

The Orthopaedic Medicine MasterMind course

The most inspiring continuing education tailored to your wishes

We offer you **2 options**:

- 5 days private training in the International **ETGOM-GCI Training Centre in Belgium**

Or

- An in house training **in your clinic** in which you choose the program (3, 4 or 5 days)



**MASTERMIND
PRIVATE
TRAINING**

cyriax.eu/mastermind

Each day from 09h00-17h00

Combination of theoretical lectures and practical sessions with focus on objective clinical reasoning and practical exercise of all treatment and examination procedures.

The practical sessions take about 70% of the total course time.

Following topics can be covered (program is subject to changes) :

“Highlights” in orthopaedic medicine

Basic principles of modern orthopaedic medicine clinical reasoning and therapy

How to understand the mechanism of referred pain / diagnostic implications

How to reach a valid diagnosis : inspection, history, relevant functional examination, palpation

Clinical reasoning by using a standardized Cyriax assessment form

General treatment strategies for soft tissue lesions

Elbow : inspection, history and basic functional examination

Elbow : diagnosis and treatment procedures of tennis and golfer elbow

Shoulder : inspection, history and basic functional examination

Shoulder : diagnosis and treatment procedures of tendinitis, -osis (supraspinatus, infraspinatus, subscapularis, biceps,...) / subacromial pain syndrome

Foot : inspection, history and basic functional examination

Foot : diagnosis and treatment procedures of inversion and eversion traumata (sprained ankles : lig. talofibulare ant-post, lig. calcaneofibulare, lig. calcaneocuboideum, peronei, tibialis posterior)

Knee : inspection, history and basic functional examination

Knee : diagnosis and treatment procedures of ligamentous lesions (MCL, LCL, coronary ligaments)

Lumbar spine and SI joint

How a specific history taking can determine your diagnosis

Inspection : what do we see and are those impressions relevant ?

Basic functional examination : how to reach, in a valid and practical way, a diagnosis and differential diagnosis, respecting red flags

When do we need an accessory examination

Why to not to rely too much on your hand: (ir)relevance of palpation and other diagnostic procedures

Specific indications and contraindications of manipulative techniques ; techniques with and without traction component

Specific indications and contraindications of mechanical traction techniques

Specific indication and contraindications of self treatment exercises

How to create a treatment strategy with incorporation of prophylactic and self treatment exercises

How to understand some mechanisms of spontaneous cure

When do we need accessory SI pain provocation tests / how do we interpret the outcome

Clinical reasoning by using a standardized examination protocol incorporating links to McKenzie and other manual therapy approaches : how to reach a diagnosis and differential diagnosis ; is there any compatibility between different methods ?

How to identify non-mechanical disorders : discover the yellow and red flags

Indications for epidural local anaesthesia and nerve block

Quizzes, true-false questions, MCQ's to optimize your clinical reasoning skills

Cervical spine

Diagnostic implications of the history, inspection, and functional examination

Pre-manipulative considerations / safety

Manipulation indications-contraindications / treatment techniques / therapeutic strategy

More differential diagnosis incl. facet joint - whiplash – and other disorders

Thoracic spine

Diagnostic implications of the history and functional examination

Manipulation techniques / indications

Differential diagnostic options: diagnosis and treatment of muscular lesions

Extremities continuation

Shoulder : interpretation capsular and non-capsular pattern / treatment techniques

Shoulder : further differential diagnosis - analysis assessment form

Shoulder : true-false questions, Quizz, MCQ

Elbow : interpretation capsular and non-capsular pattern / treatment techniques

Elbow : interpretation resisted tests / muscular-tendinous lesions, treatment techniques

Elbow : true- false questions, Quizz, MCQ

Hip : history, inspection, functional examination

Hip : interpretation capsular and non-capsular pattern / treatment techniques

Hip : interpretation resisted tests / muscular treatment techniques

Hip : differential diagnosis bursitis

Hip : sign of the buttock

Knee : articular lesions / treatment techniques

Knee : interpretation resisted tests / muscular-tendinous treatment techniques

Knee : true-false questions, Quizz, MCQ

Foot : interpretation resisted tests / treatment techniques

Foot : true-false questions, Quizz, MCQ

Contact

Steven De Coninck

www.cyriax.eu

info@cyriax.eu