

Cervical Spine & Upper Limb (Foundation Unit 1)

**Virtual
Course
Timetable**

The link for the virtual day will be emailed approximately 3 days prior - please remember to check your junk folder.

Virtual Day

08.30 Introduction/welcome

09.00 Pain update/Referred symptoms

10.00 Clinical examination

10.45 break

11.00 Communication, consultation and consent

11.45 Lifestyle factors in MSK

12.30 Lunch

13.00 Soft tissues and healing

14.00 Mobilisation techniques

14.45 break

15.00 Injection Techniques

15.45 Onward referral

16.15 Evaluation and close

To find out more details,
please visit

sommcourses.org

or contact us via

admin@sommcourses.org

0151 229 5300



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The Module Coordinator reserves the right to make changes to this programme without prior notice.

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**Classroom
Course
Timetable**

Day 1

08.30 Registration
09.00 Introduction
09.15 Shoulder anatomy | Practical
10.00 Shoulder examination | Practical
11.00 Break
11.15 Elbow anatomy & examination | Practical
12.45 Lunch
13.30 Wrist/Hand anatomy | Practical
14.30 Wrist/Hand examination | Practical
15.15 Break
15.30 Shoulder lesions | Practical
17.00 Evaluation and close

Day 3

09.00 Practical
09.30 Cervical techniques | Practical
10.45 Break
11.00 Cervical techniques | Practical
11.45 Practical Assessments
12.45 Lunch
13.15 Case report and portfolio
Practical case scenarios
Course evaluation
15.00 Certificates and close

Day 2

09.00 Practical
09.30 Elbow lesions | Practical
11.00 Break
11.15 Wrist/Hand lesions | Practical
12.30 Lunch
13.00 Wrist/Hand lesions | Practical
14.00 Practical Assessments
15.00 Break
15.15 Cervical anatomy
15.45 Cervical history
16.15 Cervical examination
17.00 Evaluation and close

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