



Programme Formation

Concept Mulligan™

Quadrant Inférieur (Basique et Avancé)

Le Concept Mulligan™ est une méthode de thérapie manuelle créée par Brian Mulligan, un physiothérapeute néo-zélandais, dans les années 80. Actuellement, il est utilisé dans l'évaluation et le traitement des dysfonctions neuro-musculo-squelettiques dans le monde entier en raison de son efficacité clinique et de ses preuves scientifiques.

Il s'agit d'une approche unique de la thérapie manuelle qui combine la mobilisation accessoire avec le mouvement actif. Fondamentalement, elle consiste à modifier les symptômes et la fonction en combinant des forces de mobilisation appropriées qui conduisent à une amélioration de la douleur, de la limitation du mouvement et/ou de l'activité fonctionnelle. Des techniques de traitement manuel, d'auto-traitement et de bandage sont appliquées. C'est un traitement indolore, fonctionnel et qui intègre la participation active du patient, élargissant ainsi notre éventail d'outils et nous permettant de les aborder avec plus de sécurité et de succès. Les effets immédiats de ces techniques sont expliqués par des mécanismes d'action biomécaniques, neurophysiologiques et psychologiques.



Intervenant

Francisco NETO
Kinésithérapeute
Enseignement universitaire
Enseignant Mulligan

Public : Kinésithérapeutes
Durée : 3 Jours soit 25,5 heures
Horaires : 9h00 - 18h
Prise en charge : FIFPL (sous réserve de validation)

Concept Mulligan™

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Objectifs

L'objectif de ce cours est de former les physiothérapeutes aux compétences techniques et aux connaissances nécessaires pour appliquer cliniquement le Concept Mulligan™ dans la prise en charge des dysfonctions neuro-musculo-squelettiques du quadrant inférieur. À la fin de ce cours, les participants seront prêts à intégrer ce concept de thérapie manuelle dans leur pratique clinique.

À la fin du cours, le participant :

1. Aura compris les notions théoriques spécifiques au Concept Mulligan™.
2. Sera informé des dernières preuves scientifiques spécifiques au Concept Mulligan™.
3. Connaîtra les mécanismes d'action biomécaniques et neurophysiologiques du Concept Mulligan™.
4. Sera capable d'intégrer le Concept Mulligan™ dans l'examen clinique du quadrant inférieur.
5. Aura les bases nécessaires pour appliquer les techniques spécifiques du Concept Mulligan™ au quadrant inférieur.
6. Sera capable d'appliquer des variations des techniques spécifiques du Concept Mulligan™ au quadrant inférieur.
7. Pourra proposer aux patients des techniques de taping et des exercices à domicile en relation avec les techniques manuelles utilisées.
8. Développera la capacité de prendre des décisions concernant l'indication, la progression et/ou les modifications du traitement avec le Concept Mulligan™.
9. Intégrera les différentes techniques du Concept Mulligan™ dans une séquence de traitement en physiothérapie, en développant de nouvelles propositions de traitement.
10. Pourra participer à l'examen CMP (Certified Mulligan™ Practitioner) s'il a suivi les séminaires sur le Concept Mulligan™ pour le quadrant supérieur et le quadrant inférieur.

Moyens pédagogiques et techniques :

Apport théoriques - Travaux pratiques

Un support de formation est remis à chaque stagiaire. La pédagogie est active et participative, alternant des apports théoriques et des phases de mise en pratique.

Modalités d'évaluation :

Contrôle de connaissances pré-formation et post-formation sous forme de QCM et de questions à réponses courtes

Projet Pédagogique

Résumé

Le Concept Mulligan™ est une méthode de thérapie manuelle créée par Brian Mulligan, un physiothérapeute néo-zélandais, dans les années 80. Actuellement, il est utilisé dans l'évaluation et le traitement des dysfonctions neuro-musculo-squelettiques dans le monde entier en raison de son efficacité clinique et de ses preuves scientifiques.

