

現代肌骨醫學 Cyriax (ORTHOPAEDIC MEDICINE) 國際認證研習會

緣起

Dr. James H. Cyriax, M.D. (1904-1985) 是近代「肌骨醫學」的巨擘。他原本是英國的一位骨科名醫，但是他對醫學的貢獻卻在於其所宣導的一套迷人的非手術診療系統 - 「肌骨醫學(Orthopaedic Medicine)」。此系統以獨特的選擇性組織張力測試(selective tissue tension tests)與硬膜(dural), 韌帶(ligamentous), 狹窄(stenotic)等三種概念，將病灶作精確定位。再以「非手術」方法，如注射(injection / infiltration), 牽引(traction), 深部按摩(deep transverse massage), and 手法矯治(manipulation)等方法作有效治療。其邏輯清楚、條理分明的臨床思維，深受眾多臨床專家的推崇與熱愛。



Cyriax 肌骨醫學經過時代的萃煉，其原理原則一直被許多臨床專家奉為圭臬。但隨著現代醫學的進步，原有 Cyriax 的體系應該融入更先進的診療概念，使其成長茁壯、歷久彌新。我們相當難得地邀請到來自比利時的歐洲肌骨醫學教育集團(ETGOM)的主席 Steven De Coninck, PT 來到台北，為台灣的醫療專業人士完整地介紹「現代 Orthopaedic Medicine」的理論與操作實務。Steven De Coninck 是一位臨床經驗豐富的教學專家，相信以其深厚的臨床經驗與教學專長，定能使與會同道熟稔現代 Cyriax 診療體系的精髓。

本系列課程共有 A-F 六個模組，本次課程為第一與第二模組(module A,B)。學員上完六個模組並通過認證考試後，ETGOM 機構將發給 Orthopaedic Medicine 國際專業文憑 (diploma)。

現代肌骨醫學 Cyriax 文憑完整學程 (Cyriax Diploma Course structure)

Module A:	肌骨醫學四肢基礎課程	Orthopaedic highlights Extremities, 2.5 days
Module B:	肌骨醫學脊柱基礎課程	Orthopaedic highlights Spine, 2.5 days
Module C:	肌骨醫學脊柱進階課程	Cervical, thoracic and lumbar spine, advanced course, 2.5 days
Module D:	肌骨醫學四肢進階課程(1)	Extremities advanced 1, 2.5 days
Module E:	肌骨醫學四肢進階課程(2)	Extremities advanced 2, 2.5 days
Module F:	考試準備課程與理論實作 文憑考試	exam preparation course + theoretical and practical diploma exam, 2-3 days

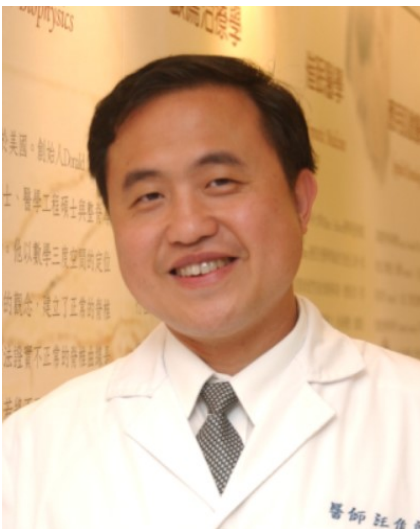
講師介紹

講師: Steven De Coninck, PT. Chair, ETGOM



- ✓ 歐洲肌骨醫學教育集團(ETGOM)主席
- ✓ 現代 Cyriax 肌骨醫學教學三十餘國
- ✓ 比利時執業物理治療師
- ✓ 詳細履歷請見附錄

座長: 汪作良醫師



- ✓ 台灣脊骨矯治醫學會理事長
- ✓ 國立台北護理健康大學助理教授
- ✓ 台灣復健科專科醫師

研習會議程

Day 1 (2018 年 5 月 24 日 星期四)

