



Updated programme  
*Advanced course* - Orthopaedic Medicine

**Part 4b** (Shoulder girdle, thumb, hand,  
neurocompression phenomena upper limb,  
thoracic spine)

*Day 1*

09.00 – 09.30	Quiz – Cervical, shoulder	t
09.30 – 10.15	Shoulder: Differential diagnosis/ completion	t
10.15 – 10.30	Coffee	
10.30 – 11.15	Shoulder girdle: Anatomy	t
11.15 – 12.00	Shoulder girdle: Clinical examination	t/p
12.00 – 13.00	LUNCH	
13.00 – 13.45	Shoulder girdle: Pathology	t/p
13.45 – 14.30	Elbow: Recapitulation	t/p
14.30 – 14.45	Coffee/ Tee	
14.45 – 15.30	Elbow: Pathology – Completion	t
15.30 – 16.15	Wrist, thumb: Recapitulation/ Completion	t/p

*Day 2*

09.00 – 09.30	Quiz – Shoulder girdle, elbow and wrist	t
09.30 – 10.15	Wrist thumb: Therapy	p
10.15 – 10.30	Coffee	
10.30 – 11.30	Wrist thumb: Interpretation resisted flexion Hand: Interpretation	t
11.30 – 12.30	Wrist thumb: Interpretation resisted flexion Hand: Interpretation	p
12.30 – 13.30	LUNCH	
13.30 – 14.30	Entrapment phenomena upper limb	t
14.30 – 14.45	Coffee/ Tee	
14.45 – 16.15	Entrapment phenomena upper limb	t

*Day 3*

09.00 – 09.30	Recap – day 2	t
09.30 – 10.45	Thoracic spine: Quiz – Recap manipulations Mobilizations	t/p
10.45 – 11.00	Coffee	



11.00 – 11.40	Thoracic spine: Manipulations/ Mobilizations – Completion	t/p
11.40 – 12.15	Thorax and abdomen: Anatomy	t
12.15 – 13.15	Thorax and abdomen: Pathology	t

