A COMPLETE PATHWAY IN MSK TRAINING
“SOMM has allowed me to develop expert level skills in both assessment and treatment of many conditions and also an awareness of when to use these skills.”

Roisin McCann
Physiotherapist

“I have to say that this diploma has been the best thing I have done since graduating and has transformed my work as a GP.”

Tim Hughes
Medical Practitioner
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The Society of Musculoskeletal Medicine (SOMM) - formerly the Society of Orthopaedic Medicine - is an educational charity that was formed over 30 years ago to develop the seminal work of Dr James Cyriax and to promote the theory and practice of musculoskeletal medicine. Since then there has been an explosion of interest in the speciality leading to significant developments in examination techniques, imaging, clinical reasoning and patient management and the Society has been instrumental in promoting education in this field for clinicians. The core syllabus is continually developed and advanced in the light of new evidence and research by the committed team of tutors and supporting researchers.

The SOMM provides a comprehensive programme of postgraduate courses for all musculoskeletal practitioners. Our courses are delivered throughout the UK and Europe and we also accept invitations from countries further afield wishing to promote musculoskeletal medicine in their area. The Society’s team of tutors bring many years of hands-on experience working in many different arenas – NHS, sport, private practice and the armed forces – which brings diversity and interest to the courses and ensures a stimulating and varied learning experience.
The Society of Musculoskeletal Medicine teaches a practical system of examination, clinical diagnosis and treatment for a wide variety of musculoskeletal disorders that enables musculoskeletal practitioners to improve their accuracy and effectiveness in managing these conditions. This can lead to improved care resulting in quicker recovery, reduced chronicity, enhanced job satisfaction and happier patients!

**10 REASONS TO CHOOSE OUR COURSES**

01. Highly respected courses that provide a pathway to extend and advance clinical practice.
02. Very practical courses with lots of time to perfect techniques.
03. MSc pathway pathway that enables students to advance their clinical skills and gain academic recognition.
04. High tutor/student ratio ensuring a supportive environment.
05. Continually refined course materials in response to student feedback.
06. Strong theoretical basis and applied anatomy.
07. High quality, comprehensive handbooks and workbooks.
08. Highly qualified tutors who bring a wealth of clinical experience.
09. Addition of new advanced modules to enable continued progression of learning.
10. Excellent support for students throughout the entire pathway with online resources and access to tutors and office staff.
“Physiotherapy practice is an ever evolving environment where both methods of assessment and treatment are continually changing. In my view this brings the need for a sound clinical reasoning framework into even sharper focus. This, I believe is the most important thing that my SOMM experience has given me.”

David Hyde
Physiotherapist
“My main aim of undertaking the SOMM foundation module was to improve my knowledge of musculoskeletal anatomy, assessment and treatment skills with a specific focus on injection therapy.

Undertaking the SOMM foundation module fulfilled my objectives beyond my expectations. I feel more confident in my ability and knowledge of musculoskeletal medicine and this has a positive impact on the way I care for my patients.

Studying alongside physiotherapists provided valuable insight into their professional role and how the two professions can complement one another to optimise patient care.”

Dr Patrick Mulholland
Medical Practitioner

WARREN BROWN
Physiotherapist Advanced Level Practitioner

“I first heard about the SOMM from a colleague of mine, purely for its logical approach. Logical, methodical and knowledgeable in terms of assessing, treating and managing musculoskeletal conditions.

Once I became involved with the SOMM I worked through all the units 1, 2 and 3 in turn and what appealed to me most about the SOMM approach was exactly as I described, very clear and concise. Lots of evidence based practice, evidence from both sides which encouraged a lot of individual clinical reasoning.”

Watch Warren’s full interview and more on the SOMM YouTube Channel. http://tinyurl.com/zyj46k7
This module provides core training that enables musculoskeletal practitioners to examine, diagnose and treat common musculoskeletal disorders accurately, thereby enhancing patient care and service delivery. As well as being really useful clinically, the module provides the starting point for an academic pathway that will help to further develop clinical skills and knowledge.

The courses are ideally suited to clinicians working with musculoskeletal patients in all settings including hospital out-patients, sport, general practice, orthopaedics or private practice.

The courses aim to:

- Extend knowledge in functional anatomy and biomechanics
- Develop competence in joint examination, assessment, clinical diagnosis and treatment including manual treatment, exercise and injection techniques
- Enhance critical reasoning and evaluation supported by relevant references

Units 1 and 2 can be attended in either order but must be completed before attending Unit 3.

