What is Cyriax really about…?

THE continuing education in Modern Orthopaedic Medicine Cyriax

MODULAR COURSES

European Teaching Group of Orthopaedic Medicine, Cyriax
What is Cyriax really about...?
Are you looking for a next series of treatment techniques, techniques, techniques, ...?

Yes?

In that case this course is **NOT** for you.

It’s all about diagnosis!
You want to understand clinical images and reach a valid diagnosis, before creating a treatment plan?

Yes?

This course is what you are looking for!
We go for your success in orthopaedic medicine!

The ETGOM Mission?

It is our aim to provide the best continuing education in modern orthopaedic medicine Cyriax, available world wide.

The European Teaching Group of Orthopaedic Medicine, Cyriax (ETGOM) offers updated orthopaedic medicine continuing education with emphasis on practical clinical reasoning.

The International ETGOM Teaching Team, under the guidance of Steven De Coninck, presents courses world wide. Until now ETGOM courses took place in about 34 countries.

We focus on relevant patient related inspection, history, and functional examination in order to reach a valid diagnosis and, possibly, a differential diagnosis.

Different kinds of soft tissue treatment techniques are discussed such as transverse friction massage, mobilisation, infiltration, injection, traction and manipulation, possibly in symbiotic combination with other techniques/methods.

It is a very practical course in which we don’t loose time with “theoretical artificial hypercomplication”.

This training program is NOT about the mere execution of a number of techniques. If you are just looking for an expansion of your technical skills only, without having any interest in the diagnostic procedure, please do not participate at our courses!

It is all about reaching a relevant diagnosis first! This is not easy at first, but it will be very rewarding and well appreciated by your patients. Finally you will get a better understanding of what you are doing and why. You will discover more pleasure and satisfaction in your professional life.
We teach modern orthopaedic medicine i.e. not the version of 30 years ago. We focus on an updated strategy, taking into account more recent scientific evolutions. Some treatment procedures as described in the past by Dr Cyriax are abandoned (for specific reasons) others have been modified in order to make it more therapist and patient friendly. We also developed new standardized diagnostic tools, new films etc.

We focus on facilitating examination and treatment procedures, keeping at all times a critical open vision, discovering also symbiotics between different methods.

Be prepared to abandon and/or confirm certain wide spread hypotheses; be prepared to think clinically and objectively. Sometimes this is very confronting, but this is the basis of every evolution. We enjoy an intensive interaction with our participants.

Finally, the entire ETGOM team goes for YOUR success in orthopaedic medicine!

The ETGOM courses are open to: MD’s, physical therapists, osteopaths, chiropractors, certified athletic trainers and graduating students. The courses are available in eight different languages: Dutch, French, Italian, German, English, Spanish, Croatian and Slovenian.

Final learning outcome of the ETGOM courses?

After attending the ETGOM training program you will be able:

- to examine a patient suffering from a locomotor problem, in an independent, reliable and safe way
- to reach a diagnosis as specific (if possible) and as valid as possible
- to manage a multifactorial objective clinical reasoning system
- to determine and execute a specific treatment strategy
Once a diagnosis is established one can start a relevant conservative treatment strategy, taking into account the nature, the severity and the localization of the lesion, as well as the personality of the patient, with respect for symbiotic treatment options and inter-method links.

The therapist will promote a thorough multidisciplinary team work between e.g. MD and physical therapist in order to optimize the efficiency of the examination and treatment procedures.

Besides achieving a diagnosis one must also know how to achieve a differential diagnosis including the recognition of red flags.

The therapist has to take the necessary steps to adapt the treatment procedure if indicated, also with emphasis on self treatment and prophylactic strategies in order to help the patient to return to his normal daily activities in a most optimal way.

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**Modular course structure:** optimal learning in compact modules

Module A: Orthopaedic highlights Extremities, 2 1/2 days
Module B: Lumbar spine + SI-joint, 2 1/2 days
Module C: Cervical, thoracic and lumbar spine, advanced course, 2 1/2 days
Module D: Upper extremity advanced course, 2 1/2 days
Module E: Lower extremity advanced course, 2 1/2 days
Module F: pre-exam recapitulation course + theoretical and practical diploma exam, 2-3 days (depending on the number of participants)

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*This course structure/sequence might be slightly different, depending on the host country, ; the content however is always standard*
Which services do we offer?

