Detailed Course Description:

**Upper Quadrant:** This course will address components of the patient and client management model including examination techniques, diagnosis, prognosis, manual therapy intervention, and outcome assessment for neuromusculoskeletal disorders of the cervical spine, thoracic spine, and shoulder girdle. This course includes a 2-day on-campus session laboratory-based session addressing the evaluation and manual therapy treatment of the cervical spine, thoracic spine, and shoulder girdle. Examination procedures including quantitative and qualitative assessment of observation/posture, range of motion, segmental mobility testing, and select soft tissue mobility will be discussed, emphasizing the relationships between regions and an evidence-informed approach. Interventions for movement dysfunctions including mobilizations/non-thrust manipulation, soft tissue mobilization, traction, muscle energy techniques, stabilization/strengthening exercises, and stretching will be addressed. Indications, precautions, and contraindications for all assessments and interventions will be provided, as well as integration of sound clinical decision-making to maximize outcomes. The didactic portion of this course will be provided through independent study and pre-readings. Foundational concepts of The Neuromusculoskeletal Manual Therapy Program, principles of evidence-based practice, pain science, and the effects of manual therapy will be discussed as well as general principles of functional anatomy, physiology, biomechanics, and pathophysiology for each region.

**Lower Quadrant:** This course will address components of the patient and client management model including examination techniques, diagnosis, prognosis, manual therapy intervention, and outcome assessment for neuromusculoskeletal disorders of the lumbar spine, sacroiliac joint, and hip. This course includes a 2-day on-campus session, addressing the evaluation and manual therapy treatment of the lumbar spine, pelvic girdle and hip. Foundational concepts of The Neuromusculoskeletal Manual Therapy Program, principles of evidence-based practice, pain science, and the effects of manual therapy will be discussed as well as general principles of functional anatomy, physiology, biomechanics, and pathophysiology for each region. Examination procedures including quantitative and qualitative assessment of observation/posture, range of motion, segmental mobility testing, and soft tissue mobility will be discussed, emphasizing the relationships between regions and an evidence-informed approach. Interventions for movement dysfunctions including select mobilizations/non-thrust manipulation, soft tissue mobilization, traction, muscle energy techniques, stabilization/strengthening exercises, and stretching will be addressed. Indications, precautions, and contraindications for all assessments and interventions will be provided, as well as integration of sound clinical decision-making to maximize outcomes. The didactic component will be delivered via independent study and education and training on psychomotor skills will be the goal of the on-campus sessions.
**Distal Extremities:** This course will address components of the patient and client management model including examination techniques, diagnosis, prognosis, manual therapy intervention, and outcome assessment for neuromusculoskeletal disorders of the elbow, wrist/hand, knee, and ankle/foot. This course includes a 2-day on-campus session, addressing the evaluation and manual therapy treatment of the elbow, wrist, hand, knee, ankle, and foot. Examination procedures including quantitative and qualitative assessment of observation/posture, range of motion, segmental mobility testing, and soft tissue mobility will be discussed, emphasizing the relationships between regions and an evidence-informed approach. Interventions for movement dysfunctions including mobilizations/non-thrust manipulation, mobilization with movement, stabilization/strengthening exercises, and stretching will be addressed. Indications, precautions, and contraindications for all assessments and interventions will be provided, as well as integration of sound clinical decision-making to maximize outcomes. The didactic component will be delivered via independent study and training on psychomotor skills will be the goal of the on-campus sessions. **Prerequisite:** All participants must have completed either Upper or Lower Quadrant.

**Advanced Techniques:** The course will address advanced techniques and manipulative therapy for the lumbar, cervical and thoracic spine as well as the rib cage and various extremity joints. The manipulative therapy procedures instructed here will be more advanced than the ones instructed in Upper and Lower Quadrant and will include high velocity low amplitude thrust manipulation (HVLA). This course includes a 2-day on-campus session, expanding and progressing concepts taught throughout the curriculum, with a focus on thrust manipulation. In addition, the course will cover advanced clinical reasoning concepts and select alternative manual therapy approaches. The didactic portion of the course will include a self-study, case-based format designed to integrate concepts learned throughout the Nova Southeastern Manual Therapy curriculum. Additional topics covered include mechanisms of thrust manipulation and contraindications to application. **Prerequisite:** All participants must have completed either Upper or Lower Quadrant.

**Neuromusculoskeletal Manual Therapy Review Course and Certification Examination:** This course includes a 3-day lab-intensive review of key examination and treatment techniques taught throughout the certification sequence. Emphasis will be placed on clinical reasoning. Following the 3-day review course, the certification examination will be administered. Testing includes: a multiple-choice exam, short-answer exam, and practical examination. Successful completion of the comprehensive examination culminates in Certification. **Candidates who pass both components of the examination will earn the designation “Certified Manual Therapist”**. The designation may be used in the following manner:

**John Smith, PT, DPT**

*Certified Manual Therapist*

In accordance with the APTA’s recommendation, the Nova Southeastern University program does not offer the use of specific letters added to the practitioner’s name.