Ikona Health

Manual Therapy Master Class III CPD Course (AHPC)

Course Curriculum

Module 1: Shoulder Joint Anatomy & Kinematics
- The Shoulder Joint Complex — four articulations: Sternoclavicular, Acromioclavicular, Scapulothoracic, Glenohumeral
- Clavicular Movements
- Instability of the Glenohumeral (GH) Joint
- Support Systems of the Shoulder

Module 2: Six Kinematic Principles of Shoulder Abduction
- Overall Kinematics of Shoulder Abduction
1. Scapulohumeral Rhythm — 2:1 ratio producing a full 180° arc (120° GH abduction + 60° scapulothoracic upward rotation)
2. Sternoclavicular & Acromioclavicular Joint Motion during full abduction
3. Clavicular Retraction — assists optimal scapular positioning
4. Scapular Repositioning — posterior tilt and external rotation, preserving subacromial space
5. Clavicular Rotation — posterior rotation coupled with AC joint tilting
6. External Rotation of the Humerus — avoids subacromial impingement

Module 3: Manual Therapy
- Joint Mobilization: Benefits
- Pain modulation via neurophysiological mechanisms
- Release of endogenous opioids (e.g. beta-endorphin)
- Alternative sensory input modulating pain transmission
- Joint Mobilization: Grading and Application
- Grades I–II for pain management via neuromodulation
- Grades III–IV for restricted mobility due to capsular tightness
- The Convex-Concave Rule
- Convex surface: glide opposite to the direction of bone movement
- Concave surface: glide same direction as bone movement
- Mobilization with Movement
- Scapular Mobilization
- Glenohumeral Mobilizations
- Resting position: 55° abduction, 30° horizontal adduction
- Distraction, Posterior Glide, Inferior Glide, Anterior Glide — and their effects
- Clavicular Mobilization

Module 4: Soft Tissue & Exercise Therapy
- Soft Tissue Manipulations

- Exercise Therapy