Il s'agit d'une approche unique de la thérapie manuelle qui combine la mobilisation accessoire avec le mouvement actif. Fondamentalement, elle consiste à modifier les symptômes et la fonction en combinant des forces de mobilisation appropriées qui conduisent à une amélioration de la douleur, de la limitation du mouvement et/ou de l'activité fonctionnelle. Des techniques de traitement manuel, d'auto-traitement et de bandage sont appliquées. C'est un traitement indolore, fonctionnel et qui intègre la participation active du patient, élargissant ainsi notre éventail d'outils et nous permettant de les aborder avec plus de sécurité et de succès. Les effets immédiats de ces techniques sont expliqués par des mécanismes d'action biomécaniques, neurophysiologiques et psychologiques.

Au cours des dernières années, plus de 380 articles scientifiques sur ce concept ont été publiés dans des revues internationales à fort impact dans les domaines de la physiothérapie (JOSPT, Manual Therapy, JMPT, JMMT, etc.) et de la médecine (BMJ, Spine, Pain, Clinical Biomechanics, etc.), démontrant son efficacité élevée.

L'approche est centrée sur le patient et vise à promouvoir l'auto-efficacité et l'autonomisation. Les techniques incluses dans ce concept permettent la transition des traitements passifs aux traitements actifs, l'objectif principal étant le retour à la fonction. Le Concept Mulligan™ s'inscrit dans une perspective biopsychosociale et peut être combiné avec d'autres stratégies d'intervention.

Pour obtenir plus d'informations sur ce concept révolutionnaire de thérapie manuelle basé sur des preuves scientifiques, visitez www.bmulligan.com et www.mulliganconcept.net. Ce cours est accrédité internationalement par l'Association des Enseignants du Concept Mulligan™.

Déroulé Pédagogique

Jour 1

09h – 09h30

Objectifs:

- Présenter l'organisme, le cours et le formateur aux participants.
- Clarifier les objectifs du cours et les attentes.
- Mettre en place une dynamique de groupe favorable à l'apprentissage.

Contenu:

- Accueil des participants.
- Présentation de l'organisme (histoire, mission, valeurs).
- Introduction du cours (objectifs, contenu, structure).
- Présentation du formateur (expérience, compétences, rôle).

Méthode pédagogique:

- Exposé interactif
- Discussion en groupe

09h30 – 10h45

Objectifs:

Comprendre l'évolution historique du Concept Mulligan.
Appréhender le Concept Mulligan dans le cadre de la Thérapie Manuelle Orthopédique.
Explorer l'intégration du Concept Mulligan dans la pratique basée sur les preuves (EBP).

Contenu:

Évolution historique du Concept Mulligan : développement, pionniers, et milestones.
Le Concept Mulligan dans la Thérapie Manuelle Orthopédique : principes fondamentaux, techniques, et applications.
Intégration du Concept Mulligan dans la pratique basée sur les preuves (EBP).

Méthode pédagogique:

Exposé interactif.
Discussions en groupe.

10h45 – 11h00

Pause

11h00 – 13h00

Objectifs:

- Découvrir les différentes techniques du Concept Mulligan.
- Comprendre les mécanismes d'action des techniques du Concept Mulligan.
- Développer des compétences en raisonnement clinique pour l'évaluation et le traitement selon le Concept Mulligan.
- Identifier les différences entre le Concept Mulligan et d'autres approches de thérapie manuelle.

Contenu:

- Introduction aux différentes techniques du Concept Mulligan.
- Mécanismes d'action des techniques du Concept Mulligan: théorie de la correction articulaire, réponses neurophysiologiques et psychologiques.
- Raisonnement clinique: principes d'évaluation et de traitement: Méthodes d'évaluation spécifiques au Concept Mulligan, Élaboration de plans de traitement personnalisés, Ajustement des techniques selon les réactions des patients.
- Différences entre le Concept Mulligan et d'autres approches de thérapie manuelle.

Méthode pédagogique:

- Exposé interactif.
- Discussions en groupe.

