

Course programme

Basic Course in Orthopaedic Medicine

Part 1b (Lumbal spine)

Day 1

0900-0945	Lumbar spine : Introduction	t
0945-1030	Lumbar spine : Applied anatomy	t
1030-1045	Coffee	
1045-1200	Lumbar spine : History	t
1200-1245	Lumbar spine : Clinical examination (1)	t
1400-1545	Lumbar spine : Clinical examination (2)	t,p
1545-1600	Tea	
1600-1700	Lumbar spine : Manipulation / Mobilization (1)	t,p

Day 2

0900-0945	Lumbar spine : Disc lesions	t
0945-1100	Lumbar spine : Manipulation / Mobilization (2)	t,p
1100-1115	Coffee	
1115-1230	Lumbar spine : Epidural local anaesthesia	t
1345-1445	Lumbar spine : Manipulation / Mobilization (3)	t,p
1445-1530	Lumbar spine : Traction	t
1530-1545	Tea	
1545-1700	Lumbar spine : Manipulation / Mobilization (4)	t,p

Day 3

0900-0945	Shoulder : Discussion (scheme) + "mock clinic"	t
0945-1015	Lumbar spine : Prophylaxis	t
1015-1030	Coffee	
1030-1130	Lumbar spine : Manipulation / Mobilization (5)	t,p
1130-1215	Recapitulation, Discussion	p
1215-1400	Patients	