

Doctors programme

Basic Course in Orthopaedic Medicine

Part 2b

(The Cervical spine and first part of Leg ankle and foot)

Day 1

0900-0930	Introduction + 3 clinical pictures	t
0930-1030	Cervical - Anatomy	t
1030-1045	Coffee	
1045-1115	Cervical – History	t
1115-1200	Cervical – Clinical examination	t
1200-1300	Lunch	
1300-1345	Cervical – Clinical examination	p
1345-1415	Cervical – Disc lesions	t
1415-1500	Cervical – Treatment (Indication/ contraindications)	t
1500-1515	Coffee	
1515-1600	Cervical – Treatment – Manipulation + rootblocks	p
1600-1700	Lumbar – Recap	p

Day 2

0900-1015	Recapitulation of the first day	t,p
1015-1030	Coffee	
1030-1130	Cervical – Non discal lesions (arthrosis, facettjoints)	t,p
1130-1230	Cervical – Treatment – Non discal lesions	p
1230-1330	Lunch	
1330-1430	Leg ankle and foot – Anatomy	t,p
1430-1515	Leg ankle and foot – Clinical examination	t,p
1515-1530	Tea	
1530-1630	Leg ankle and foot – Interpretation resisted movements	t,p
1630-1700	Summery and finish	