13h00 – 14h00

Pause

14h00 – 16h00

Objectifs

- Apprendre les techniques de mobilisation avec mouvement (MWM) pour l'évaluation et le traitement spécifiques du genou.
- Maîtriser l'utilisation des bandages et les techniques d'autotraitemment pour optimiser les résultats thérapeutiques.

- Développer des compétences pour l'application autonome des techniques apprises par les patients.

Contenu :

- Mobilisations avec mouvement pour la main: étapes d'application, indication, progression et modifications du traitement.
- Techniques manuelles: articulations tibiofémorale, patellofémorale et tibiofémorale supérieur.
- Bandages: Types de bandages utilisés pour soutenir les techniques de MWM, méthodes d'application, indications cliniques.
- Autotraitement: Enseigner aux patients les techniques d'autotraitement, instructions détaillées pour une application sûre et efficace.
- Raisonnement clinique.
- Preuves cliniques et scientifiques.

Méthode pédagogique:

- Exposé interactif.
- Ateliers pratiques.
- Étude de cas pratiques.
- Feedback continu.

16h00 – 16h15

Pause

16h15 – 18h00

Objectifs

- Apprendre les techniques de mobilisation avec mouvement (MWM) spécifiques pour la cheville.
- Maîtriser l'utilisation des bandages et les techniques d'autotraitement pour optimiser les résultats thérapeutiques.
- Développer des compétences pour l'application autonome des techniques apprises par les patients.

Contenu :

- Mobilisations avec mouvement pour le poignet: étapes d'application, indication, progression et modifications du traitement.
- Techniques manuelles et assistées par ceinture: articulations tibiotarsienne et tibiofibulaire inférieur.
- Bandages: Types de bandages utilisés pour soutenir les techniques de MWM, méthodes d'application, indications cliniques.
- Autotraitement : Enseigner aux patients les techniques d'autotraitement, instructions détaillées pour une application sûre et efficace.
- Raisonnement clinique.
- Preuves cliniques et scientifiques.

Méthode pédagogique:

- Exposé interactif.
- Ateliers pratiques.
- Discussions de cas cliniques.
- Feedback continu.

18h00 – 18h30

Objectifs

- Faciliter la compréhension et la rétention des informations apprises au cours de la journée.
- Encourager l'interaction et l'échange de connaissances entre les participants.

Contenu :

- Questions et réponses.
- Résumé des points clés de la journée.
- Partage des connaissances apprises au cours de la journée.

Méthode pédagogique:

- Discussion et réflexion de groupe.

Jour 2

09h – 09h30

Objectifs :

- Faciliter la compréhension des sujets abordés lors de la première journée.
- Encourager l'interaction et l'échange d'informations entre les participants.

Contenus :

- Questions-Réponses sur la 1ère journée.

Méthodes pédagogiques :

- Discussion en groupe

09h30 – 11h00

Objectifs :

- Apprendre les techniques de mobilisation avec mouvement (MWM) pour l'évaluation et le traitement du pied.
- Maîtriser l'utilisation des bandages et les techniques d'autotraitement pour optimiser les résultats thérapeutiques.
- Développer des compétences pour l'application autonome des techniques apprises par les patients.

Contenu :

- Mobilisations avec mouvement pour le pied: étapes d'application, indication, progression et modifications du traitement.
- Techniques manuelles: intertarsales, tarso-métatarsiennes, métatarso-phalangiennes et interphalangiennes
- Bandages: Types de bandages utilisés pour soutenir les techniques de MWM, méthodes d'application, indications cliniques.
- Autotraitement : Enseigner aux patients les techniques d'autotraitement, instructions détaillées pour une application sûre et efficace.
- Raisonnement clinique.
- Preuves cliniques et scientifiques.

Méthode pédagogique :

- Exposé interactif.
- Ateliers pratiques.
- Discussions de cas cliniques.
- Feedback continu.

11h00 – 11h15

Pause

11h15 – 13h00

Continuation de la séquence précédente

13h00 – 14h00

Pause

14h00 – 16h00

Objectifs

- Apprendre les techniques de mobilisation avec mouvement (MWM) pour l'évaluation et le traitement de la hanche.
- Maîtriser l'utilisation des techniques d'autotraitements pour optimiser les résultats thérapeutiques.
- Développer des compétences pour l'application autonome des techniques apprises par les patients.