Module A : 肌骨醫學四肢基礎課程 Orthopaedic highlights Extremities

- ◇ 現代 Cyriax 肌骨醫學的基本原則
Basic principles of modern orthopaedic medicine Cyriax
- ◇ 引傳痛的規則
Rules of referred pain
- ◇ 如何有效診斷: 視診、問診、相關功能檢查、觸診
How to reach a valid diagnosis: inspection, history, relevant functional examination, palpation
- ◇ 應用標準化 Cyriax 評估表格做臨床推理
Clinical reasoning by using a standardized Cyriax assessment form
- ◇ 軟組織病灶的治療策略通則
General treatment strategy for soft tissue lesions
- ◇ 肘部: 視診、問診和基礎功能檢查
Elbow: inspection, history and basic functional examination
- ◇ 肘部: 網球肘與高爾夫球肘的診斷與治療步驟
Elbow: diagnosis and treatment procedures of tennis and golfer elbow

Day 2 (2018 年 5 月 25 日 星期五)

Module A : 肌骨醫學四肢基礎課程 Orthopaedic highlights Extremities

- ◇ 肘部: 五種網球肘與二種高爾夫球肘的診斷與治療步驟(延續 Day 1)

Elbow: diagnosis and treatment procedures of tennis (5 types) and golfer elbow (2 types) (continuation)

- ◇ 肩部: 視診、問診和基礎功能檢查

Shoulder: inspection, history and basic functional examination

- ◇ 肩部: 肌腱發炎/退化的診斷與治療步驟

Shoulder: diagnosis and treatment procedures of tendinitis, -osis (supraspinatus, infraspinatus, subscapularis, biceps, ...)

- ◇ 足部: 視診、問診和基礎功能檢查

Foot: inspection, history and basic functional examination

- ◇ 足部: 內翻與外翻傷害的診斷與治療步驟

Foot: diagnosis and treatment procedures of inversion and eversion trauma (sprained ankles : lig. talofibulare ant-post, lig. calcaneofibulare, lig. calcaneocuboideum, peronei, tibialis posterior)

Day 3 (2018 年 5 月 26 日 星期六)

Module A : 肌骨醫學四肢基礎課程 Orthopaedic highlights Extremities

- ◇ 膝部: 視診、問診和基礎功能檢查
Knee: inspection, history and basic functional examination
- ◇ 膝部: 韌帶傷害的診斷與治療步驟
Knee: diagnosis and treatment procedures of ligamentous lesions (MCL, LCL, coronary ligaments)
- ◇ 腕部: 視診、問診和基本功能檢查
Wrist: inspection, history and basic functional examination
- ◇ 腕部: 腕骨錯位的診斷與治療步驟
Wrist: diagnosis and treatment procedure of a carpal subluxation (dorsal-palmar ; ligamentous lesion)

Module B : 肌骨醫學脊柱基礎課程 Orthopaedic Highlights Spine

- ◇ 精確問診
Specific history taking
- ◇ 一般病史
General history
- ◇ 視診: 何者是相關的?
Inspection: what is relevant ?
- ◇ 基本功能檢查: 如何以有效實用的方式獲得診斷與鑒別診斷, 小心危險病況
Basic functional examination: how to reach, in a valid and practical way, a diagnosis and differential diagnosis, respecting red flags
- ◇ 附加檢查: 相關觸診與其他診斷步驟
Accessory examination: (ir)relevance of palpation and other diagnostic procedures

Day 4 (2018 年 5 月 27 日 星期日)

Module B : 肌骨醫學脊柱基礎課程 Orthopaedic Highlights Spine

- ◇ 手法矯治的精確適應證與禁忌證
Specific indications and contraindications of manipulative techniques
- ◇ 腰椎椎間盤手法矯治
techniques of the lumbar disc with and without traction component
- ◇ 力學牽引的精確適應證與禁忌證
Specific indications and contraindications of mechanical traction techniques
- ◇ 自療運動的精確適應證與禁忌證
Specific indication and contraindications of self treatment exercises
- ◇ 自我療愈與預防策略
Creating a treatment strategy with incorporation of prophylactic and self treatment Mechanisms of spontaneous cure procedures

Module B : 肌骨醫學脊柱基礎課程 Orthopaedic Highlights Spine

- ◇ 骶髂關節疼痛誘發的附加檢查

Accessory SI pain provocation examination

- ◇ 應用標準化檢查流程結合 McKenzie 與其他手法治療方法作臨床推理: 如何獲得診斷與鑒別診斷? 不同方法之間是否有相通性?

