

Doctors programme

Basic Course in Orthopaedic Medicine

Part 3a

(Second part of Leg ankle and foot and the thoracic spine)

Day 1

0900-1000	Leg ankle and foot – Palpatory anatomy	p
1000-1030	Leg ankle and foot - Clinical examination	p
1030-1045	Coffee	
1045-1130	Leg ankle and foot – Interpretation passive movements	t
1130-1215	Leg ankle and foot – Interpretation passive movements	p
1215-1315	Lunch	
1315-1400	Leg ankle and foot – Ankle sprain	t
1400-1445	Leg ankle and foot – Ankle sprain	p
1445-1500	Coffee	
1500-1615	Workshop – Shouldercase	t,p
1615-1700	Workshop – Wrist and elbowcases	t,p

Day 2

0900-1000	Introduction and anatomy thoracic spine	t
1000-1030	Thoracic spine – Clinical examination	t,p
1030-1045	Coffee	
1045-1115	Thoracic spine – Disc lesions	t
1115-1215	Thoracic spine – Treatment – Indication – contraindications Manipulation	t,p
1215-1315	Lunch	
1315-1415	Thoracic spine – Non discal lesions	t
1415-1500	Thoracic spine – Practical training	p
1500-1515	Tea	
1515-1600	Workshop – Cervical cases	p
1600-1645	Workshop – Lumbar cases	p
1645-1700	Summery and finish	