Alan Evans, PT, MOMT, FAAOMPT, MCSP

Alan graduated from Queen Margaret University in Scotland in 1991 with a BSc in Physiotherapy. He initially practiced in Canada before relocating to the United States in order to complete his Fellowship in Sports Medicine with Dr James Andrews at the American Sports Medicine Institute in Birmingham, Alabama. Following the successful completion of this program, Alan went on to complete a 4 year Manual Therapy Fellowship program. Alan has worked in the outpatient orthopedic setting for over 15 years, and has lectured extensively throughout North America. He is currently serves as Director of Education for Select Medical’s Outpatient Division.

Program Accreditation:
Select Medical is an approved provider with the American Occupational Therapy Association. Select Medical is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This activity is approved for 14 Category A hours. This course meets continuing education requirements set by The North Carolina Board of Physical Therapy.

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 of the Upper Quarter
Lab Intensive

Course Description
This entry level program is designed to expose participants to a broad range of readily applicable manual techniques to address common upper quarter musculoskeletal disorders. It also reviews current evidence for the administration of these techniques, as well as how they are most effectively incorporated into a treatment regime and contraindications for their use. The course, which focuses upon articular mobilization techniques, is lab intensive and is designed to provide participants with a sound grasp of a wide range of techniques with high clinical utility.

Course Objectives
Upon completion the participant will be able to:
1. Describe the various proposed mechanisms behind the efficacy of manual techniques and critique the evidence that supports each one.
2. Describe indications and contraindications for articular mobilization in general and specific techniques in particular.
3. Describe current evidence supporting the use of manual therapy as it relates to disorders of the upper quarter.
5. Demonstrate safe and effective application of manual therapy techniques as they pertain to common musculoskeletal disorders.
6. Develop an evidence informed intervention strategy that includes manual techniques for a variety of patient presentations.

Instructional Method: lecture/lab
Student to faculty ratio: 16:1

Agenda
Saturday

7:45 Registration
8:00 The scientific rational and evidence for manual therapy
9:30 Break
9:45 The Cervical Spine
12:00 Lunch
1:00 The Cervicothoracic Junction & First Rib
3:00 Break
3:15 The Shoulder Complex
5:00 Close

Sunday

8:00 The Elbow
10:15 Break
10:30 The Hand & Wrist
12:00 Case Studies
12:45 Break
1:00 Case Studies
2:00 Group Presentations
2:45 Questions
3:00 Close

Due to the manual techniques that will be practiced during the course, each participant will need to complete a release and waiver of liability form which will be forwarded with course confirmation.

QUESTIONS:
If you have questions, please contact course Coordinator, Erin Melton: emelton@selectmedical.com or 804-290-0107.