



UNIVERSITY OF ST. AUGUSTINE

FOR HEALTH SCIENCES

Manual Therapy Certification (MTC)

The University began this process in 1981 with the dual purpose of encouraging excellence in manual therapy and in communicating via its published list of graduates, those who had met the criteria. Manual Therapy seminars have been taught in America by the founder of the University since 1968.

The following seminars are offered nationwide. Register for all seminars by contacting the University of St. Augustine.

| Manual Therapy Certification (MTC) | | | | | |
|---|-------------|------|---|---------------|---------|
| Seminar | Who Attends | Days | CEU's | Tuition | Contact |
| S1-Introduction to Spinal Evaluation and Manipulation | PT | 5.0 | 35 hours, 3.5 CEUs (No Prerequisite) | Tuition \$895 | USA |
| E1-Extremity Evaluation & Manipulation | PT/OT | 4.0 | 30 hours, 3.0 CEUs (No Prerequisite, also available to OT's) | Tuition \$745 | USA |
| E2-Extremity Integration | PT | 3.0 | 21 hours, 2.1 CEUs (Prerequisite E1) | Tuition \$595 | USA |
| MF1-Myofascial Manipulation | PT | 3.0 | 20 hours, 2.0 CEUs (No Prerequisite) | Tuition \$595 | USA |
| S2-Advanced Evaluation & Manipulation of Pelvis, Lumbar & Thoracic Spine Including Thrust | PT | 3.0 | 21 hours, 2.1 CEUs (Prerequisite S1) | Tuition \$595 | USA |
| S3-Advanced Evaluation & Manipulation of CranioFacial, Cervical & Upper Thoracic Spine | PT | 3.0 | 27 hours, 2.7 CEUs (Prerequisite S1) | Tuition \$795 | USA |
| S4-Functional Analysis & Management of Lumbo-Pelvic-Hip Complex | PT | 2.0 | 15 hours, 1.5 CEUs (Prerequisite S1) | Tuition \$545 | USA |
| Certification in Manual Therapy Review | PT | 6.0 | 32 hours, 3.2 CEUs (Prerequisite S1, S2, S3, S4, E1, E2, MF1) | Tuition \$995 | USA |

Register with the University of St. Augustine in U.S. call 1-800-241-1027 or (904) 826-0084.

Manual Therapy Certification (MTC) Seminars

S1-Introduction to Spinal Evaluation and Manipulation (MT 9201)

This is a 5-day seminar emphasizing interpretation of basic science knowledge toward the development of clinical skills needed for differential evaluation & effective treatment of spinal dysfunction. General principles of functional anatomy, tissue & joint biomechanics, pathology and treatments are applied to clinical examination and treatment. Includes instruction & techniques of evaluating structure, active movements and palpation for condition, position & mobility of the spine. Manipulation techniques are instructed at all levels of the spine except the subcranial area. Supportive treatments, such as exercises & distraction, are instructed and practiced to a limited degree. At the conclusion of the seminar, the student should feel confident to examine & treat most common spinal conditions.

E1-Extremity Evaluation and Manipulation (MT 9210)

This seminar emphasizes the interpretation of basic science knowledge & the development of basic clinical skills which are needed to complete a differential evaluation of extremity dysfunction, then proceeds to treatment. General principles of functional anatomy, tissue & joint biomechanics, pathology, and treatment are presented.

The clinical content of the seminar includes physical examination, and places special emphasis on palpatory techniques such as end-feel. Non-thrust manipulations are instructed & supportive treatments are discussed.

E2 - Extremity Integration (MT 9310)

This three day seminar is carried out in seminar format which includes lecture and lab. The content of this seminar highlights the interrelationships of extremity joint complexes, along with thorax and spinal influences with emphasis on kinetic chain events. Soft tissue and joint techniques for both examination and treatment are practiced in lab sessions. Clinical cases are presented for discussion of management and treatment based upon clinical reasoning skills.

MF1-Myofascial Manipulation (MT 9220)

This seminar deals with the evaluation & treatment techniques of myofascial manipulation. In order for the body to maintain normal physiological motion & postural efficiency, there needs to be freedom from restrictions in the myofascial unit. The emphasis of this seminar is placed on the relationship of the soft tissue structures to the mechanics of the spine.

The lecture component consists of discussion of functional anatomy, posture, soft tissue anatomy, both normal & pathological treatment principles & the biomechanics of soft tissue. Soft tissue techniques directed at normalizing function will be

demonstrated & practiced for the hip, pelvis, lumbar, thoracic and cervico-thoracic spines.

S 2-Advanced Evaluation & Manipulation of Pelvic, Lumbar & Thoracic Spine Including Thrust (MT 9202)

The S2 seminar focus is the lumbar spine, thoracic spine, rib cage & the pelvis. Techniques of S1 are reviewed & advanced techniques instructed. Exercises, problem solving & treatment strategies are explored.

S3-Advanced Evaluation & Manipulation of Cranio-Facial, Cervical & Upper Thoracic Spine (MT 9203)

Advanced spinal seminars begin with a brief review & update of anatomy, mechanics & pathology of dysfunction. The techniques in the S1 seminar are reviewed, and additional techniques, particularly those requiring a higher level of skill & decision-making, are added. Special emphasis will be placed on the subcranial & mid cervical regions. Lectures & evaluation techniques will assist with the evaluation & treatment of cervical dysfunction including disc degeneration, spondylosis & myelopathy.

The utilization of biomechanical & anatomical principles for the enhancement of patient care through manipulation & exercise is emphasized as is the patients' role in their own welfare. Self help & exercise programs are instructed. Special emphasis is placed on the management of syndromes & particular attention is paid to posture.

S4-Functional Analysis & Management of the Lumbo-Pelvic-Hip Complex (MT 9204)

A biomechanical & neurophysiological approach to the lumbo-pelvic-hip complex is presented. Emphasis is placed on the functional relations within this region so as to understand pelvic girdle dysfunction. Research documentation of the anatomical and mechanical roles of the related structures is provided. Topic areas include: functional anatomy, biomechanics of the sacroiliac & pubic joints, muscular & ligament influences, select pathologies, effects of the pregnancy, labor & delivery as well as dysfunction in the form of pathomechanics and pathophysiology. Laboratory experience involves the demonstration & practice of clinical evaluation methods for assessing dysfunction in the lumbo-pelvic-hip complex.

The evaluation process approaches the problem from both joint & muscular standpoints. Treatment of pelvic dysfunction is also multi-dimensional & therefore soft tissue and joint mobilization is offered. In addition, time is provided for an introduction to the concepts & application of techniques such as positional release, respiratory assist mobilization & muscle energy. Patient education strategies integrating therapeutic exercise with manual interventions will be presented. Methods for self-mobilization & stabilization are demonstrated. Additional suggestions relating to bracing, injection or ADL may also be included in management.

Manual Therapy Certification (MT 9300)

A five day review seminar, with 4 or more instructors, covering each area in the prerequisite courses: namely basic science, spinal and extremity joint, and soft tissue manipulation. An update is also presented by the instructors where such an update seems appropriate. On the fifth day, a three hour multiple choice examination is conducted. On the sixth day each candidate receives four to five twenty-minute oral/practical examinations to test retention, comprehension & applied skills.
