

Program MasterMind

5 days of private training in orthopaedic medicine in a group with max. 4 guests

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 are covered (program is subject to changes) :

Highlights in orthopaedic medicine

- Basic principles of modern orthopaedic medicine Cyriax
- Rules of referred pain
- How to reach a valid diagnosis : inspection, history, relevant functional examination, palpation
- Clinical reasoning by using a standardized Cyriax assessment form
- General treatment strategy 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,...)
- 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

- Specific history taking
- General history
- Inspection : what is relevant ?
- Basic functional examination : how to reach, in a valid and practical way, a diagnosis and differential diagnosis, respecting red flags
- Accessory examination
- (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
- Creating a treatment strategy with incorporation of prophylactic and self treatment Mechanisms of spontaneous cure procedures
- Accessory SI pain provocation examination
- 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 ?
- Non-mechanical disorders : discover the yellow and red flags
- Differential diagnosis with SI-joint and hip problems
- Indications for epidural local anaesthesia and nerve block
- Detailed analysis assessment form
- Lumbar : true false questions
- Lumbar : Quizz
- Lumbar : MCQ questions

Cervical spine

- History, inspection, functional examination
- Pre-manipulative considerations
- Manipulation indications-contraindications / treatment techniques / therapeutic strategy
- More differential diagnosis incl. facet joint - whiplash - adhesions

Thoracic spine

- History
- Functional examination
- Manipulation techniques
- 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 / 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 / treatment techniques
- Hip : differential diagnosis bursitis
- Hip : sign of the buttock
- Knee : articular lesions / treatment techniques
- Knee : interpretation resisted tests / treatment techniques
- Knee : true-false questions, Quizz, MCQ
- Foot : interpretation resisted tests / treatment techniques
- Foot : true-false questions, Quizz, MCQ