



HVLA Mobilizations of the Extremities

Course Description:

This 2 day seminar includes ~70% hands-on lab and ~30% didactic components. The majority of the course is spent learning examination and mobilization techniques of the extremity joint complexes, including: hip, knee, ankle/foot, shoulder girdle, elbow, wrist, hand. Extensive lab practice time is dedicated to learning HVLA mobilizations, which is the primary focus of the course. There is also a review of current evidence and a live case study. In addition, supplemental video content for this course featuring all exercise techniques taught is also included.

Course Objectives:

- The participant will identify the history of thrust mobilization, current APTA policy, differences with non-thrust techniques, and the evidence available for techniques taught
- The participant will identify specific differential diagnoses that would lead to precautions and contraindications of HVLA techniques
- The participant will demonstrate subjective history questions that would indicate the potential for differential diagnoses that would contraindicate HVLA
- The participant will identify clinical presentations, such as specific dysfunctions/pathologies, and when to apply the HVLA techniques
- The participant will demonstrate how to appropriately perform HVLA techniques on a lab partner, for multiple spinal joint regions

Course Schedule:

Day 1 - Saturday

7:30- 8:00 Registration

8:00- 10:00 Course intro, basic principles, Hx of manipulation, current APTA policy, thrust vs. non-thrust techniques, clinical prediction rules (brief overview of this concept), indications/contraindications, pt selection including use of outcome measures and/or FABQ, safety issues

10:00- 10:15 Break

10:15- 12:00 Techniques: Hip/Fibula

12:00- 1:00 Lunch - on your own

1:00- 2:20 Techniques: Talocrural/Subtalar/Cuboid

2:20- 2:35 Break

2:35- 4:00 Techniques: Glenohumeral/Wrist/Thumb

4:00- 5:00 Review for the day/catch-up

Day 2 - Sunday

8:00- 10:00 Review of day 1 techniques

10:00- 10:15 Break

10:15- 12:00 Case studies, problem solving, exercise discussion

12:00- 1:15 Q & A, review, speed mobs. (time permitting)