Contenu :

- Mobilisations avec mouvement pour la hanche: étapes d'application, indication, progression et modifications du traitement.
- Techniques manuelles.
- Autotraitements : Enseigner aux patients les techniques d'autotraitements, instructions détaillées pour une application sûre et efficace.
- Raisonnement clinique.
- Preuves cliniques et scientifiques.

Méthode pédagogique :

- Exposé interactif.
- Ateliers pratiques.
- Discussions de cas cliniques.
- Feedback continu.

16h00 – 16h15

Pause

16h15 – 18h00

Objectifs

- Apprendre les techniques de mobilisation avec mouvement (MWM) pour l'évaluation et le traitement de l'articulation sacro-iliaque.
- Maîtriser l'utilisation des techniques d'autotraitements pour optimiser les résultats thérapeutiques.
- Développer des compétences pour l'application autonome des techniques apprises par les patients.

Contenu :

- Mobilisations avec mouvement pour l'articulation sacro-iliaque: étapes d'application, indication, progression et modifications du traitement.
- Techniques manuelles.
- Bandages: Types de bandages utilisés pour soutenir les techniques de MWM, méthodes d'application, indications cliniques.
- Autotraitements : Enseigner aux patients les techniques d'autotraitements, instructions détaillées pour une application sûre et efficace.
- Raisonnement clinique.

- Preuves cliniques et scientifiques.

Méthode pédagogique :

- Exposé interactif.
- Ateliers pratiques.
- Discussions de cas cliniques.
- Feedback continu.

18h00 – 18h30

Objectifs

- Faciliter la compréhension et la rétention des informations apprises au cours de la journée.
- Encourager l'interaction et l'échange de connaissances entre les participants.

Contenu

- Questions et réponses.
- Résumé des points clés de la journée.
- Partage des connaissances apprises au cours de la journée.

Méthode pédagogique :

- Discussion et réflexion de groupe.

Jour 3

09h – 09h30

Objectifs :

- Faciliter la compréhension des sujets abordés lors de la deuxième journée.
- Encourager l'interaction et l'échange d'informations entre les participants.

Contenu :

- Questions-Réponses sur la 2ème journée.

Méthodes pédagogiques :

- Discussion en groupe

09h30 – 11h00

Objectifs

- Apprendre les techniques du concept Mulligan pour l'évaluation et le traitement des dysfonctions thoraciques.
- Maîtriser l'utilisation des techniques d'autotraitement pour optimiser les résultats thérapeutiques.
- Développer des compétences pour l'application autonome des techniques apprises par les patients.

Contenu :

- Techniques manuelles: SNAGS (Sustained Natural Apophyseal Glides - Glissements Apophysaires Naturels Soutenus)
- Autotraitement : Enseigner aux patients les techniques d'autotraitement, instructions détaillées pour une application sûre et efficace.
- Raisonnement clinique.
- Preuves cliniques et scientifiques.

Méthode pédagogique :

- Exposé interactif.
- Ateliers pratiques.
- Discussions de cas cliniques.
- Feedback continu.

11h00 – 11h15

Pause

11h15 – 13h00

Objectifs

- Apprendre les techniques du concept Mulligan pour l'évaluation et le traitement des dysfonctions lombaires.
- Maîtriser l'utilisation des techniques d'autotraitements pour optimiser les résultats thérapeutiques.
- Développer des compétences pour l'application autonome des techniques apprises par les patients.

Contenu :

- Techniques manuelles: SNAGS (Sustained Natural Apophyseal Glides - Glissements Apophysaires Naturels Soutenus).
- Autotraitements : Enseigner aux patients les techniques d'autotraitements, instructions détaillées pour une application sûre et efficace.
- Raisonnement clinique.
- Preuves cliniques et scientifiques.

Méthode pédagogique :

- Exposé interactif.
- Ateliers pratiques.
- Discussions de cas cliniques.
- Feedback continu.

