



Mechanisms of Manual Therapy

COURSE AUTHOR

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COURSE CONTACT INFO

All questions related to this course should be directed to courses@eimpt.com or you can call the office directly at 1-888-709-7096. To expedite a response to your request please include Course Name and Number, your question, the url to webpage related to the question, and a screenshot of what you see on your screen.

COURSE LEVEL

Introductory

COURSE DESCRIPTION


Recent clinical research suggests that manual therapy is an effective therapy, especially when certain patients with musculoskeletal pain are targeted. Despite the favorable clinical outcomes from manual therapy, we still know very little about the mechanisms of its effectiveness. This seminar class will provide an update on that topic. We will consider wide ranging mechanisms of manual therapy with special attention directed towards recent research investigating manual therapy's influence on pain.

This class will begin by defining manual therapy and considering reasons for investigating its mechanisms. We then provide a conceptual framework for the class including the discussion of models in the peer-review literature that explain how manual therapy works. Next, we will use one model to explore different "mechanistic pathways" related to the potential biomechanical mechanisms and neurophysiological mechanisms regulated by the spinal cord and Supraspinal structure. Finally, we will consider how clinical studies inform us, craft explanations, and also highlight future research priorities.

OBJECTIVES

The overall objectives of this course are to a) appreciate why knowledge of manual therapy mechanisms is an important pursuit; b) improve understanding of how manual therapy works consistent with current mechanistic and clinical evidence; c) consider how knowledge of mechanism may influence teaching and clinical application of manual therapy.





Specific student objectives include:

1. Describe different definitions and types of manual therapy with the goal of finding a common “language” for this course.
2. Compare and contrast mechanistic models of manual therapy that have been reported in the peer-review literature.
3. Discuss how mechanistic models reported in the peer-review differ from how manual therapy theory is typically taught and included in physical therapy clinical practice.
4. Identify common mechanistic pathways in peer-review models of manual therapy.
5. Discuss individual manual therapy mechanism pathways and the evidence to support their importance as an “active agent” in the effectiveness of manual therapy.
6. Discuss recent research findings on pain inhibition properties of spinal manipulation and neurodynamic interventions.
7. Consider clinical implications for knowledge of manual therapy mechanisms.
8. Explain to a patient how manual therapy works using current scientific evidence as a basis for that explanation.

TARGET AUDIENCE

PT

CONTACT HOURS/CEU/CCUS

1.2 hours/ .12CEU/ 1.2CCU

You will receive a certificate of completion for this course via email after successful completion of the course quiz. *The assignment of Texas PT CCUs does not imply endorsement of specific course content, products or clinical procedures by TPTA or TBPTE.*

EIM PROGRAM APPLICABILITY

While this course does not transfer directly into EIM [Manual Physical Therapy Certification](#), it does lay a solid foundation for this program.

PREREQUISITES

None

Course Materials

All online content will be delivered through Teachable, the online learning platform. You will receive your login information with your program/course registration. A video and a handout are available for each lecture. These lectures build on the content you learn from the previous lecture. You will need to complete each lecture video and handout before moving to the next lecture.

Course Assignments/Schedule/Content

Lectures/Presentations	Time
Mechanisms of Manual Therapy 1	11:09
Mechanisms of Manual Therapy 2	8:55
Mechanisms of Manual Therapy 3	10:21
Mechanisms of Manual Therapy 4	14:45
Quiz	30
Total	1.2 hrs/ .12CEU/ 1.2CCU

GRADING

Learner attainment of the objectives is assessed through a 20 question multiple choice quiz administered after completion of coursework. A minimum of 70% is required for success and award of continuing education credit. Estimated time to complete the quiz is 30 minutes; although the quiz is untimed, and you may take all the time you need to complete. Learners may repeat the quiz as needed to meet the requirement.

ACADEMIC INTEGRITY

Each student in this course is expected to abide by the Evidence In Motion and Partners Code of Academic Integrity. Any work submitted by a student in this course for academic credit will be the student's own work.

CANCELLATION POLICY

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