

Post-Conference Workshop on
Manual Therapy of Lumbar Spine

23rd November, 2014

Course Instructor- **Dr. Joshua A Cleland, PT, PhD, FAAOMPT**
 Professor, Pierce Franklin University, NH, USA

Duration of the course- 1 day (6 hours)

Maximum participants- **30**

Registration closes on- 1st November, 2014

Venue- Skills Lab, Dhulikhel Hospital, Dhulikhel, Nepal

Transportation- will be arranged from Kathmandu.

Course Fee-

NEPTA members-	NRs. 5,000
NEPTA non-members-	NRs. 5,000
SAARC Countries-	INR. 6,000 (Indian Currency)
Other countries	US\$. 150

(Course fee covers the tea, lunch, certificates, logistics and transportation from Kathmandu)

Course Schedule

Time	Topic	Remarks
8:30 am – 9:00 am	Registration and Tea	
9:00 am – 10:00 am	Evidence for Manual Therapy for Low Back Pain	Lecture
10:00 am – 12:00 am	Lumbopelvic screen and mobilization <ul style="list-style-type: none"> • Lumbar screening exam • Hip Screening exam • Lumbopelvic mobilization • Hip mobilization 	Lab
12:00 pm – 1:00 pm	Lunch	
1:00 pm – 3:30	Manual Therapy Lumbopelvic Region <ul style="list-style-type: none"> • Muscle energy techniques lumbar region • Supine lumbopelvic manipulation • Sidelying gapping manipulation • Closing manipulation • Long-axis pelvic distraction manipulation • Thoracolumbar junction manipulation 	Lab
3:30 pm – 3:45 pm	Closing and certificate distribution	