

# Lumbar Spine & Lower Limb (Foundation Unit 2)

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

**Virtual  
Course  
Timetable**

## Virtual Day

08.30 Introduction/welcome  
09.00 Pain update/Referred symptoms  
10.00 Clinical examination  
10.45 break  
11.00 Comorbidities in MSK Health  
11.45 Soft tissues and healing  
12.45 Lunch  
13.15 Mobilisation techniques  
14.00 Injection techniques  
14.45 break  
15.00 Pharmacotherapy  
15.45 Outcome measures  
16.15 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.

# Lumbar Spine & Lower Limb (Foundation Unit 2)

**Classroom  
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

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