



Level 3- Spine & Upper Quadrant Course

Presenter Mr. Doug Cary
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Day 1

8.45 - 9.00	Registration
9.00 – 9.30	Theory: Revision & Update
9.30 - 10.15	Shoulder Girdle Session: Latissimus Dorsi, Teres Major, Deltoid & Teres Minor
10.15 – 10.30	MORNING TEA
10.30 - 12.00	Neck Session 1: Upper & Lower Trapezius, Levator Scapulae & Rhomboids
12.00 – 12.30	Head Session: Occipitalis, Frontalis & Temporalis
12.30 – 1.15	LUNCH
1.15 - 2.30	Neck Session: SCM & Scaleni Anterior & Medius
2.30 - 2.45	AFTERNOON TEA
2.45 – 3.30	Rib Cage Session: Pectoralis Minor, Pectoralis Major & Subscapularis
3.30 – 4.00	Open discussion and review

Day 2

8.00 - 9.30	Neck Posterior Session 2: Splenius Capitus & Cervicus, Semispinalis Capitus & Cervicus, Serratus Posterior Superior & Thoracic paraspinals
9.30 - 9.45	MORNING TEA
9.45 - 10.45	Case Presentations by course participants (5 minutes each)
10.45 - 11.45	Forearm Flexors: Pronator Teres, Flexor Carpi Radialis, Flexor Digitorum & Profundus, Flexor Carpi Ulnaris.
11.45 - 12.30	LUNCH
12.30 – 1.00	Arm Session: Triceps, Biceps & Brachialis
1.00 – 2.00	TMJ Session: Masseter, Medial and Lateral Pterygoid
2.00 – 2.45	Outcomes Based Assessment; Written short answer, anatomy quiz & practical demonstration of technique
2.45 – 3.00	General discussion, certification and close

Comments

“very challenging, well run and useful”

“now much more confident with tissue localisation and palpation”

“so so useful – why didn’t I learn this before”

Course Details

- ✓ **Pre Reading:** Login & download from Level 3 - Spine & Upper Quadrant Course web page
- ✓ **Bring:** Appropriate clothing, towel and pillow
- ✓ **Bonus:** All needles and needling equipment
- ✓ **Bonus:** Fully catered (GF, DF, Veg & Vegan options available on request)
- ✓ **Bonus:** Color and referenced comprehensive manual (Value \$85.00)
- ✓ **Bonus:** Level 3 - Spine & Upper Quadrant on line technique video library (Value \$100.00)
- ✓ **Bonus:** Includes discounted enrollment in Wet Lab Anatomy Workshop (Value \$80)

