

## Physiotherapy Academy

### Combined Movement Theory: Cervical Spine

With Dr Chris McCarthy

#### Outline

Combined Movement Theory is the development of Dr Brian Edward's "Combined Movements" to rationally incorporate spinal manipulation, Muscle Energy Techniques and new methods of mobilisation. The concept promotes rational Manual Therapy for Spinal Dysfunction.

To move is to change place, position or posture. Thus, the positions at the initiation and cessation of movement are integral to the analysis of movement. Combined Movement Theory offers the investigator a framework to examine the influence of starting and finishing positions on movement impairment and use these positions to intervene therapeutically.

In this highly practical evidence based 2 day course you will enhance both your assessment and handling skills. You will learn a range of treatment techniques including manipulation which you will be able to incorporate immediately into your practice.

#### Objectives

The course will teach you:

- When to consider combined movements theory in the management of spinal impairment and pain.
- The treatment of spinal impairment with passive movements in combined starting positions.
- The treatment of spinal impairment with positioned muscular contractions in combined starting positions.
- The progression and regression of treatment based on position of passive movement.
- Selecting and applying gentle manipulative techniques.
- An understanding of the theoretical and patho-physiological mechanisms underpinning the concept.
- How to get your patients better much quicker

### **Tutor Profile**

Dr Chris McCarthy is a Physiotherapist and Orthopaedic Spinal Fellow at Imperial College Healthcare NHS Trust, London. After qualifying as a Physiotherapist in 1989 he undertook post-graduate training in Biomechanics and Manipulative therapy at Strathclyde and Coventry Universities before undertaking a PhD degree in rehabilitation within the faculty of Medicine at Manchester University. He was awarded a “Young Investigator of the Year” award in 2001, for his PhD studies, by the British Society of Rheumatologists.

Following Post-doctoral studies, investigating the sub-classification of non-specific low back pain, he became an Assistant Professor of Rehabilitation within the Clinical Trials Unit of the Medical School of Warwick University attracting over a million pound of funding in two years. For the last six years he has worked at Imperial College Healthcare (the first Academic Health Science Centre, in the UK) as a clinician and researcher.

He teaches internationally on Manual Therapy and lectures on four of the Masters courses in Advanced Musculoskeletal Practise in the UK. He is a member of the international advisory board for Manual Therapy journal and regularly reviews and publishes papers in the academic field of Manual Therapy. He has recently been made an Honorary Fellow of both the Musculoskeletal Association of Chartered Physiotherapists and the Chartered Society of Physiotherapy for his contribution to the field of Manual Therapy.

Chris’s book “Combined Movement Theory: Rational Mobilisation and manipulation of the Vertebral Column has sold over 2000 copies and Chris has recently written the chapter on Manual Therapy and Pain for the second edition of Elsevier’s popular Pain: A Textbook for Therapists. In addition, he is one of the editors of the forthcoming Grieve’s Modern Musculoskeletal Physiotherapy (2015).

### **Course Dates:**

25<sup>th</sup> & 26<sup>th</sup> April 2015: Nuffield Health Support Centre, Epsom

18<sup>th</sup> & 19<sup>th</sup> July 2015: The Manor Hospital, Oxford

1<sup>st</sup> & 2<sup>nd</sup> August 2015: Nuffield Hospital, Leeds

### **Cost**

Fusion Physiotherapists: £207

External Physiotherapists: £230

Book online at [www.nuffieldhealth.com/physioacademy](http://www.nuffieldhealth.com/physioacademy)