

# Lumbar Spine & Lower Limb (Foundation Unit 2)

**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 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,  
please visit  
**sommcourses.org**  
or contact us via  
**admin@sommcourses.org**  
**0151 229 5300**



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putting theory into practice

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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