

Maitland- Concept® - IMTA level 1: course program week 1: concept, Lx, hip, principles self management, Cx

Day 1	Day 2	Day 3	Day 4	Day 5
11:00 – 13:30 Welcome Course aims Introduction to the Maitland-Concept ICF-terminology and its importance for assessment and treatment plan	09:00 – 12:30 Questions, reflection of day 1 Cont. principles of subjective examination (C/O)	09:00 – 12:30 ff. Questions, reflection of day 2 Physical examination lumbar spine (P/E Lx) -notation -,if necessary tests'	09:00 – 12:30 Questions, reflection of day 3 Subjective examination hip	09:00 – 13:00 Questions, reflection of day 4 Subjective examination (C/O) cervical spine Physical examination cervical spine: Inspection, active tests, some "if necessary" tests
14:00 – 15:15 Surface anatomy Range of motion of the spine 15:30 – 17:30 Introduction principles of the subjective examination (C/O)	Principles of the physical examination (P/E)	Neurological examination Introduction neurodynamics	Physical examination hips - Gait analysis - Active tests in sitting, standing, lying	Neurological examination upper limb Neurodynamic tests: ULNT1 Cont. physical examination (P/E) Cx: - Palpation and accessory movements
	Lunch break	Lunch break	Lunch break	
17:45 – 19:00 Grades of passive movement for accessory movements at the lumbar/thoracic spine Reflection of day 1	13:30 – 18:00 Grades of passive movement, part II Subjective examination of the lumbar spine (C/O Lx) Physical examination lumbar spine (P/E Lx) - Inspection, active test movements	13:30 – 18:00 Cont. Standard-basic tests neurodynamics (lower limb) (SLR, PKB, Slump) Palpation and P/E accessory movements Lx Introduction movement diagram Principles of self management Lx (may be postponed to week 2) (additions Lx in week II, III, IV)	13:30 – 15:00 Patient-demonstration by the course teacher 15:15 – 18:00 Cont. P/E hip - Passive tests & movement diagram - Treatment progression - Self management hip Introduction clinical reasoning – Hypotheses guided thinking, hypotheses-categories	Reflection of week 1 – transfer of knowledge to the clinical practice and tips for practicing techniques 13:00 end of week 1

Maitland- Concept® - IMTA level 1: course program week 2: shoulder, additions Cx and Lx, Tx

Day 6	Day 7	Day 8	Day 9	Day 10
11:00 – 13:30 Revision Maitland-Concept & clinical reasoning (hypotheses guided thinking) USE categories, load and stability as contributing factors	09:00 – 12:30 Cont. P/E shoulder girdle - Accessory movements - Shoulder girdle quadrant & locking position	09:00 Preparation patient sessions 09:00 – 10:30 Group A patient session; Group B: group work, preparation, practice 10:30 – 12:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions 09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions 09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice
14:00 – 19:00 C/O shoulder girdle P/E shoulder girdle - Inspection - Active movements - Movement diagram - Accessory movements shoulder girdle	Treatment progression shoulder Self management shoulder Lunch break 13:30 – 18:00 Additions Cx: - Accessory movements O-C2 - AP technique C2 – C7	12:00 – 12:30 discussion patient session, additions treatment protocol Lunch break 13:30 – 18:00 Additions Cx - PPIVMs C2-C7 - PPIVMs C7-T4 - Treatment progression with passive movements cervical spine - Treatment technique rotation Cx - Self management Cx	11:15 – 12:30 Subjective examination Tx Lunch break 13:30 – 18:00 Physical examination Tx - Inspection - Active tests, “if necessary tests“ - Passive tests: palpation, accessory movements, PPIVMs	11:15 – 13:00 Cont. Physical examination Tx Self management Tx revisions Reflection week 2, Reflective exercise transfer of knowledge 13:00 End of week 2
	Additions Lx: PPIVM’s Treatment: Lx rotation Spinal traction Clinical patterns Lx			

Maitland- Concept® - IMTA level 1: course program week 3: SIJ, revision shoulder, knee, foot

Day 11	Day 12	Day 13	Day 14	Day 15
11:00 – 13:00 Revision Concept	09:00 Preparation patient sessions 09:00 – 10:30 Group A patient session; Group B: group work, preparation, practice 10:30 – 12:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions 09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions 09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions 09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice
14:00– 15:30 Patient-demonstration by the course teacher	12:00 – 12:30 discussion patient session, additions treatment protocol	11:15 – 12:30 Revision shoulder girdle quadrant & locking position	11:15 – 12:30 Treatment progression and self management knee-complex	11:15 – 13:00 Treatment techniques foot Self management foot Revisions Reflective exercise Transfer of knowledge
15:45 – 18:00 Practical: - Revision and additions lumbar rotation (Rx) - cervical LF treatment techniques 18:15 – 19:00 Introduction neurophysiological pain mechanisms	Lunch break 13:30 – 15:00 Patient-demonstration by the course teacher (follow-up of day 11) 15:15 – 18:00 Subjective examination SIJ Physical examination SIJ Treatment SIJ and self management	Lunch break 13:30 – 18:00 Subjective examination knee-complex Physical examination knee-complex Practical, revisions	Lunch break 13:30 – 15:00 Patient-demonstration by the course teacher (Follow-up of day 11 + 12) 15:15 – 18:00 Subjective examination foot Physical examination foot	13:00 end of week 3

Maitland- Concept® - IMTA level 1: course program week 4: elbow, hand, TMJ, revisions spine, differentiations

Day 16	Day 17	Day 18	Day 19	Day 20
11:00 – 13:30 Revision concept, principles of differentiation tests	09:00 Preparation patient sessions 09:00 – 10:30 Group A patient session; Group B: group work, preparation, practice 10:30 – 12:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions 09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions 09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice	09:00 Preparation patient sessions 09:00 – 10:00 Group A patient session; Group B: group work, preparation, practice 10:00 – 11:00 Group B patient session; Group A: group work, preparation, practice
14:00 – 15:30 Patient-demonstration by the course teacher	12:00 – 12:30 discussion patient session, additions treatment protocol	11:15 – 12:30 Cont. elbow complex	11:15 – 12:30 Subjective examination hand	11:15 – 12:30 Techniques on the course teacher – informal feedback
15:45 – 16:30 The Maitland-Concept's role in medicine and rehabilitation 16:45 – 19:00 Practical - Differentiation tests - Revisions spinal palpation and movement diagram	Lunch break 13:30 – 15:00 Patient-demonstration by the course teacher (follow-up of day 16) 15:15 – 18:00 Subjective examination elbow complex Physical examination elbow complex Treatment elbow complex and self management	Lunch break 13:30 – 18:00 Subjective examination TMJ Physical examination TMJ Treatment progression and self management TMJ Practical, revisions PPIVMs New: PPIVMs O – C2 Clinical reasoning: Clinical patterns cervical spine	Lunch break 13:30 – 15:00 Patient-demonstration by the course teacher (Follow-up of day 17+18) 15:15 – 18:00 Physical examination hand Treatment techniques hand and self management Clinical reasoning exercises	Practical Clinical reasoning exercises Revisions Reflective exercise Transfer of knowledge 13:00 end of week 4