THE ASSOCIATION FOR SOFT TISSUE THERAPISTS

SMA CONFERENCE 2019

CONFERENCE WORKSHOP

Dr CHRISTOPHER NORRIS PHD MSc MCSP
CHARTERED PHYSIOTHERAPIST

Chris is a Chartered Physiotherapist with over 35 years clinical experience. Qualifying in 1981 from Pinderfields college (Now University of Huddersfield) he gained a Masters degree in exercise science from Liverpool University and a Doctorate in spinal rehab from Staffordshire University.
He is the author of 14 books on physiotherapy, exercise, and rehabilitation including *Sports & Soft Tissue Injuries* (Routledge 2018) one of the best known sports injuries textbooks used at undergraduate level. Now in its 5th edition and running to over 650 pages this book is on the reading list of many sports and massage therapy courses.
Chris runs a wide variety of CPD courses and presents material across Europe. He has lectured at several universities at Masters degree level and acted as an external examiner and adviser to many therapy based courses.
Chris is the director of Norris Health, a private clinic in Congleton, Cheshire (www.norrishealth.co.uk)

WORKSHOP

INTEGRATED MANUAL THERAPY FOR THE HIP AND KNEE

Chris will teach a variety of clinically effective manual therapy techniques for knee and hip pain. Drawing on over 35 years' experience, Chris uses an integrated approach which distils the most effective techniques from the major traditional joint and soft tissue based manual therapy approaches within Physiotherapy. These include Maitland, McKenzie, Cyriax, Kaltenborn, Janda and Lewit.

In this workshop techniques will be demonstrated, and you will then get a chance to practice. Stance, hand position, direction, and force will all be explained.

Chris encourages an evidence-based clinical reasoning approach to decide which techniques to use and when, and how to incorporate manual therapy into an overall rehabilitation programme.
Techniques for the knee could include capsular release using a pivot, AP & PA glide using a block, and long axis distraction.
Techniques for the hip will include long axis distraction in an open pack position and MWM to flexion.