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 ?

- ◇ 非力學相關疾患: 找出黃旗(慢性化)與紅旗(危險病況)

Non-mechanical disorders: discover the yellow and red flags

- ◇ 與骶髂關節問題與髖關節問題作鑒別診斷

Differential diagnosis with SI-joint and hip problems

- ◇ 執行硬膜外局部麻醉與神經阻斷麻醉之適應症

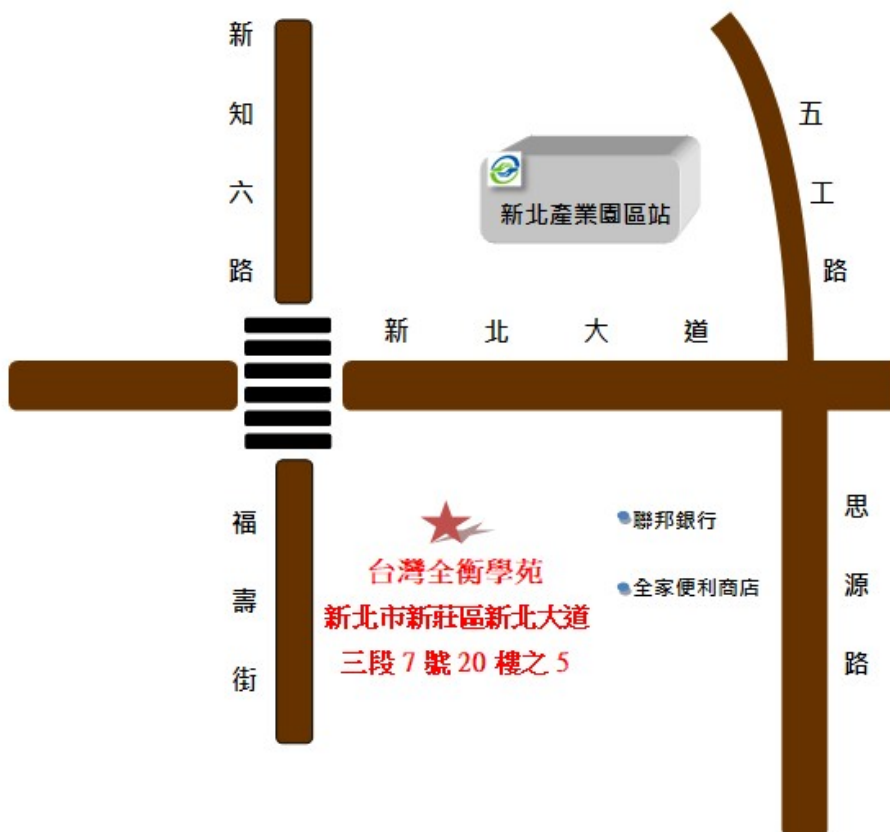
Indications for epidural local anaesthesia and nerve block

主辦單位：

European Teaching Group of Orthopaedic Medicine (ETGOM)台灣分部

會議地點：

台灣全衡學苑：新北市新莊區新北大道三段 7 號 20 樓之 5



* 怎麼到?

1. 搭乘高鐵：高鐵桃園站，轉乘機場捷運-新北產業園區站(直達車約 26 分鐘，普通車約 39 分鐘)，出站走路約 5 分鐘。

2. 捷運台北車站：機場捷運-新北產業園區站(直達車約 9 分鐘，普通車約 10 分鐘)，出站走路約 5 分鐘。

機場捷運參考：<https://ppt.cc/fz2bJx>

會議時程：

日期：2018年5月24日至5月28日(共5天) 時間：09:00 ~ 17:00

退費約定：

- ✓ 主辦單位保有取消或調整課程舉辦日期之權利。若因**不可抗拒之因素**而無法開課，則該堂課之報名費**全額退費**。
- ✓ 若因個人因素無法參加，於開課日四週前 (**2017/12/15 前**) 申請退費者，酌收行政作業費用 **\$2,000** 元。
- ✓ 開課日四週內至開課前一週前 (**2017/12/16-2018/01/05**) 申請退費者，退還 **70%**
- ✓ 開課日前一週 (**2018/01/06-2018/01/12**) 申請退費者，退還 **50%**
- ✓ 開課**當天申請退費或缺席未到者**，恕不退費，日後亦**無法補課**。
- ✓ 申請退費者，請以 E-mail 通知本會。

