

MEDICAL EXERCISE THERAPY



COURSE PROGRAM 2009

DATES FOR 2009

Fri 27th & Sat 28th March 2009

MET for shoulder, elbow & wrist pain
- dysfunction of upper extremity

Fri 24th & Sat 25th April 2009

MET hip, knee and ankle pain
– dysfunction of lower extremity

Fri 2nd & Sat 3rd October 2009

MET for neck and shoulder girdle pain & headache

Thurs 29th & Fri 30th October 2009

MET for geriatric patients & healthy elderly patients

Sat 31st October & Sun Nov 1st 2009

MET for thoracic and low back pain & sciatica

Course Instructor

Tom Arild Torstensen, Director, Holten Institute, Sweden

Web site

www.holteninstitute.com

Tom has published in peer reviewed journals and presented at national and international conferences. Tom lives in Stockholm, Sweden and is working clinically at Lidingö Ortopedmedicinska Team. He is doing outcome research at the Karolinska Institute focusing on dose-response effects of different patient categories. He has been teaching medical exercise therapy for more than 15 years in North America and Europe.

Cost €250 per course / event

Venue Trinity Centre, James St, Dublin 8

To book a place or request further information, please contact:

Cillin Condon, Dept of Physiotherapy, Trinity Centre for Health Sciences, James St, Dublin 8

Tel: 01 - 8962123, Email: condonc@tcd.ie

Extensive course material

For each course, there is a specific theory manual, an exercise manual and a DVD/video. Furthermore there will be patient demonstration at each course. There will be strong emphasis on how equipment-related exercises easily can be transferred into home exercise programs.