

Course programme

Basic Course in Orthopaedic Medicine

Part 2a

(Elbow, hand and last part of the lumbar spine)

Day 1

0900-0945	Lumbar : Repetition	t
0945-1045	Lumbar : Repetition – examination/ manipulation	p
1045-1100	Coffee	
1100-1120	Lumbar : Complementary examination	t
1020-1220	Lumbar : Non – discal lesions	t
1220-1330	LUNCH	
1330-1420	Lumbar : Spontaneous recovery	t
1420-1515	Elbow : Clinical examination/ Interpretation passive movements	t
1515-1530	TEA	
1530-1620	Elbow : Clinical examination/ Interpretation passive movements	p
1620-1700	Shoulder : Repetition	p

Day 2

0900-1015	Elbow : Interpretation – resisted movements	t/p
1015-1030	Coffee	
1030-1230	Elbow : Tennis/ Golfers elbow	t/p
1140-1230	Upper limbs: Repetition	p
1230-1340	LUNCH	
1340-1415	Lumbar : Repetition/ Manipulation	p
1415-1445	Wrist, thumb and hand : Anatomy	t
1445-1510	Wrist, thumb and hand : Clinical examination	t
1510-1525	Tea	
1525-1625	Wrist, thumb and hand : Anatomy/ Clinical examination	p
1625-1700	Wrist, thumb and hand : Carpal tunnel	t