

Evidence-Based Examination & Treatment of the Cervical Spine



We are pleased to announce a clinical education course scheduled for your area!
A course description has been attached.

DATES: February 25-26, 2012

INSTRUCTORS: Mark Butler, MPT, OCS, Cert. MDT

LOCATION: Cedarbrook
3201 Cheltenham Ave.
Cedarbrook Plaza, Suite 207
Wyncote, PA 19095

TARGET AUDIENCE: PT PTA ATC

INSTRUCTIONAL LEVEL: Multiple

TUITION: \$395 Waived for full time employees of Select Medical's Outpatient Division

COURSE CAPACITY: 25

CONTACT HOURS: 11

ACCREDITING BODIES: Approved provider with NATBOC, AOTA & pending approval with the State Board of PT PA

ENROLLMENT: <http://smportal/Departments/OutpatientDivision/OutpatientEducation/SelectLivePrograms/CourseCalendar/tabid/643/Default.aspx> or contact apsiegel@selectmedical.com for an application form .

Participants will receive notification by e-mail from the Department of Outpatient Education confirming their acceptance into the program 4-6 weeks prior to the course. If you do not received confirmation of your status please call 804-290-0107 or email apsiegel@selectmedical.com.

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Department of Outpatient Education will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

Select Medical Department of Outpatient Education
1794 N. Parham Road, Richmond, VA 23229
Phone: (804) 290-0107 Fax: (717) 635-3897

Evidence-Based Examination & Treatment of the Cervical Spine

Course Description:

Cervical pain and dysfunction is one of the top 3 reasons for patients seeking physical therapy treatment. In the past, physical therapy interventions for cervical dysfunction have largely been based on a pathoanatomical source of symptoms. High quality evidence from randomized clinical trials has failed to offer conclusive support for most interventions based on this model.

Recent research has shown promising results in treating patients with cervical dysfunction based on classification of signs and symptoms and matching interventions to one of five patient sub-groups (mobility, centralization, exercise and conditioning, pain control, and headache). In this course we will identify and study these sub-groups; matching them to evidence based interventions to enhance your management of cervical dysfunction patients.

This course is a combination of lecture and lab where you will learn cervical and thoracic mobilization/manipulation techniques and which patients will benefit most from them. You will also learn examination strategies for detecting cervical radiculopathy and if a directional preference exists. Included will be exercise strategies to stabilize the cervicothoracic region to treat cervical pain and cervicogenic headache.

As a major portion of the course is lab-based, appropriate attire to allow for observation and access to the thoracic and cervical regions is required.

Target audience: PT PTA ATC

Instructional Level: Multiple

Learning Objectives

At the conclusion of this presentation the participant will be able to:

Knowledge

- Understand the functional anatomy of the cervical region
- List the five classifications of cervical dysfunction

Comprehension

- Describe the criteria for each neck pain classification area
- Describe the clinical prediction rules available for each classification area

Application

- Apply the proper evidence based intervention using the classification system
- Apply cervical and thoracic mobilization/manipulation techniques based on clinical prediction rules, research, and clinical experience
- Apply the proper exercise interventions based on current research

Analysis

- Differentiate between patients with spinal instability and those that would benefit from mobilization
- Determine if a directional preference exists
- Identify headache patients that would benefit from cervical treatment

Select Medical Department of Outpatient Education
1794 N. Parham Road, Richmond, VA 23229
Phone: (804) 290-0107 Fax: (717) 635-3897

Evidence-Based Examination & Treatment of the Cervical Spine

Synthesis

- Treat cervical dysfunction using evidence based and complimentary therapies

Evaluation

- Identify red-flags which would preclude treatment
- Perform a comprehensive cervical spine examination

Time based agenda (please include break times):

Day One

7:30 – 8:00	Registration
8:00 – 8:30	Introduction and course objectives
8:30 – 9:30	Anatomy overview
9:30 – 10:00	Introduction to the classification categories of patients with cervical dysfunction
10:00 – 10:15	Break
10:15 – 11:15	Examination of the cervical spine Lecture/Lab
11:15 – 11:30	Red and yellow flags
11:30 – 12:00	The mobilization subgroup
12:00 – 1:00	Lunch
1:00 – 2:30	Mobilization / manipulation techniques Lab
2:30 – 3:00	The cervical radiculopathy
3:00 – 3:15	Break
3:15 – 4:00	Examination strategies for the patient with cervical radiculopathy Lab
4:00 – 4:30	Case Study examples – small group activity

Day Two

8:00 – 8:15	Review of Day One – Q & A
8:15 – 8:45	Centralization (directional preference) subgroup
8:45 – 10:00	Directional preference Lab
10:00 – 10:15	Break
10:15 – 11:15	Exercise and conditioning subgroup
11:15 – 12:00	Whiplash-associated disorders (WAD) & radiology of cervical spine pathology
12:00 – 1:00	Lunch
1:00 – 1:30	Pain control and headache subgroups
1:30 – 2:30	Treatment strategies for pain control and headaches Lab
2:30 – 2:45	Break
2:45 – 3:15	Practice and review of specific techniques Lab
3:15 – 3:30	Wrap up Q & A

Select Medical Department of Outpatient Education
1794 N. Parham Road, Richmond, VA 23229
Phone: (804) 290-0107 Fax: (717) 635-3897

Evidence-Based Examination & Treatment of the Cervical Spine

Program Accreditation:

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 11 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

State Board of Physical Therapy of PA



ADA Compliance:

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.