Dawn Kennedy, PT, DPT, OCS, COMT, FAAOMPT

Dawn is the Center Manager for the Hazelwood, Missouri location and received her Doctorate of Physical Therapy from Duke University in 2006. She is a Board Certified Orthopedic Clinical Specialist (2009) and a Certified Orthopedic Manual Therapist, trained by Maitland Australian Physiotherapy (2010). Additionally, Dawn completed the Duke Manual Therapy Fellowship in 2014 and is a Fellow in the American Academy of Orthopedic Manual Physical Therapist. Prior to her time with SSM Select, Dawn was adjunct faculty at Duke University teaching in the Musculoskeletal and Manual Therapy courses, in addition to serving as faculty for the Manual Therapy Fellowship/Residency programs. Currently, she is an instructor for Select’s Manual Therapy Certification.

Program Accreditation:
Select Medical is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This activity is approved for 15 Category A hours. This course is pending approval with the Pennsylvania, Maryland, and New Jersey State Board of Physical Therapy Examiners.

Non-Discrimination Statement:
Select Medical does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Select Medical is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.
Manual Therapy and Exercise for Cervical and Upper Thoracic Disorders

Course Objectives

Upon completion of this course, the participant will be able to:
• Describe pain referral sites for thoracic, rib, cervical, and visceral pain into the thoracic region
• Describe 5 indications, precautions and contraindications to manual therapy techniques to the cervical spine, upper thoracic spine and ribs.
• Perform a basic evaluation to identify appropriateness for physical therapy and to identify elements contributing to functional limitations
• Describe comparable findings and discuss its relationship to clinical decision making.
• Describe the proposed biomechanical, neurophysiological and psychological effects of manual therapy techniques to the cervical spine, upper thoracic spine and ribs.
• Describe biomechanical and neurophysiological interdependence of the thoracic spine and ribs with the upper limb and adjacent spinal regions and the potential pathophysiological consequences of these relationships.
• Identify patients who would potentially benefit from manual therapy to the cervical spine, upper thoracic spine and ribs.
• Demonstrate safe and effective thrust and non-thrust articular mobilization directed towards the cervical, upper thoracic spine and ribs.
• Demonstrate safe and effective soft tissue mobilization directed towards the soft tissue of the cervicothoracic region.
• Demonstrate safe and effective application of exercises for individuals with cervicothoracic and/or rib dysfunction.

Course Description

This course is designed to expose participants to manual therapy techniques from a research and evidence perspective including soft tissue mobilization and thrust (HVLA) and non-thrust mobilization directed towards the cervical spine, upper thoracic spine and ribs. The course is designed to provide examination, treatment and reassessment strategies for orthopedic physical therapists for the treatment of neck, thoracic and upper extremity pain and dysfunction. The course critiques current manual therapy approaches, reviews literature and rationale associated with regional interdependence, and discusses the role of clinical reasoning with manual therapy and exercise applications. Lastly, this course will review clinical vignettes to discuss clinical application of the course content.

Agenda

Saturday
7:00 – Registration
7:15 – Introductions and overview of weekend course
7:45 – Classification Systems, Regional Interdependence and Review of Literature
8:45 – Flow of Procedure – Examination Review
9:30 – Break
9:45 – Postural / AROM / PROM / Neurological screen
12:00 – Lunch
1:00 – Palpation / Special tests
2:15 – Cervical Joint Mobility Assessment
3:30 – Break
3:45 – Upper Thoracic and Rib Assessment
4:30 – Round Robin
5:00 – Close

Sunday
8:00 – Cervical Spine Treatment
10:00 – Break
10:15 – Upper Thoracic Spine and Rib Treatment
12:00 – Lunch
1:00 – Exercise prescription
2:00 – Case studies
3:00 – Round Robin practice
4:00 – Close

Manual Therapy and Exercise for Cervical and Upper Thoracic Disorders

Please check: □ ATC □ PT □ PTA □ OT □ OTA □ Other_____

Name:________________________________________
Address:________________________________________
City:___________________ State:____ Zip:___________
Phone:_______________________________________
Email:_______________________________________

(Please provide E-mail to receive electronic confirmation)

Payment Options:
1. Fax completed registration/payment info to 717.547.8515
   Check payable to: Select Medical
   Credit Card number:___________________________
   Expiration Date:______ CCV Code:______________
   Signature:____________________________________

2. Credit Card: □ Visa □ Mastercard
   Credit Card number:___________________________
   Expiration Date:______ CCV Code:______________
   Signature:____________________________________

3. Mail Registration and Check to:
   Select Medical Attn: Maureen Hoehne
   1340 Gaskins Rd Unit 12 Richmond, VA  23228
   Fax: 717.547.8515
   Email: mhoehne@selectmedical.com

Cancellation Policy: Written notification of cancellation 10 days prior to course date – Refund request will be honored (less $50 processing fee). Cancellation notification within 10 days prior to the course will result in full forfeiture of tuition amount. Select Medical reserves the right to cancel this program. In the event of course cancellation, a full refund will be given.

Enrollment for SELECT MEDICAL EMPLOYEES only
http://smportal/Departments/OutpatientDivision/outpatientEducation/SelectLiveProbrams/CourseCalendar/tabid/643/Default.aspx or contact mhoehne@selectmedical.com for an application form.