



Folsom Physical Therapy

and Training Center

Manual Therapy for Lower Cervical/Thoracic Cage Pathology

February 26 & 27, 2011

Or

June 11 & 12, 2011

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Course Description

This is a workshop in which the emphasis is on training the physical therapist with a hands-on approach. Following a lecture of clinically relevant anatomy and pathology the course will feature manual methods of evaluation and treatment of the lower cervical and upper thoracic spine and related areas. Participants should wear clothing that allows observation of the entire spine.

Level of instruction: basic

Type of Instruction: lecture/lab

Student / Instructor Ratio: 12 : 1

CPTA Approval#: 10-673

Objectives

Upon completion of the course the participants will have been instructed in:

- Discussion of musculoskeletal pathology for the lower cervical and upper thoracic regions
- Use of a subjective exam to guide examination and treatment
- Evaluation of neurological dysfunction
- Evaluation of joint dysfunction at cervical and thoracic segments/ribs and surrounding soft tissues by palpation, active movement, provocation/alleviation and passive movement tests
- Performance of soft tissue treatment techniques
- Performance of cervical intervertebral mobilization, thoracic mobilization and costovertebral mobilization
- Performance of cervical stabilization training
- Performance of postural training
- Muscle stretching
- Stabilization exercises
- Home programs
- Ergonomic considerations

Agenda

Saturday 10:00 - 6:00

10:00 – 10:15	Welcome
10:15 – 11:15	Slideshow
11:15 – 11:25	Break to change clothes – BR
11:25 – 11:45	Observation
11:45 – 12:05	R.O.M. – Sort out lower cervical, thoracic regions; short muscles and joints vs. long muscles and tension signs
12:05 – 12:25	Break – food provided
12:25 – 2:00	Provocation / Alleviation: C2 through T6 and Costovertebral/costotransverse joints
2:00 – 3:45	Segmental testing: side-lying translation, flexion, extension of cervical and thoracic spines, Sitting segmental testing of spine and ribs joints, Prone testing for rib joints
3:45 – 4:05	Break – food provided
4:05 – 5:30	Neuro & Tension signs
5:30 – 6:00	Assess soft tissue changes, long muscle lengths, coordination/motor function of cervical and thoracic/scapular muscles

Sunday 8:00 - 3:00

8:00 – 8:30	Questions/discussion about reading – (findings, understanding pathology - causes, progression, secondary changes, treatment options)
8:30 – 9:00	Common in almost all lower cervical and thoracic patient's treatment: <ol style="list-style-type: none">1) Pt positioning for treatment, ergonomics, A.D.L.'s2) Control of vertical loads3) Increase the mobility of the thoracic cage and strengthen posterior muscles
9:00 – 9:30	Treatment for inflammatory presentation
9:30 – 9:50	Break
9:50 – 10:25	Treatment for increased muscle tone presentation
10:25 – 12:00	Treatment for hypermobility
10:25 – 11:40	stabilization exercises on balance boards and ball, including MRE and segmental stabilization exercises
11:40 – 12:00	self stretch long cervical muscles and increase mobility of the thoracic cage
12:00 – 12:20	Break
12:20 – 1:30	Treatment for hypo mobility
12:25 – 1:00	Wedge prone at C-T through T6
1:00 – 1:50	Soft tissue mobilization in side-lying, supine and sitting
1:50 – 3:00	Grade III Specific joint mobilization C-T through T6 and costovertebral/costotransverse joints– traction flexion mobilization for DDD / DJD spine