Considerations for the Management of Neck Pain:
“Biomechanical Assessment of the Cervical Spine”

Course Description:
This course is structured to present a format for evaluation and treatment of the cervical spine utilizing advanced orthopedic skills. Emphasis will be placed on enhancing clinical decision-making skills and integrating manual therapy procedures within the overall plan of care for the patient with cervical spine dysfunction. The course will include lectures, discussions, and structured laboratory sessions. **Contact Hours: 16**

Key Content Areas:
- Pain-motion Diagrams; Motion-palpation; osteokinematic testing
- Pathoanatomical considerations
- Cervical spine injury mechanics; considerations for segmental stability
- Regional, biomechanical assessment of the Cervical Spine
- Manual Therapy Techniques:
  1.) Cervical Locking Techniques
  2.) Mid-Cervical Closing
  3.) Mid-Cervical Opening
  4.) Mobilization of Upper Thoracic Region
  5.) Mobilization of the Upper Ribs
  6.) Mobilization of the Mid Thoracic Region

Course Objectives:
- Demonstrate an understanding of a regional, biomechanical assessment system for the cervical spine.
- Demonstrate an understanding for the interpretation of diagnostic imaging and the relationship with diagnostic “pathological” terms commonly used in association with cervical spine dysfunction
- Demonstrate an understanding of an assessment format based on an interpretation of movement patterns and motion-palpation.
- Recognize the indications and contraindications for mechanical evaluation and treatment of the cervical spine.
- Utilize and understand the expected outcomes of a variety of treatment interventions, including cervical traction and manual therapy techniques for the cervical spine
- Design effective treatment protocols based upon clinical classifications for patients with cervical spine dysfunction.
Course Agenda:

Friday, November 12, 2010: 12:00 PM—6:15 PM

- Lecture: Clinical Considerations for Mechanical Influence of the Cervicothoracic Region
- Laboratory: Manual Therapy Techniques: Upper Thoracic and Cervicothoracic Region
- Break
- Lecture: Clinical Considerations for Upper Cervical Mechanical Dysfunction
- Laboratory: Manual Therapy Techniques: Upper Cervical Region
- Final Q & A / Adjourn

Saturday, November 13, 2010: 8:00 AM—6:30 PM

- Laboratory: Manual Therapy Techniques: Mid-Cervical Spine
- Discussion and Demonstration: Exercise and Self Mobilization Strategies
- Lunch Break: 11:30 AM—12:00 Noon
- Lecture: Cervical Traction Applications
- Discussion and Demonstration: Case Presentation(s)
- Lecture: Whiplash Associated Disorders
- Break
- Lecture: Mid-Cervical Mechanics: “The Opening Pattern”
- Laboratory: Manual Therapy Techniques: Mid-Cervical Spine and Upper Ribs
- Discussion and Demonstration: Stretching and Strengthening Principles
- Final Q & A / Adjourn