

# Doctors programme

## Basic Course in Orthopaedic Medicine

### Part 1b

#### (The Lumbar spine)

##### Day 1

0900-0930	Introduction + 3 cases shoulder	t
0930-1030	3 mechanical concept- (dural, ligamentous and stenosis)	t
1030-1045	Coffee	
1045-1115	Pressure on nerves	t
1115-1145	Lumbar anatomy	t
1145-1230	Lumbar history	t
1230-1330	Lunch	
1330-1415	Clinical examination – lumbar spine	t
1415-1500	Clinical examination – lumbar spine	p
1500-1515	Coffee	
1515-1545	Lumbar spine – disc lesions	t
1545-1700	Lumbar – Treatment: Indication, contraindication, manipulation	t,p

##### Day 2

0900-1015	Recapitulation of the first day + practical exercise	t,p
1015-1030	Coffee	
1030-1130	Lumbar – Treatment: Injectiontherapy – sacral epidural, rootblocks – (indication – contraindication)	t
1130-1200	Lumbar – Traction – prophylaxis	t
1200-1300	Lunch	
1300-1400	Lumbar – Non discal lesions	t
1400-1445	Lumbar – Practice – Manipulation	p
1445-1500	Tea	
1500-1530	Lumbar - spontaneous recovery, technical investigations	t
1530-1630	Lumbar - Cases	p
1630-1700	Discussion and finish	