注意事項

- ※ 由於日後無法補課，請於報名前慎重考慮是否能出席課程。
- ※ 上課時請穿著輕便寬鬆衣著，以便練習。
- ※ 為尊重講師智慧財產，課堂中禁止錄影、拍照。
- ※ 研習會以英文進行。

附錄 :

STEVEN DE CONINCK, PT. Chair, ETGOM

Continuing education - projects

- 1989 : Brussels Free University (B) : licentiaat Motorische Revalidatie en Kinesitherapie
- 1989 : specific Cyriax training for one month ; Royal Victoria Infirmary, Newcastle (GB)
- October 1989 - today : private physiotherapy practice, De Haan (B). With focus on diagnosis, treatment and prevention of soft tissue lesions of the locomotor system.
- 1989 - 1992 : attended seven times the complete course on "Orthopaedic Medicine Cyriax", ETGOM in Belgium ; one course in London (GB)
- December 1992 : 3 day course "Reflex massage of the sole of the foot", Paris (F)
- 1992-1993 : training for assistant teacher in orthopaedic medicine Cyriax, ETGOM
- 29-31 january 1993 : course "The maitland Concept", Antwerp (B)
- 27-30 october 1995 : course "McKenzie : the lumbar spine", Antwerp (B)
- 6-8 october 1995 : course "McKenzie : the cervical spine", Antwerp (B)
- 11-13 october 1998 : "McKenzie course, problem solving part C", Antwerp (B)
- June 1993 - october 1994 : member of the board of "Unie van Kringen voor Zelfstandige Kinesitherapeuten" (association of self employed PT's)
- 1993 - 1994 : I acted as a thesis-promotor for a graduate physiotherapy student, H.T.I., Bruges (B)
- 1998-1999 : idem, H.T.I., Bruges (B)
- 2002-2003 : idem, K.H.B.O., Bruges (B)
- 15 june 1999 : co founder and president of the "Global Cyriax Institute" ; author of the quality and contents standards concerning continuing education in orthopaedic medicine Cyriax. Development of the first "Cyriax Assessment Forms"

- 2003 : creation of the OMConsult back prevention project. Specific lectures for companies on prevention of back problems ; more info on www.rugpreventie.be

Lecturer on national and international courses

- Since 1993 I taught courses in orthopaedic medicine in about 30 countries for a number of different organization partners :
- Brussels, Hasselt, De Haan, Brugge (Belgium), ETGOM
- Hamburg (Germany), Fortbildung in Hamburg
- Trier (Germany), Zentral Verband für Krankengymnasten
- Berlin (Germany), Zentral Verband für Krankengymnasten
- Bochum (Germany), Universitätsklinik Bergmannsheil
- Weiskirchen (Germany), Academie Weiskirchen, CTG Trier
- Ulm (Germany) , UlmKolleg
- Utrecht (the Netherlands), ETGOM
- Dallas, Texas (USA), Colombia Medical Center of Las Colinas
- Vancouver (Canada) ; Physiotherapy Association of British Columbia
- Houston (USA) ; Texas Physical Therapy Association
- Campinas (Brasil) ; Nucleo de estudos em fisioterapia
- Sao Paulo (Brasil), Winfisio
- Moscow, (Russia) Russian University of People's Friendship
- Youngstown (USA) ; Youngstown State University, Ohio
- Columbus, Ohio (USA) ; Ohio Physical Therapy Association
- Bologna (Italy) ; Associazione Italiana Terapisti della Riabilitazione
- Barcelona (Spain) ; Isfyes
- Hong Kong (China) ; Hong Kong Physical Therapy Association
- Jeddah (Saudi Arabia) ; Saudi German Hospital
- Riyadh (Saudi Arabia) ; Saudi German Hospital
- Krakow (Poland) ; Reha+
- Warsaw, Bydgoszcz (Poland), Actio

