

# The Thoracic Rings: An integrative manual therapy approach

## Synopsis:

In addition to the protection of the major cardiopulmonary structures, the thoracic cage provides a large platform for force transmission, both to and from the extremities. The thoracic cage can be viewed as many “ring system”, where each ring system is made up of the thoracic vertebral, ribs and the sternum. With the extensive myofascial attachments and unique neural anatomy, the thoracic rings allow potential applications of manual therapy for treatment of musculoskeletal dysfunction and pain for both the upper and lower quadrants.

This workshop is designed to teach therapists clinical reasoning and manual skills specific to the thoracic rings. This workshop is unique as it draws on the best evidence-informed practices from manipulative physiotherapy, osteopathy and rehabilitation science.

## Objectives:

At the end of the program, participants will be able to:

1. Understand the clinical reasoning approach for the application of manual therapy to the thoracic rings.
2. Develop manual skills specific to the assessment and treatment for thoracic rings dysfunction.
3. Examine the kinetic linkages associated to the thoracic rings.
4. Develop exercise based therapy for thoracic rings dysfunction.

## Presenter:

### Ng Chong Ching

#### **Manual Physiotherapist**

MSc Sports & Exercise (NIE, Singapore)  
Master Manual Therapy (UWA, Australia)  
Grad Cert Ortho Manipulative Therapy (Curtin, Australia)  
BSc Physiotherapy (Curtin, Australia)  
Dip Biotechnology (SP, Singapore)  
DBC certifie



*Ng Chong Ching graduated as a physiotherapist in 1999. Since, he has been working with clients suffering from neuro-musculoskeletal dysfunctions and pain. Chong Ching's work is based on evidence-informed manual medicine. He integrates different manual therapeutic modalities from chiropractic, osteopathy, manipulative therapy and rehabilitation science in a clinical reasoning approach.*

*He now runs his practice, manualcircle. He is also a part-time lecturer at the School of Physiotherapy, Nanyang Polytechnic (Singapore) and an Academic Associate with the*

*School of Health and Leisure Science, Republic Polytechnic (Singapore). He has taught a series of manual therapy courses in Singapore and Malaysia.*

## Schedule

### Day 1

Topic	Time (Hr)	Duration(min)
1.Registration	0830-0900	30
2. Introduction -Self introduction -Knowing participants and expectation -Course outline	0900-0930	30
3. Lecture -Functional anatomy of the Thoracic spine and ribs -Neuroanatomy	0930-1030	60
4. Tea break	1030-1045	15
5.Lecture -Clinical reasoning framework -SINS/ARTS	1045-1130	45
6. Practical -Observation of static and dynamic posture -Movement analysis -Upper limb loading test -Differential movement diagnosis	1130-1230	60
7. Lunch	1230-1400	90
8. Combined Movement of Thoracic spine -Theory of Combined Movement -Physiological Combined Movement testing -Thoracic spine/ribs articular assessment -Manual therapy of Thoracic spine/ribs -Exercise based therapy	1400-1700	180

### Day 2

Topic	Time (Hrs)	Duration(min)
1. Review of Day 1	0900-0930	30
2. Practical -Thrust techniques of Thoracic spine/ ribs	0930 -1030	60
3. Break	1030 -1045	15
4 Lecture -Thoracic inlet and outlet -muscle of upper quadrant	1045 -1115	60
5. Practical -Muscle length testing -Thoracic outlet -Facial release	1115-1230	45
6. Lunch	1230- 1400	90

7. Practical -Diaphragm technique -Shoulder capsule release -Floating ribs	1400-1500	60
8. lecture -Kinetic linkages -Form and force closure of the Thoracic rings	1500-1530	30
9. break	1530 -1545	15
10. Practical -Form and force closure assessment -Exercise based therapy	1545 -1645	60
11 Q & A	1645-1700	15

Date: 28 – 29 July 2012

Time: 9:00 am – 5:00 pm

Fee: \$3,000, 20% discount for registration before 30 May 2012.

For interested candidate, please prepare the cheque in the name of HEMAX Health Products Company Limited, with your name, address, email and telephone number on the back and send to Rm 1508, Hollywood Plaza, 610 Nathan Road, Mong Kok. Please feel free to contact Mr. LAU at 2111 2880 / [on.lau@hemaxhealth.com](mailto:on.lau@hemaxhealth.com) for any questions.

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