



**STRUCTURE & FUNCTION**  
EDUCATION

## Foundations of Joint Manipulation: Hybrid Learning Course

### Online Learning:

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- I. Introduction
  - a. How to Use This Course
  - b. Disclaimer
  - c. Video: Welcome & Introduction (3 minutes)
  - d. Read: [A History of Manipulative Therapy](#) (6736 words)
  
- II. Module I: Why We Manipulate
  - a. Video: Why We Manipulate (19 minutes)
  - b. Read: [The Role of Descending Modulation in Manual Therapy and Its Analgesic Implications: A Narrative Review](#) (6401 words)
  - c. Read: The role of the descending inhibitory pain mechanism in musculoskeletal pain following high-velocity, low amplitude thrust manipulation: a review of the literature (2705 words)
  
- III. Module II: When to Manipulate
  - a. Video: When to Manipulate (43 minutes)
  - b. Read: [Manipulative Therapies: What Works?](#) (2368 words)
  - c. Read: [Effects of Chiropractic Care on Strength, Balance, and Endurance in Active-Duty U.S. Military Personnel with Low Back Pain: A Randomized Controlled Trial](#) (4570 words)
  
- IV. Module III: When NOT to Manipulate
  - a. Watch: When NOT to Manipulate (31 minutes)
  - b. Read: [Characterizing Adverse Events Reported Immediately After Osteopathic Manipulative Treatment](#) (3665 words)
  - c. Read: [Adverse events and manual therapy: a systematic review](#) (4208 words)
  
- V. What to Expect from the In-Person Course
  - a.
  
- VI. Resources for In-Person Course
  - a.
  
- VII. Manipulation Videos – Examples of Techniques
  - a.

### Online Learning CEUs:

Video: 1.5 CEUs (96 minutes)

Reading: 2 CEUs (30,653 words, 16 questions)

## **In Person Learning:**

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### **Day 1:**

- 8:00-9:00 Introduction
- 9:00-12:00 Foot, Ankle and Knee - Lecture, Demo, Hands-On Lab
- 12:00-1:00 Lunch
- 1:00-5:00 Hip, Hand, Wrist & Elbow, Shoulder - Lecture, Demo, Hands-On Lab

### **Day 2:**

- 8:00-11:00 Lumbar & Intro to TSP - Lecture, Demo, Hands-On Lab
- 11:00-12:00 Lunch
- 12:00-3:00 TSP/CSP - Lecture, Demo, Hands-On Lab
- 3:00-4:00 Practical Exam

In-Person CEUs: 15 CEUs

Day 1 – 8 hours

Day 2 – 7 hours