The Module is arranged in three units:

- **UNIT 1**
  Cervical spine and upper limb

- **UNIT 2**
  Lumbar spine and lower limb

- **UNIT 3**
  Thoracic spine and Sacroiliac joint. 
  Revision of Units 1 and 2. 
  Membership Exam
Cervical Spine and Upper Limb

A four-day course covering the cervical spine, shoulder, elbow and wrist/hand.

The course is highly practical and combines this with theory lectures, clinical reasoning, and a review of functional anatomy.

“Wouldn’t be where I am today without SOMM courses so keep up the good work!”

Angela Barker-Brand
Physiotherapist

Lumbar Spine and Lower Limb

A four-day course covering the lumbar spine, hip, knee and ankle/foot.

The course is highly practical and combines this with theory lectures, clinical reasoning, and a review of functional anatomy.

“Excellent content, methodical approach and will help in my clinical reasoning.”

Chris Bell
Physiotherapist
FOUNDATION MODULE

UNIT 3

A five-day course covering the thoracic spine and sacroiliac joint and a thorough review of Units 1 and 2 including advanced techniques. This is a highly practical course designed to consolidate learning in preparation for the Society of Musculoskeletal Medicine membership examination on the final day.

KEY INFO

TITLE
Unit 3

PRE-REQUISITE
The courses are open to all HCPC Registered Professionals, Registered Nurses, Medical Practitioners and Osteopaths. Must have completed Units 1 and 2.

TEACHING HOURS
28

TEACHING & LEARNING STRATEGIES
Lecture, Demonstration, Group work, Case Study, Tutorials

DIPLOMA

The Diploma in Musculoskeletal Medicine is awarded upon successful completion of a 3000 word reflective essay which maps your professional development as you have progressed through the foundation module.

As well as a stand alone award, it can also be used to access the MSc programme and forms the first 60 credits of the programme.

“I found the diploma in Musculoskeletal Medicine exciting and an inspirational learning experience. I felt that I learnt a lot but realised I have still got more to learn.”

Yvonne Morris
Physiotherapist

KEY INFO

TITLE
Diploma in Musculoskeletal Medicine

CREDIT POINTS
60 at Masters level

PRE-REQUISITE
Must have completed Units 1, 2 and 3 and passed the membership exam and reflective essay.

TEACHING & LEARNING STRATEGIES
Submission of a reflective essay and personal development plan

"Excellent facilitation by the Course Principal. Thoroughly enjoyed the course."

Nathan Swingewood
Physiotherapist
93% said they would be willing to recommend our courses to a colleague.
Our advanced modules provide the clinician with the opportunity to extend their clinical reasoning skills and advance their practice. As well as being extremely useful in the clinical setting as stand-alone modules, these courses have also been validated as option modules by Queen Margaret University to form part of the MSc Musculoskeletal Medicine.

There are four advanced modules:

- **Theory & Practice of Injection Therapy**
  PM104

- **Advancing Practice in Musculoskeletal Medicine**
  PM105

- **Special Tests in Musculoskeletal Examination**
  PM107

- **Developing Professional Practice Module**
  PM106 (MSc only)
This module develops the clinical reasoning and practical skills needed to integrate injection therapy into practice safely and effectively. The module is open to all experienced HCPC Registered Professionals, Registered Nurses, Medical Practitioners and Osteopaths providing it is within their scope of professional practice. Completion of the SOMM’s foundation module leading to full membership of the Society of Musculoskeletal Medicine is recommended.

The course culminates in a practical viva, submission of a case study and a portfolio of injections undertaken under supervision.

This module can be attended as a stand-alone clinical course or used as an option module (PM104) for the Master’s programme.

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**ADVANCING PRACTICE IN MUSCULOSKELETAL MEDICINE**

This module develops advanced clinical reasoning, critical appraisal and presentations skills. It includes reviewing a variety of recently published articles, learning more about appropriate referral for diagnostic imaging, in addition to ‘refining’ and progressing musculoskeletal medicine manual therapy skills in light of current research.

The module is suitable for all HCPC Registered Professionals, Registered Nurses, Medical practitioners and Osteopaths who have experience in musculoskeletal medicine and who wish to specialise further in the musculoskeletal field. It provides an excellent interdisciplinary environment for sharing and discussing ideas and clinical experiences. It concludes with an OSCE and reflective essay.

