



Level 2 - Spine & Lower Quadrant Course

Presenter Mr. Doug Cary
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Day 1

8.45 - 9.00	Registration
9.00 – 10.30	Lumbar Spine 1: Iliocostalis, Longissimus & Multifidus
10.30 – 10.45	MORNING TEA
10.45 – 12.30	Lumbar Spine 2: Quadratus Lumborum, Piriformis, TFL
12.30 – 1.15	LUNCH
1.15 – 2.15	Abdominal Muscle Session: External and Internal Obliques, Transverse & Rectus Abdominus
2.15 – 2.45	Electro acupuncture: Theory & Practice
2.45 – 3.00	AFTERNOON TEA
3.00 - 3.45	Leg Session 1: Tibialis Anterior, Extensor Hallucis Longus, Extensor Digitorum Longus & Fibularis Review
3.45 – 4.00	Open Discussion and Review

Day 2

8.00 – 8.45	Thigh 1: Semimembranosus & Semitendinosus & Biceps Femoris
8.45 – 9.30	Thigh Session 2: Adductor Longus, Brevis, Pectineus & Magnus
9.30 – 9.45	MORNING TEA
9.45 – 10.45	Clinical Case Presentations by course participants (5 minutes each)
10.45 - 11.15	LUNCH
11.15 – 12.30	Leg Session 2: Popliteus, Tibialis Posterior, Flexor Digitorum Longus & Flexor Hallucis Longus
12.30 – 1.00	Foot Session: Abductor Hallucis, Dorsal & Plantar Interossei & Plantar Fasciitis: Differential diagnosis & management
1.00 – 1.30	Hypermobility & Trigger Points
1.30 - 1.45	AFTERNOON TEA
1.45 – 2.30	Outcomes Based Assessment; Written short answer, anatomy quiz & practical demonstration of technique
2.30 – 3.00	General Discussion, Certification & Close

Comments

"Can't wait to use on my sports clients"

"This course was a real eye opener"

Learned much more than I expected - Thanks"

Course Details

- ✓ Pre Reading: Login & download from Level 2 - Spine & Lower Quadrant Course web page
- ✓ Bring: Appropriate clothing, towel and pillow
- ✓ Bonus: All needles and needling equipment
- ✓ Bonus: Fully catered (GF, DF, Vegan & Vegetarian options available on request)
- ✓ Bonus: Color and referenced comprehensive manual (Value \$85.00)
- ✓ Bonus: Advanced Lower Quadrant on line technique videos (Value \$100.00) – no audio
- ✓ Bonus: Includes discounted enrollment in Wet Lab Anatomy Workshop (Value \$80)

