

Course programme

Basic Course in Orthopaedic Medicine

Part 1a

(General concept and the shoulder)

Day 1

0900-0915	Introduction	t
0915-1015	Referred pain	t
1015-1030	Coffee	
1030-1140	Clinical examination (1)	t
1140-1245	Clinical examination (2)	t
1400-1430	Clinical examination	p
1430-1500	Shoulder : Anatomy	t
1500-1530	Shoulder : Clinical examination	t
1530-1545	Tea	
1545-1615	Shoulder : Clinical examination	p
1615-1700	Shoulder : Interpretation of the passive movements: The capsular pattern	t,p

Day 2

0900-0930	Recapitulation of the first day	t
0930-1000	Shoulder : Interpretation of the passive movements: Non-capsular patterns	t
1000-1100	Trauma to soft tissue / Deep transverse massage	t
1100-1115	Coffee	
1115-1145	Doctors : Injections t / Physio's : Massage	p
1145-1215	Shoulder : Capsular / non-capsular pattern	p
1330-1400	Shoulder : Interpretation of a painful arc	t
1400-1445	Shoulder : Interpretation of the resisted movements: Adduction / Abduction	t,p
1445-1515	Shoulder : Interpretation of the resisted movements: Rotations / Elbow flexion	t
1515-1530	Tea	
1530-1630	Shoulder : Interpretation of the resisted movements: Rotations / Elbow flexion	p