

**Maitland- Concept® - IMTA level 1: course program week 1: concept, Lx, hip, principles self management, Cx**

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
11:00 – 13:30 Welcome Course aims Introduction to the Maitland-Concept  ICF-terminology and its importance for assessment and treatment plan	09:00 – 12:30 Questions, reflection of day 1  Cont. principles of subjective examination (C/O)	09:00 – 12:30 ff. Questions, reflection of day 2  Physical examination lumbar spine (P/E Lx) -notation -,if necessary tests'	09:00 – 12:30 Questions, reflection of day 3  Subjective examination hip	09:00 – 13:00 Questions, reflection of day 4  Subjective examination (C/O) cervical spine  Physical examination cervical spine: Inspection, active tests, some "if necessary" tests
14:00 – 15:15 Surface anatomy Range of motion of the spine  15:30 – 17:30 Introduction principles of the subjective examination (C/O)	Principles of the physical examination (P/E)	Neurological examination  Introduction neurodynamics	Physical examination hips - Gait analysis - Active tests in sitting, standing, lying	Neurological examination upper limb  Neurodynamic tests: ULNT1  Cont. physical examination (P/E) Cx: - Palpation and accessory movements
	<b>Lunch break</b>	<b>Lunch break</b>	<b>Lunch break</b>	
17:45 – 19:00 Grades of passive movement for accessory movements at the lumbar/thoracic spine  Reflection of day 1	13:30 – 18:00 Grades of passive movement, part II  Subjective examination of the lumbar spine (C/O Lx)  Physical examination lumbar spine (P/E Lx) - Inspection, active test movements	13:30 – 18:00 Cont. Standard-basic tests neurodynamics (lower limb) (SLR, PKB, Slump)  Palpation and P/E accessory movements Lx  Introduction movement diagram  Principles of self management Lx (may be postponed to week 2)  (additions Lx in week II, III, IV)	13:30 – 15:00 Patient-demonstration by the course teacher  15:15 – 18:00 Cont. P/E hip - Passive tests & movement diagram - Treatment progression - Self management hip  Introduction clinical reasoning – Hypotheses guided thinking, hypotheses-categories	Reflection of week 1 – transfer of knowledge to the clinical practice and tips for practicing techniques  13:00 end of week 1

## Maitland- Concept® - IMTA level 1: course program week 2: shoulder, additions Cx and Lx, Tx

Day 6	Day 7	Day 8	Day 9	Day 10
11:00 – 13:30 Revision Maitland-Concept & clinical reasoning (hypotheses guided thinking) USE categories, load and stability as contributing factors	09:00 – 12:30 Cont. P/E shoulder girdle - Accessory movements - Shoulder girdle quadrant & locking position	09:00 Preparation patient sessions  09:00 – 10:30 Group A patient session; Group B: group work, preparation, practice 10:30 – 12:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions  09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions  09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice
14:00 – 19:00  C/O shoulder girdle  P/E shoulder girdle - Inspection - Active movements - Movement diagram - Accessory movements shoulder girdle	Treatment progression shoulder  Self management shoulder  <b>Lunch break</b> 13:30 – 18:00 Additions Cx: - Accessory movements O-C2 - AP technique C2 – C7  Additions Lx: PPIVM's  Treatment: Lx rotation  Spinal traction  Clinical patterns Lx	12:00 – 12:30 discussion patient session, additions treatment protocol  <b>Lunch break</b> 13:30 – 18:00 Additions Cx - PPIVMs C2-C7 - PPIVMs C7-T4  - Treatment progression with passive movements cervical spine - Treatment technique rotation Cx - Self management Cx	11:15 – 12:30 Subjective examination Tx  <b>Lunch break</b> 13:30 – 18:00 Physical examination Tx - Inspection - Active tests, "if necessary tests" - Passive tests: palpation, accessory movements, PPIVMs	11:15 – 13:00 Cont. Physical examination Tx  Self management Tx revisions  Reflection week 2, Reflective exercise transfer of knowledge  13:00 End of week 2

## Maitland- Concept® - IMTA level 1: course program week 3: SIJ, revision shoulder, knee, foot

Day 11	Day 12	Day 13	Day 14	Day 15
11:00 – 13:00 Revision Concept	09:00 Preparation patient sessions  09:00 – 10:30 Group A patient session; Group B: group work, preparation, practice 10:30 – 12:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions  09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions  09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions  09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice
14:00– 15:30 Patient-demonstration by the course teacher	12:00 – 12:30 discussion patient session, additions treatment protocol	11:15 – 12:30  Revision shoulder girdle quadrant & locking position	11:15 – 12:30  Treatment progression and self management knee-complex	11:15 – 13:00  Treatment techniques foot Self management foot  Revisions Reflective exercise Transfer of knowledge
15:45 – 18:00 Practical: - Revision and additions lumbar rotation (Rx) - cervical LF treatment techniques  18:15 – 19:00 Introduction neurophysiological pain mechanisms	Lunch break 13:30 – 15:00 Patient-demonstration by the course teacher (follow-up of day 11)  15:15 – 18:00 Subjective examination SIJ  Physical examination SIJ  Treatment SIJ and self management	<b>Lunch break</b> 13:30 – 18:00 Subjective examination knee-complex  Physical examination knee-complex  Practical, revisions	<b>Lunch break</b> 13:30 – 15:00 Patient-demonstration by the course teacher (Follow-up of day 11 + 12)  15:15 – 18:00 Subjective examination foot  Physical examination foot	13:00 end of week 3

**Maitland- Concept® - IMTA level 1: course program week 4: elbow, hand, TMJ, revisions spine, differentiations**

<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>
11:00 – 13:30 Revision concept, principles of differentiation tests	09:00 Preparation patient sessions  09:00 – 10:30 Group A patient session; Group B: group work, preparation, practice 10:30 – 12:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions  09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions  09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions  09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice
14:00 – 15:30 Patient-demonstration by the course teacher	12:00 – 12:30 discussion patient session, additions treatment protocol	11:15 – 12:30  Cont. elbow complex	11:15 – 12:30 Subjective examination hand	11:15 – 12:30 Techniques on the course teacher – informal feedback
15:45 – 16:30 The Maitland-Concept's role in medicine and rehabilitation  16:45 – 19:00 Practical - Differentiation tests - Revisions spinal palpation and movement diagram	<b>Lunch break</b> 13:30 – 15:00 Patient-demonstration by the course teacher (follow-up of day 16)  15:15 – 18:00 Subjective examination elbow complex  Physical examination elbow complex  Treatment elbow complex and self management	<b>Lunch break</b> 13:30 – 18:00 Subjective examination TMJ  Physical examination TMJ  Treatment progression and self management TMJ  Practical, revisions PPIVMs New: PPIVMs O – C2  Clinical reasoning: Clinical patterns cervical spine	<b>Lunch break</b> 13:30 – 15:00 Patient-demonstration by the course teacher (Follow-up of day 17+18)  15:15 – 18:00  Physical examination hand  Treatment techniques hand and self management  Clinical reasoning exercises	Practical Clinical reasoning exercises  Revisions Reflective exercise Transfer of knowledge  13:00 end of week 4