



2nd
MENA SPINE
CONGRESS




Spinal Manipulation

By John Gibbons

World-renowned osteopath,
author, and lecturer

Dates

24th Jan 2026

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John Gibbons
Bodymaster Method®



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Legend in lines...

I trained and qualified in Osteopathy, Sports Therapy, Exercise Rehabilitation, Spinal Manipulation, Acupuncture and Nutrition, painstakingly developing a treatment method that is as fast and effective on office workers and housewives as it is on top athletes and super-fit soldiers.

That journey culminated in the Bodymaster Method® – a unique fusion of therapy techniques rigorously designed to remove pain and restore mobility without recourse to drugs or surgery.

Physios, Sports Therapists and Doctors seek me out to learn techniques that enable them to restore movement and remove pain from patients who previously believed that painkillers and surgery were their only choice – that they simply had to live with pain on a daily basis.



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Spinal Manipulation

John Gibbons will teach Grade 1-4 mobilizations and safe Grade 5 manipulations (HVT – High Velocity Thrust) in this course. Participants will learn osteopathic mobilization techniques and muscle energy techniques for the pelvis, sacroiliac joint, lumbar, and thoracic spine. Ideal for those working with athletes, the course ensures competency in safely mobilizing and manipulating the pelvis, lumbar, and thoracic spine. Additionally, techniques for the cervical-thoracic junction, ribs, and peripheral joints are covered. With over 100,000 patients treated, Gibbons provides expertise in safe joint manipulations and mobilizations.

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