- Seoul (South Korea) , Musculoskeletal Medicine Institute
- Milano (Italy) ; Riabilitazione Oggi
- Philadelphia (USA), Thomas Jefferson University
- Vilnius (Lithuania)
- Warren, Ohio (USA), Hillside rehab.
- Lovran, Zagreb (Croatia), Croatia Association of Physiotherapists
- Trebnje (Slovenia), ETGOM
- Luxembourg (Association Luxembourgeoise des Kinésithérapeutes)
- Buenos Aires, Escobar (Argentina), FLENI
- Dhaka (Bangladesh), Eastern Hospital and Medical Research Centre)
- Manama (Bahrain), Bahrain Physical Therapy Association
- Cairo (Egypt), Primephysio - Cairo University
- Bacau (Romania), Bacau university
- Alexandria (Egypt), Primephysio
- Dubai (UAE), Edutrack events
- Beirut (Lebanon), Primephysio
- Corfu (Greece), local PT group
- Belgrade (Serbia), Serbian PT association
- Porto (Portugal), Bwizer
- Kuwait City (Kuwait), Public Authority for Youth and Health (GECM) ; Ministry of Health, Administration of Physical Therapy Services
- Santiago (Chile), Rehactiva Chile
- Cordoba (Argentina), Colegio de kinesiologos
- Lima (Peru), Terapia Manual Peru
- Mostar (Bosnia Herzegovina), Physiotherapy Association of BH
- Kuala Lumpur (Malaysia), Vivae Training
- Beijing (China), Chinese Academy of Somatic Rehabilitation)
- Igalo (Montenegro), Montenegro Physiotherapy Association
- Since 1992 I also gave several lectures and introduction courses for different

local physiotherapy associations in Belgium :

- Nationale Federatie van Doctors en Licentiaten in de Kinesithérapie
- Unie van Kringen voor Zelfstandige Kinesitherapeuten
- Vrije Universiteit Brussel
- Kine Kring St. Truiden
- Aarschotse Kine Kring
- Kine Kring Klein Brabant-Vaartland
- ZKV Lier
- Kinesistenkring Zuiderkempen
- Kine Kring Izegem
- Waregemse Kinesitherapeuten Vereniging
- KZK Wetteren-Laarne-Wichelen
- Tiense Kinesitherapeuten Kring
- Kine Kring Brugge Oostkust
- Tongerse Kine Kring
- Instituut Recyclage en specialisatie Kursussen
- Gilde van Kinesitherapeuten Arrondissement Ieper
- Kinesitherapeuten Kring Noorderkempen
- Kine Kring Ronse

Lecturer on international conferences

- 25 may 1996 : key note speaker on the convention of the "Associazione Italiana Terapisti della Riabilitazione", Bologna (I)
- 30 march - 1 april 1998 : speaker on the "Ohio Physical Therapy Association, Annual Conference"(USA)
- 27-29 august 1999 : McKenzie International Conference, poster presentation "Using the assessment form in a differential diagnosis purpose", Maastricht (NL)

- 23 november 2002 : speaker on the "Convegno : Approccio, Valutazione e trattamento del paziente con algia vertebrale lombare : metodi a confronto" ; Milano, Italy
- 8 november 2003 : speaker on the "First Congress of Phsyiotherapy" in Lovran, Croatia
- 5 may 2005 : speaker on the "Physiokongress" in Aachen, Germany
- 15-17 june 2006 : speaker on the "Physiokongress" in Aachen, Germany
- 17-18 april 2009, key note speaker on the World Conference on Manual Therapy, Dhaka, Bangladesh
- 25 june 2010 : speaker on the annual conference of the International Society of Medical Shock Wave Treatment, Chicago, USA
- 23 october 2010 : speaker on the "Schmerzkongress 1 Thema 5 Meinungen" in Hamburg, Germany

Publications

- April 1994 - september 1994 : Kineflash : "Een wandeling door het bijscholingsbos, deel I, II, III" (a series on the organisation of continuing education, Belgian PT Association newsletter)
- June 1995 : author "Handboek Orthopedische Geneeskunde Cyriax", Etgom (course hand out ETGOM course)
- September 1995 : producer video Orthopaedic Medicine Cyriax, Part I : "A practical overview of 106 deep transverse massage techniques and manipulations", ETGOM production, 80' ; English, French, Dutch, German, Spanish and Portuguese language version
- 1997 : producer video Orthopaedic Medicine Cyriax, Part II : "Functional examination of the spine and the extremities", ETGOM production, 38' ; English, French, Dutch, German, Spanish and Portuguese language version

