



MT-2: Essential Spinal Seminar – Full Course

17.5 Direct Contact Hours+18.0 Home Study Hours = 35.5 Total Hours (3.5 CEUs)

Open to PTs, PTAs, ATs, MDs, DOs, DCs



Course Description:

May be taken as the first course in the MAPS series. Evidence-based introduction to the Maitland-Australian approach to orthopedic manual therapy (OMT), focusing on effective assessment and treatment of neuromusculoskeletal disorders of the Spine. Participants are presented with peer-reviewed published evidence supporting the mechanical, neurophysiological, immunological, and psychological mechanisms of

action of OMT. Evidence from recent Systematic Reviews and RCTs are presented through an online lecture/PowerPoint presentation to illustrate the effectiveness of the Maitland approach, and specific conditions that respond to, OMT.

Course modules include:

- Lecture Overview and Introduction
- Mechanisms of Action of OMT
- Evidence for OMT Effectiveness
- Maitland Principles
- Subjective Examination & Physical Examination
- Clinical Applications: Evidence for techniques, conditions that they treat, and how to incorporate them into clinical practice
- MT-2 CAD-VBI

The Maitland-Australian approach is extremely patient-centric and focuses upon highly specific subjective & objective physical examination processes. Clinical Reasoning and constant reassessment are taught and emphasized. Methods of assessment and treatment are practiced extensively in lab sessions (95% of live course and 49% of total course hours). Techniques taught include: active physiological, passive physiological, passive accessory, and combination movements. Both osteokinematic and arthrokinematic movements are incorporated. Psychomotor skill acquisition is ensured by detailed Instructor feedback given directly to each participant throughout the course. "LIVE" patient assessments and treatments are presented where permitted.

Regions extensively covered include: Cervical, Thoracic (including rib articulations) and Lumbar spine. Neurodynamic assessments and treatment of the upper and lower limbs is included and integrated with the associated spinal regions.

The hard-bound course manual includes detailed step-by-step instructions for each technique and more than 270 photographs. Over 900 references are provided. *Required online home study coursework of 18.0 hours includes a 6.25-hour online lecture presentation through **MAPS Online Learning**.*

Course Schedule:

A blended online and live learning platform, in which the initial lecture, pre-course materials and additional home study are provided through **MAPS Online Learning**, in combination with a two-day live laboratory-based weekend seminar. *Note: Exact time schedule below is subject to change.*

Day 1: 7:30am-6:30pm; Day 2: 8am-4:45pm (30-minute lunch)

Course Requirements:

- Open to PTs, PTAs*, ATs*, MDs, DOs, DCs. Enrollment limited. Lab clothes required for all sessions
- No previous experience with manual therapy required
- Average overall competency of 70% required for successful completion. The overall grade is comprised of written assignments (35% of overall grade) and laboratory participation (65% overall grade)
- Full CEUs require 100% direct contact attendance & completion of all **MAPS Online Learning** assignments.

Participants are advised that in accordance with APTA HOD RC 31-01 the material taught in MAPS courses is not intended to be used outside the scope of the participants personal abilities, licensure, or relevant regulations. Furthermore, elements of the seminars are considered Physical Therapy only when performed by or under the direction of a licensed Physical Therapist.

Course Objectives:

Upon completion of the course the participant will be able to:

1. Accurately differentiate between normal and abnormal resistance to passive spinal movement using accessory & physiological examination techniques. Demonstrate at least one example. *PTAs and ATs are limited to using physiological movement examination techniques only, and may not use accessory techniques.*
2. Discriminate between five different grades of passive movement to manage spinal pathology (Grades I, II, III, IV, and V as per Maitland). *PTAs and ATs may observe all five grades, but are prohibited from performing Grades III, IV and V.*
3. Accurately apply at least two examples of Maitland's five grades of passive movement to a participant-selected spinal region. *PTAs and ATs are limited to Grades I & II.*
4. Summarize Maitland's clinical reasoning model, including eight clinical hypothesis categories per M. Jones and D. Rivett.
5. Apply evidence-based clinical reasoning in the orthopedic manual therapy management of a patient with spinal pathology. Learner will demonstrate at least once.
6. Synthesize principles of treating pain and stiffness as per Maitland and other manual P.T.s. Participant will orally defend at least one example.
7. Accurately defend the most effective orthopedic manual therapy management of a patient with a spinal disorder based upon clinical assessment and clinical reasoning, rather than theoretical protocols. Learner will demonstrate at least once.
8. Integrate clinical reasoning skills to recognize movement anomalies in one selected common spinal orthopedic condition.
9. Integrate evaluation skills in differential assessment and diagnosis of one selected common spinal orthopedic condition. *Objective applies to PTs, DCs, MDs and DOs only.*
10. Demonstrate the ability to quickly and effectively manage spinal orthopedic conditions using at least one known manual therapy technique.
11. Accurately defend at least one modified or newly created effective manual therapy technique for the management of spinal orthopedic conditions. Participant will demonstrate their modified or newly developed technique at least once.

Please refer to **MT-2 COURSE COMPETENCIES** for proficiency participants should be aiming to accomplish after diligent practice of skills learned in MT-2. Proficiency in the Course Competencies are required for both the MAPS COMT and Orthopedic Manual Therapy Fellowship.

Note: In CA the student/faculty ratio during the hands-on laboratory will be no higher than 16:1

Attention PTAs Attending MT-1 or MT-2:

PTAs attending any MAPS course specifically agree to identify themselves to the Course Instructor and limit their laboratory practice to the assessment of physiological movement up to but not beyond the first onset of resistance (R1). Thus, as stated in the Course Objectives, PTAs are required to limit their lab practice to only Grades I and II assessment, which are small and large amplitude movements respectively, which occur in the resistance free range prior to R1. Furthermore, PTAs attending any MAPS course specifically agree to limit their laboratory practice to physiological (osteokinematic) movements and refrain from performing accessory (arthrokinematic) movements. The practice of mobilization/manipulation is legally regulated by state Practice acts, and MAPS does not advocate that any practitioners (PT, PTA, or others) practice any procedure outside their legal scope of practice. MAPS course content is not intended for use by ANY participant outside the scope of their license or relevant regulations. PTAs attending this course agree to limit their clinical practice, during and after any MAPS course, to their specific State practice act(s), and to comply with the directions of their supervising Physical Therapist in accordance with APTA HOD RC 31-01.

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