Description

This course will provide a comprehensive outline of the biomechanics and anatomy of the thoracic spine and ribs. It will enable therapists to identify dysfunction of this area of the body and will equip them with varying examination/treatment tools to identify and correct these dysfunctions.

There will be a focus on clinical reasoning throughout the course, making the recognition of thoracic spine and rib problems easier.

Treatments will include all the MET's for all the dysfunctions, as well as, basic manipulation. Close attention will be given to good handling and alternative methods where appropriate.

Course Outline

1. Introduction.
2. Anatomy and biomechanics of the thoracic spine and ribs.
3. Bony palpation. Palpation of all bony landmarks and soft tissue.
4. Structural rib dysfunction. Identification of anterior/posterior and internal/external ribs leading to treatment
5. 1st and 2nd rib dysfunction. Explores the common dysfunction of these ribs, their presentation and their treatment.
6. Respiratory rib dysfunction and diaphragm release
7. Thoracic spine dysfunction. Looks at biomechanics (type1 and 2) to enable the identification of dysfunction in a different manner from the more widely used theories.

Fee: £225 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 7.5hrs). *VAT INCREASE from January 1st 2010*

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Terms & Conditions

1. Completion and the signing of this form creates a binding agreement to follow the course and pay the full fee.
2. Upon receipt of your application form and course fee you will be sent a letter confirming your place on the course and receipt of the course fee. If you are being funded to attend a course (see section below) the full course fee must be made at least 4 weeks prior to the course date.
3. A full refund, **less a £50 administration fee**, will be made if written cancellation is received in the HES Office **four weeks prior** to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
4. HES reserves the right to cancel the course if there are insufficient enrolments. If, in the unlikely event a tutor cannot attend the course, HES will endeavour to find a new date for the course to be held. HES will not be held responsible for any damages incurred as a result of course cancellation.
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