

XXXIV MANUAALISEN LÄÄKETIETEEN JA TERAPIAN LEVI-KURSSI

34rd International Manual/Musculoskeletal Medicine Course

Movement control of Lumbar Spine and Shoulder Problems

Course Time: 7. – 12.4.2019

Course Location: Kittilä, Hotelli Levitunturi, Finland

Course Title: Movement Control of Lumbar Spine

Course Tutors: Professor Hannu Luomajoki, Professor Olavi Airaksinen and MD Jukka Pekka Kouri

Course Title: **The Shoulder: *Theory & Practice***

Course Tutor: **Dr Jeremy Lewis PhD FCSP**

- ILMOITTAUTUMINEN 28.2.2019 mennessä osoitteessa:
<https://link.webropolsurveys.com/EP/C58C8AE126211324>
- Ilmoittautuminen avautuu 15.11.2018
- Kurssi hinta 700 € (koko viikko). Puolikurssia 500 € .(10-12.042019).
- Ilmoittautuminen vahvistetaan maksamalla osallistujamaksu SMLY:n tilille FI47 8000 2904 6582 25 BIC/SWIFT: DABAFIHH.
- **Maksun lisätietoihin on ehdottomasti laitettava OSALLISTUJAN NIMI ja yhteystiedot.**

Sunday 07.04.2019

klo 17.00 Welcome and Introduction to Levi 2019 course. Professor Olavi Airaksinen

Monday 8.4.2019

klo 8.30 Welcome and Introduction to Levi 2019 course. Professor Olavi Airaksinen
Low Back Pain – introduction. Professor Olavi Airaksinen
Treatment options for Low Back PAin MD, Pain Specialist Jukka-Pekka Kouri
Examination of Low Back Pain Patien. t Prof Hannu Luomajoki
12.00 Lunch
17.00 Examination of Low Back Pain Patient Prof Hannu Luomajoki
19.45 Get to gether for all participants

Tuesday 9.4.2019

8.30 Movement control of Lumbar Spine Luomajoki
Theory and clinical trials
Practical session
12.00 Lunch
17.00 Injection and other interventional therapies for Low Back Pain JP Kouri
Injection demonstration of joints Olavi Airaksinen
Practical session Hannu Luomajoki

Wednesday 10.04.2019

Program by Jeremy Lewis

- 8.30 Introduction, Evidence Based Practice, Psychosocial Factors
Epidemiology & Outcomes
Function, Anatomy, Biomechanics, Evolution, The Kinetic Chain
- 12.00 Lunch
- 17.00 Assessment and Management of Shoulder Problems.

Thursday 11.04.2019

Program by Jeremy Lewis

- 8.30 Rotator Cuff Related Shoulder Pain
Assessment and Management of Shoulder Problems.
- 12.00 Lunch
- 17.00 Rotator Cuff Related Shoulder Pain (cont.)
Assessment and Management of Shoulder Problems.

Friday 12.04.2019

Program by Jeremy Lewis

- 8.30 Frozen Shoulder
Assessment and Management of Shoulder Problems.
- 12.00 Repetition – Questions and answers session.
- 13.00 Certificates
- 13.30 Closing Remarks

Learning Outcomes by Jeremy Lewis:

1. To develop a better understanding and knowledge of the clinical anatomy and biomechanics of the shoulder girdle.
2. To appreciate the importance of taking a biopsychosocial approach to patient management.
3. To develop a comprehensive subjective and physical evaluation strategy for the shoulder that considers local and referred sources of pain and directs the clinician to develop an appropriate management plan.
4. To develop greater confidence with the physical assessment of the shoulder region and a better understanding of the evidence for the use of the selected assessment techniques.
5. To develop a greater understanding and knowledge of various pathologies of the shoulder girdle.
6. To develop greater competency in the management of patients with a variety of shoulder pathologies.
7. To review the research evidence relating to the influence of posture and muscle imbalance and its relationship with shoulder pathology.
8. To review the evidence underpinning the pathology, and the assessment and management of various shoulder conditions, including rotator cuff related shoulder pain and frozen shoulder
9. To review the research evidence evaluating the use of diagnostic imaging as part of the management for musculoskeletal disorders of the shoulder.
10. To review the research evidence evaluating the use of injections as part of the management for musculoskeletal disorders of the shoulder.
11. To develop greater confidence in the use of exercise therapy and other techniques for managing shoulder conditions and evaluation of the efficacy of the techniques, balanced against the evidence base for using these techniques.