- 1999 : author 2 books : "Orthopedische Geneeskunde Cyriax in Theorie en Praktijk", Publisher SATAS, Brussels Volume I : "Onderzoek en diagnose", 225p ; Volume II : "Behandeling d.m.v. diepe dwarse frictie, manipulatie en tractie", 103p
- 2000 : co-author book : "Orthopedische Geneeskunde Cyriax in Theorie en Praktijk", Publisher SATAS, Brussels Volume III : "Behandeling d.m.v. infiltratie en injectie", 158p
- 2000 : various articles in German and Belgian PT magazines
- Krankengymnastik, Zeitschrift für Physiotherapeuten, 08/2000 : "Klinische Untersuchung der Schulter : sprechen Therapeuten die gleiche Sprache ?", p1358-1364
- Krankengymnastik, Zeitschrift für Physiotherapeuten, 09/2000 : co-author "Der freie Gelenkkörper im arthrotischen Gelenk", p1474-1482
- 2000: author of the updated Cyriax Assessment Forms (extremities and spine)
- 2003 : producer of the new DVD's and VHS's : "Orthopaedic Medicine Part I and II" Part I : "Basic and accessory functional examination procedures of the extremities and the spine", ETGOM production, 30' ; Part II : "A practical illustration of all deep transverse massage, mobilization and manipulation techniques (extremities and spine) and spinal traction procedures", ETGOM production, 81'
- 2003 : author of 2 books : "Orthopaedic Medicine Cyriax, updated value in daily practice".Part I : "Clinical examination and diagnosis", publisher OPTP, USA, 283p ; Part II : "Treatment by deep transverse massage, mobilization, manipulation and traction", publisher OPTP, USA, 77p
- 2005 : author of the book : "Cyriax Compact : updated untersuchen und behandeln", Thieme Verlag Stuttgart, 339p
- 2005 : author of the book : "Clinical Reasoning in Orthopaedic Medicine" : a practical guide based on the Cyriax Assessment Forms", ETGOM production, 112p

- 2007 : producer of 3 DVD's : "Orthopaedic Medicine" ; Part I : "Functional examination and treatment procedures of the upper extremity", 31'15" ; Part II : "Functional examination and treatment procedures of the lower extremity", 38'48" ; Part III : "Functional examination and treatment procedures of the spine and the SI-joint", 39'26"
- 2007 : producer of DVD on prevention of back problems (Dutch version) : "Ontdek je rug, zelfbehandeling en preventie van rugklachten", OMConsult, 39'
- 2008 : producer of DVD on prevention of back problems (German version) : "Fit und sexy, nur mit gesundem Rücken", OMConsult, 42'
- 2009 : co-producer of DVD : "Orthopaedic Medicine, infiltrations and injections in orthopaedic and sports medicine", ETGOM production, 61'
- September 2010 : producer of 4 new DVD productions on examination and treatment techniques in orthopaedic medicine and radial shock wave therapy in orthopaedic medicine.
- August 2010 : The back pain prevention project for patients, which has been created by Steven, in combination with the DVD production "Ontdek je rug" has been officially certified with a Qfor certificate. This is an international quality label for consulting and training activities (see www.qfor.org)
- October 2011 : creation of the ETGOM Orthopaedic USB stick - 7.36 GB film production on orthopaedic medicine examination and treatment techniques.
- March 2012 : main author of the book "Clinical reasoning in modern orthopaedic medicine, a practical diagnostic guide by using a standardized assessment form", ETGOM-OMConsult publications, 160p
- September 2014 : author of the Back Instruction Card : release of the Polish and French version
- December 2014 : author and producer of the "MasterClass in Orthopaedic Medicine", a film series on diagnosis of soft tissue lesions.
- January 2017 : co-author "Handbuch Physiotherapie, Umfassend aktuell

evenidenzbasiert praxisnah", KVM D