- Participants receive the FULL OMCyriax package
  - For every module we provide an extensive course hand out with full text and colour pictures, about 500 pages in total (new hand outs are already available in different languages)
  - Powerpoint files containing a summary of all relevant scientific slides
  - Clinical reasoning exercise package (multiple choice questions, true- false questions, quizzes, recapitulation schemes,...)  
  - Standardized assessment forms
  - Pdf files of different books/publications on Orthopaedic Medicine and... on top of that we provide the unique OMCyriax USB card, containing about 190 films on diagnostic and treatment procedures

- Course certificates of attendance
- Post-course Cyriax online Consulting system (problem solving)
**Program highlights Extremities, Module A?**

You want to discover what Modern orthopaedic medicine Cyriax has to offer and you don’t have too much available time?

You want to learn all about diagnosis and treatment of the most frequently seen soft tissue lesions in the upper and the lower extremity?

Well, this 2 1/2 day compact course on the extremities (Module A) is perhaps the most practical solution.

**Day 1**
- Basic principles of modern orthopaedic medicine Cyriax
- Rules of referred pain
- How to reach a valid diagnosis: inspection, history, relevant functional examination, palpation
- Clinical reasoning by using a standardized Cyriax assessment form
- General treatment strategy for soft tissue lesions
- Elbow: inspection, history and basic functional examination
- Elbow: diagnosis and treatment procedures of tennis and golfer elbow

**Day 2**
- Elbow: diagnosis and treatment procedures of tennis (5 types) and golfer elbow (2 types) (continuation)
- Shoulder: inspection, history and basic functional examination
- Shoulder: diagnosis and treatment procedures of tendinitis, -osis (supraspinatus, infraspinatus, subscapularis, biceps,...)
- Foot: inspection, history and basic functional examination
- Foot: diagnosis and treatment procedures of inversion and eversion traumata (sprained ankles: lig. talofibulare ant-post, lig. calcaneofibulare, lig. calcaneocuboideum, peronei, tibialis posterior)

**Day 3**
- Knee: inspection, history and basic functional examination
- Knee: diagnosis and treatment procedures of ligamentous lesions (MCL, LCL, coronary ligaments)
- Wrist: inspection, history and basic functional examination
- Wrist: diagnosis and treatment procedure of a carpal subluxation (dorsal-palmar; ligamentous lesion)

If, after this 3 day course you want to study orthopaedic medicine more into detail, you can always continue with the modular diploma course in modern orthopaedic medicine Cyriax or The Mastermind Private Training.

You would like to start with the spine instead of the extremities, that’s also possible.
Program Lumbar spine and SI-joint, Module B?

A combination of lecture and lab sessions, during 2 1/2 days:

- Specific history taking
- General history
- Inspection: what is relevant?
- Basic functional examination: how to reach, in a valid and practical way, a diagnosis and differential diagnosis, respecting red flags
- Accessory examination
- (ir)relevance of palpation and other diagnostic procedures
- Accessory SI pain provocation examination
- Clinical reasoning by using a standardized examination protocol incorporating links to McKenzie and other manual therapy approaches: how to reach a diagnosis and differential diagnosis; is there any compatibility between different methods?
- Specific indications and contraindications of manipulative techniques; techniques with and without traction component
- Specific indications and contraindications of mechanical traction techniques
- Specific indication and contraindications of self treatment exercises; discover the unique Back Instruction Card
- Creating a treatment strategy with incorporation of prophylactic and self treatment procedures
- Specific manipulation and traction treatment strategy
- Non-mechanical disorders: discover the yellow and red flags, stenosis, postural and dysfunction syndromes versus internal derangement
- Differential diagnosis with SI-joint and hip problems
- Mechanisms of spontaneous cure

Invest in Efficient Knowledge, discover and enjoy the ETGOM experience.
Together we go for healthy patients and great satisfaction!
Besides the regular modular courses, ETGOM offers a unique world premiere!

Master Mind Private Training in Modern Orthopaedic Medicine

Come to the ETGOM Training centre for the exclusive “all-in-one” 10 day program for which we accept 4 participants only

Orthopaedic Re-Boost course

Discover the medieval city of Bruges, and join the 3 day update course, only for those of you who already did a basic training program
FREE DOWNLOAD EBOOK

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