The module can be a stand-alone clinical course or used as an option module (PM105) for the MSc Musculoskeletal Medicine.
The need to understand the significance of the many extra or special tests as well as reproduce them accurately has created a demand for this course that provides a clear explanation of when and why each test should be used and how to perform the manoeuvres accurately. The programme covers the theory underpinning the use of special tests in the physical examination and blends this with clinically relevant anatomy, the significance of a positive test and appropriate management strategies (e.g. investigations etc). There is ample practical time provided with supervision by experienced clinical tutors.

The course is open to all HCPC Registered Professionals, Registered Nurses, Medical Practitioners and Osteopaths. Completion of the SOMM diploma is an advantage.

This developing professional practice module is available as an option module once you are registered for the MSc Musculoskeletal Medicine and enables you to carry out a postgraduate level, work based project, situational analysis or in depth literature review, integrating theory and practice.

This module is largely self directed, but with the guidance and support of the module coordinator, you will identify, plan, carry out and evaluate your project over a period of approximately 4 months culminating in a written report of 4000 words. Recent students have made evidence based recommendations to their department on treatment of tennis elbow and assessed the uptake of NICE guidance on low back pain.
You’ve completed your course in musculoskeletal medicine and passed your examination (well done!) - you have also completed the full SOMM Diploma in Musculoskeletal Medicine. A few months or years have slid by, and you’ve probably added a few other courses to your CV. Now you’re starting to need a fresh challenge and could do with a nudge in the right direction. If that’s you – then look no further than SOMM’s MSc Musculoskeletal Medicine!

Emily Goodlad and Jill Kerr
Joint Programme Leaders
The programme is a collaboration between the Society of Musculoskeletal Medicine (SOMM) and Queen Margaret University and is specially designed to be flexible to suit you. It is open to anyone who has successfully completed a full course in musculoskeletal medicine with SOMM or any one of our affiliated organisations (currently Cyriax Foundation, European Teaching Group of Orthopaedic Medicine, Irish Society of Orthopaedic Medicine, Orthopaedic Medicine International (Global), Orthopaedic Medicine International (UK), Orthopaedic Medicine Seminars) and who has completed the assessment requirements of SOMM’s accredited Diploma in Musculoskeletal Medicine.

Once you’ve registered on the programme at the Postgraduate Diploma level, with 60 credits already, you will gain your next 60 credits by attending the 20 credit research methods module plus two other 20 credit option modules, choosing from ‘Theory and Practice of Injection Therapy’, ‘Advancing Practice in Musculoskeletal Medicine’, the ‘Developing Professional Practice module’ or ‘Special Tests in Musculoskeletal Examination’. And – good news – if you’ve already done any of those they can be carried forward into the programme (time dependent). Then just the 60 credit dissertation to do and you’re there! Over 150 dissertations completed or on the way.

The programme is designed to provide a flexible framework within which you can construct a postgraduate programme that meets your personal, professional and academic needs, whilst also incorporating the needs of your clients and the organisation within which you work. The programme is quality assured by Queen Margaret University and you will receive a Queen Margaret award on successful completion.

“The SOMM MSc is probably the best course I have done in my professional career; It has inspired me to go on to do a doctorate and further research.”

Alex Daulat
Physiotherapy Extended Scope Practitioner

The MSc Musculoskeletal Medicine is validated by Queen Margaret University and accredited by the Chartered Society of Physiotherapy.
Throughout each module, I have progressed analytical and evaluative skills, which has helped me greatly with patients and peers throughout effective communication. The SOMM diploma has given me direction to further enhance my progression towards the advanced courses and finally a Masters (MSc) degree in the near future.

Mark Coulter
Physiotherapist

“What I love about being a SOMM fellow is teaching on the diploma courses, meeting lots of really interesting and enthusiastic people and working with a great team of very experienced fellows.”

Kirsten Sinclair
SOMM fellow

PREPARATION FOR TEACHING MUSCULOSKELETAL MEDICINE

Applicants must have been accepted for a Studentship with the Society of Musculoskeletal Medicine through a separate application procedure.

Aims to develop the teaching skills of the musculoskeletal medicine practitioner and to facilitate the achievement of competence and confidence to impart effectively the principles and practice of musculoskeletal medicine to the postgraduate medical practitioner, allied health professional, nurse or osteopath.

