

CLINICAL MANUAL THERAPY OF THE UPPER QUADRANT

Date & Time	20-21 July 2025 9:00am - 5:00pm
Location	SAFRA Punggol

COURSE CURRICULUM - DAY 1

Time	Topic	Activity	Description
0900-1000	Introduction and case study discussion	Lecture/ Discussion	
1000 - 1115	Finding the drivers for the dysfunction	Practicum	<ul style="list-style-type: none"> • Structural observation & movement analysis • Understanding the kinetic linkage of the body to upper quadrant dysfunction
1115 - 1130	Tea Break		
1130 - 1300	Structural differential diagnosis of the shoulder/ cervical spine	Practicum	<ul style="list-style-type: none"> • Differential diagnosis of pattern of the shoulder / cervical spine
1300 - 1400	Lunch Break		
1400 - 1530	Structural differential diagnosis of the elbow & wrist	Practicum	
1530 - 1600	Neurodynamic concept of the upper quadrant	Lecture	
1600 - 1700	Neurodynamic assessment	Practicum	

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COURSE CURRICULUM - DAY 2

Time	Topic	Activity	Description
0900-1030	Review of Day 1 with case study	Practicum & Discussion	
1030 - 1115	Treatment strategies for the shoulder	Practicum	
1115 - 1130	Tea Break		
1130 - 1300	Treatment strategies for the elbow	Practicum	
1300 - 1400	Lunch Break		
1400 - 1500	Treatment strategies for the wrist	Practicum	
1500 - 1700	Treatment strategies for neuropathic pain of the upper quadrant	Practicum	