

Lumbar Spine & Lower Limb (Foundation Unit 2)

Course Timetable

Day 1

08.30 Registration
09.00 Introduction
09.15 Hip anatomy | practical
10.00 Hip examination | Practical
11.00 Break
11.15 Knee anatomy & examination | Practical
12.45 Lunch
13.30 Foot/ankle anatomy | Practical
14.30 Foot/ankle examination | Practical
15.15 Break
15.30 Hip lesions | Practical
17.00 Evaluation and close

Day 3

09.00 Practical
09.30 Lumbar techniques (including traction) | Practical
10.45 Break
11.00 Lumbar techniques | Practical
11.45 Practical Assessments
12.45 Lunch
13.15 Case report & portfolio
Practical case scenarios
Course evaluation
15.00 Certificates and close

Day 2

09.00 Practical
09.30 Knee lesions | Practical
11.00 Break
11.15 Foot/ankle lesions | Practical
12.30 Lunch
13.00 Foot/ankle lesions | Practical
14.00 Practical Assessments
15.00 Break
15.15 Lumbar anatomy
15.45 Lumbar history
16.15 Lumbar examination
17.00 Evaluation and close

To find out more details,
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The Module Coordinator reserves the right to make changes to this programme without prior notice.