13h00 – 14h00

Pause

14h00 – 16h00

Objectifs

- Apprendre les techniques du concept Mulligan pour l'évaluation et le traitement de la douleur référée associée aux problèmes neurodynamiques..
- Maîtriser l'utilisation des techniques d'autotraitements pour optimiser les résultats thérapeutiques.
- Développer des compétences pour l'application autonome des techniques apprises par les patients.

Contenu :

- Techniques manuelles: Gate, Bent Leg Raise, Traction Straight Leg Raise et SMWLM (Spinal Mobilisation with Leg Movement – Mobilisation Spinale avec Mouvement des Jambes).
- Autotraitements : Enseigner aux patients les techniques d'autotraitements, instructions détaillées pour une application sûre et efficace.
- Raisonnement clinique.
- Preuves cliniques et scientifiques.

Méthode pédagogique :

- Exposé interactif.
- Ateliers pratiques.
- Discussions de cas cliniques.
- Feedback continu.

16h00 – 16h15

Pause

16h15 – 18h00

Objectifs

- Comprendre le raisonnement clinique dans le cadre du concept Mulligan.
- Intégrer le concept Mulligan dans une approche multimodale de la physiothérapie.
- Résoudre les problèmes courants.
- Répondre aux questions des participants.
- Aborder les défis liés au concept Mulligan et à la physiothérapie musculosquelettique.

Contenu :

- Raisonnement clinique dans le concept Mulligan.
- Intégration dans une approche multimodale.
- Simuler des scénarios de cas cliniques.
- Dépannage.
- Questions et réponses.
- Discussion sur les défis spécifiques liés au concept Mulligan et à la physiothérapie musculosquelettique.

Méthode pédagogique :

- Exposé interactif.
- Discussion interactif.

18h00 – 18h30

Contenus

- Questionnaire informel bref (quizz interactif).
- Remise des certificats.
- Remarques de clôture.
- Clôture du cours

*L'horaire pourra être modifié en fonction du rythme du groupe et des démonstrations cliniques.

Références bibliographiques

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Rachis thoracique et côtes

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Rachis lombaire

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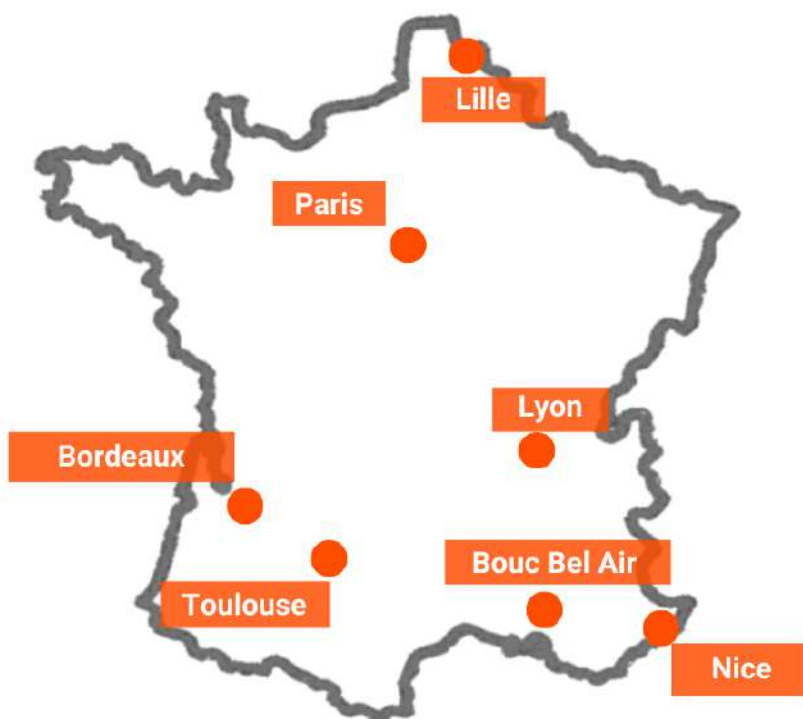
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