

Course Objectives

As a result of attending and actively participating in this course, attendees will:

- Understand the functional anatomy & biomechanics of the cervical spine.
- Perform specific physical exam techniques based upon reasoning and planning from the subjective examination.
- Demonstrate an understanding of the indications for improving cervical spine conditions with thoracic spine treatment interventions.
- Appreciate the roles of abnormal alignment and muscle imbalance in the upper quarter and the development of cervical pathologies.
- Understand and apply appropriate mobilization/manipulation techniques for cervical and thoracic spine mobility restrictions
- Classify cervical treatment groups based on the most current evidence, including clinical prediction rules for mobilization/manipulation, strengthening for the deep cervical spine flexor muscle groups, and traction.
- Understand when cervical spine surgery may be indicated as well as the differences between cervical spine surgical interventions and their rehabilitation needs post-operatively.

Form of Presentation: 1 day, comprised of minimal lecture and a majority of laboratory time.

Contact Hours: 8 (Approximately 1.5 hours lecture, 8.5 hours lab). A certificate for 8.0 contact hours will be awarded upon completion of the course. Application for CEU certification has been submitted to the AZAPTA for approval.

Course Description

The course is intended for clinicians interested in obtaining a more thorough understanding of current treatment guidelines for cervical spine pathologies. Normal and abnormal mechanics will be discussed, as will common cervical pathologies. Treatment classifications will be discussed for cervical mobilization/manipulation, cervicogenic headache, cervical radiculopathy, and pain control. Evaluation methods will be multifactorial, including muscle imbalance theory, accessory motions, and abnormal recruitment patterns. Recognition of the source of pain, and the contributing factors, for each pathology, will be discussed. The treatment section will involve addressing soft tissue, joint, and movement re-education principles. Mobilization and manipulation of the thoracic spine will be presented and practiced in order to improve shoulder complex range of motion and scapular muscle strength/recruitment, in particular for the lower trapezius and serratus anterior muscles. There will be an emphasis on the practical component, so laboratory time will encompass a majority of the class time. Case studies will be presented which reinforce clinical reasoning principles. Pre and post- tests will be given in order to reinforce meeting the objectives for the course.

A liability waiver will be required for lab participation.

Attire: Participants should wear clothing that allows exposure of the back, shoulder and cervical spine. It is recommended that females wear sports bras.

Intended Audience: PTs', PTA's, OT's, COTA's, and DC's are welcome.

Course Location:

Sanderson and DuBois Momentum Physical Therapy
6206 E. Pima, Suite 3, Tucson, AZ 85712
Phone: (520) 733-6227

Directions: On Pima just west of Wilmot in the Next Care office park.

SATnet Southern Arizona Therapy Network
www.arizonapt.net



Current Concepts in Cervical Spine Evaluation & Treatment and Implications for Cervical & Thoracic Spine Manipulation

Saturday, November 14, 2009

Presenters:

Robert Klingman, MPT, OCS,
FAAOMPT and
Richard V. Chua, M.D., FACS

Course Location:

Sanderson & DuBois Momentum PT
6206 E. Pima, Suite 3, Tucson, AZ 85712
www.arizonapt.net

“Hands on” course limited to 30 participants

Agenda

7:30-8:00 Registration and Continental Breakfast, Pre-Course Quiz

8:00-9:00 Cervical Evaluation- First Level of Classification: Are they appropriate for PT?? Red Flags Yellow Flags". Second Level of Classification -Evaluate and Treat via C/S Classification

9:00-9:45 Proposed Classification Categories Mobility Group, Examination Findings

9:45-10:30 Predictors of immediate responders to cervical manipulation in patients with neck pain

10:30-12:00 T/S Manipulations/ Mobilizations for Patients with Neck Pain: Thrust vs Non-thrust Techniques, Exercise and Conditioning Group, Strengthening exercises for the upper-quarter muscles, Strengthening exercises for the neck or deep neck flexor muscles

12:00-1:00 Lunch (provided)

1:00-2:00 Surgical Considerations for the Cervico-thoracic region, *Richard V. Chua, M.D.*

2:00-3:15 Centralization: Examination Findings, Radicular/referred symptoms in the upper quarter, Peripheralization/centralization of symptoms with ROM, Signs of nerve root compression, Matched Treatment: Neck Retractions, Cervical Root Decompression, and Radicular Pain. A Clinical Prediction Rule for Classifying Patients with Neck Pain: Who Demonstrate Short-Term Improvement with Cervical Traction

3:15-4:30 Differential Diagnosis of Cervicogenic Headache: Examination, Findings & Treatment

4:30-4:45 Pain Control Group: Examination Findings & Treatment

4:45-5:00 Case Study and Post Course Test

Instructors

Robert Klingman, MPT, OCS FAAOMPT

received his Bachelor of Science in Exercise Science from California State Polytechnic University in Pomona, CA, his Master's in Physical Therapy from Mt. St. Mary's College in Los Angeles, CA and is a graduate of the Orthopedic Physical Therapy Residency Program at Kaiser Permanente in Los Angeles, CA. He continues to serve as a mentoring faculty member and guest lecturer for the Southern California Kaiser Permanente Orthopedic Residency Program.

Mr. Klingman is a Board Certified Clinical Specialist in Orthopedic Physical Therapy (OCS) with the American Physical Therapy Association and a fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT). Robert has published articles that have appeared in the *Journal of Orthopedic & Sports Physical Therapy* and *The Journal of Manual & Manipulative Therapy*. In 2000, Mr. Klingman was the winner of *The Journal of Manual & Manipulative Therapy & Ball Dynamics* Award for Excellence. He has conducted courses on manual therapy of the spine and shoulder, lower quarter mechanics and foot/ankle. Currently he practices and conducts research in outpatient orthopedics in Tucson, AZ and is the owner of Orthopedic and Manual Therapy Seminars, LLC.

Richard V. Chua, M.D., FACS

Dr. Chua is a neurosurgeon with Northwest NeuroSpecialists. He received his MD and completed his residency in neurological surgery at Indiana University School of Medicine. He is board certified by the American Board of Neurological Surgeons.

Dr. Chua's special interests include minimally invasive spine surgery, motion preservation techniques, and brain tumor surgery. More information at www.nwneuro.com

Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Contact Phone: _____

Email (for registration confirmation)

Registration Fees and Payment:

Before Nov. 1: **\$250** After Nov. 1: **\$275**

SATnet member clinicians:

Before Nov. 1: \$180 After Nov. 1: \$200

- Check enclosed payable to: SATnet
Mail to: Joanne Smith, SATnet,
5330 N Calle Bujia, Tucson, AZ 85718
PH: (520) 299-8687 Fax: 1 (866) 896-4032
- Please charge my credit card (6% service charge will be added to the registration fee)
Mastercard / Visa / Discover
Card # _____

CVV2 code (last 3 digits on Back) _____

Expiration Date _____

Signature: _____

Orthopedic and Manual Therapy Seminars LLC. Reserves the right to cancel the course, with liability only of a paid tuition refund. Payments are not accepted at the door. No monies will be returned for no shows or cancellations once the course has begun.

Refunds will be given if a written request is received 2 weeks prior to the start of the course (less a \$50 cancellation fee).

Due to the limited course size, enrollment is contingent upon receipt of full tuition.