Succession planning for SOMM is always on the agenda and if you would like further information regarding the Fellowship Module please contact SOMM HQ at admin@sommcourses.org
90% of students would be able to apply the knowledge they had gained in their jobs.
The SOMM provides the complete pathway of postgraduate courses for musculoskeletal practitioners outside the UK. We welcome invitations from all over the world and in recent years have been invited to run courses in Ireland, Italy, Spain, Portugal, Norway, Denmark, Malta and Hong Kong.

**Overseas Courses**

If you would like the SOMM to visit your country with any of the Foundation or Advanced Courses, please contact:

SOMM, 151 Dale Street, Liverpool, L2 2AH

0151 237 3970

admin@sommcourses.org

**UNIT 1**

Cervical spine and upper limb

**UNIT 2**

Lumbar spine and lower limb

**UNIT 3**

Thoracic spine and Sacroiliac joint. Revision of Modules A & B. Membership Exam

- Theory & Practice of Injection Therapy PM104
- Advancing Practice in Musculoskeletal Medicine PM105
- Special Tests in Musculoskeletal Examination PM107
TRAINING DAYS

ADVANCED INJECTION DAY
This update day study is aimed at MSK Practitioners who use injection techniques in their clinical practice and wish to keep up to date and maintain their skills. The programme includes a practical review of techniques, alternative techniques/positions, update on prescribing and legislation, HA injections - clinical application, imaging in injection therapy, use of alternative/newer injection agents such as botox/autologous blood/PRP injections, Q & A session.

STUDY DAY
Our study day held in locations around the UK and attracts leading clinicians to contribute to the programme of lectures, practical demonstrations and breakout sessions. Always a day of clinical inspiration with a focus on learning skills that can be applied to practice. A great opportunity to meet up with your SOMM pals and tutors too!

ANATOMY DAY
SOMM anatomy days are an opportunity to refresh your anatomy knowledge, surface marking for technique accuracy (soft tissue treatments or injections) and have access to cadavers for a revision of 3D anatomy. They are particularly useful for clinicians using injection therapy and USS as part of their practice but beneficial for anyone treating MSK disorders. The day consists of tutorials, practical workshops and lab work. They are led by SOMM tutors with support from Lab technicians. The content of the day will help the clinician to locate the site of common lesions with accuracy and confidence, assisting with assessment and diagnosis. It is open to all physiotherapists and medical practitioners. These days are extremely popular among clinicians wanting to advance their clinical practice and for those who just fascinated by the human body...

"Course exceeded my expectations hugely. Very enjoyable, interactive and worthwhile. Great use of everyone’s knowledge and experience."

Dawn Waitt
Physiotherapist
AWARDS

BRONZE
Individual Scholarship Awards up to £3,000
For self-funding speakers or poster presenters attending a conference, or professional development or non-research projects. Must fulfil the SOMM’s objective ‘to facilitate the practice, study and publication of research within musculoskeletal medicine’.

SILVER
Research Awards up to £10,000
For novice researchers, for example, undertaking a PhD or DProf. For full or pilot projects on any topic relevant to musculoskeletal medicine.

GOLD
Research Awards up to £20,000
For experienced researchers and researcher teams. For full or pilot projects on any topic relevant to musculoskeletal medicine.

FOR FURTHER DETAILS AND AN APPLICATION FORM, PLEASE CONTACT:
SOMM, 151 Dale Street, Liverpool, L2 2AH
0151 237 3970
admin@sommcourses.org
The Society is always on the lookout for venues that can host our courses, particularly in major centres in the UK and overseas.

**BENEFITS FOR HOSTING INCLUDE:**

- Free places for your staff or an alternative financial incentive
- CSP accredited course
- Established and reputable provider
- Enhanced reputation as a centre of postgraduate education
- Increased profile for your hospital or clinic

**IF YOU'RE INTERESTED IN HOSTING ANY OF OUR COURSES, PLEASE CONTACT:**

SOMM, 151 Dale Street, Liverpool, L2 2AH
0151 237 3970
admin@sommcourses.org
94% of students said the course met their expectations.
“The SOMM MSc is a fantastic way to consolidate the learning from all SOMM modules, and with the aid of highly skilled tutors develop research into areas that can positively affect your own and others future practice.”

Rikesh Arithoppah
Physiotherapist

“Great amount of practice to support learning. Brilliant and approachable tutors.”

Heather Chesshire
Physiotherapist