

SPINAL ARTICULAR THERAPY (SAT) WORKSHOP

Date & Time	1 March 2026 9:00am
Location	261 Waterloo St, Waterloo Centre, #03-25, Singapore 180261

COURSE CURRICULUM - DAY 1

Time	Topic	Activity
0900 - 0930	Introduction to Clinical Manual Therapy approach	Case Study
0930 - 1030	Clinical reasoning for Manual Therapy assessment	Lecture
1030 - 1100	Break	
1100 - 1130	Assessment for lumbar spine	Practicum
1130 - 1200	Structural differential diagnosis for S1	Practicum
1200 - 1230	Treatment strategy for S1 dysfunction	Practicum
1230 - 1330	Lunch Break	
1330 - 1400	Combined advanced assessment for lumbar spine	Lecture + Practicum
1400 - 1500	Treatment strategy for lumbar spine (combined movement control)	Practicum
1500 - 1530	Treatment strategy for lumbar spine (clinic-based / advanced)	Practicum

SPINAL ARTICULAR THERAPY (SAT) WORKSHOP

Date & Time	2 March 2026 9:00am
Location	261 Waterloo St, Waterloo Centre, #03-25, Singapore 180261

COURSE CURRICULUM - DAY 2

Time	Topic	Activity
0900 - 0930	Assessment for thoracic spine & ribs	Practicum
0930 - 1030	Articular treatment for thoracic spine & ribs	Practicum
1030 - 1100	Tea Break	
1100 - 1130	Disc / dural treatment for thoracic spine & ribs	Practicum
1130 - 1200	Assessment for cervical spine	Practicum
1200 - 1300	Lunch Break	
1300 - 1400	Articular treatment for cervical spine	Practicum
1400 - 1430	Disc / dural treatment for cervical spine	Practicum