



Select Medical Outpatient Division  
Clinical Education Department  
1217 Ira E. Woods Avenue, Grapevine TX 76051  
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TO: Managers and Clinicians  
FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP  
DATE: 6/22/2010  
RE: **EDUCATION PROGRAM ANNOUNCEMENT**  
**Current Concepts and Practical Clinical Applications**

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**COURSE:** Evidence Based Practice: Examination & Intervention for the Cervical Spine  
**DATES:** September 11-12, 2010  
**SCHEDULED INSTRUCTORS:** Joshua Hayes, PT, DPT, OCS  
Charlotte, NC  
**LOCATION:** NovaCare  
1765 Springdale Road  
Cherry Hill, NJ 08003  
856-751-8787  
Host Center Manager/Contact: John Stuckert

**DIRECTIONS:** From 295 North or South take Exit 34 Route 70 east. Right at 2<sup>nd</sup> light onto Springdale Rd. The clinic is a ¼ on left-hand side. Parking is available at the facility. Philadelphia Airport is approximately 35 miles from the clinic.

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 30-35 participants.

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 13.5 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email [linda.gilles@selectmedicalcorp.com](mailto:linda.gilles@selectmedicalcorp.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 Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

**Evidence-Based Practice: Examination and Intervention for the Cervical Spine**  
**September 11-12, 2010 – Cherry Hill, NJ**

**Course Description:**

This program is designed to provide clinicians with an effective examination strategy for the upper thoracic and cervical spine. Based on the APTA format, participants will discuss the examination, evaluation, diagnosis, prognosis, and intervention for this portion of the spine. Examination will focus on the anatomy and biomechanics of the upper and mid-cervical spine, and the upper thoracic spine, as well as reliable and valid testing techniques supported in the literature. The intervention portion of the class will include mobilization, manipulation, and exercise techniques. This course utilizes both lecture and lab sessions, with the emphasis being on lab sessions.

**Instructional Level:** Intermediate and Advanced    **Target Audience:** PT, PTA, SPT

**Learning Objectives:**

At the conclusion of this course, the participant will:

1. Describe the functional anatomy of the cervical and upper-thoracic spine and its relation to common cervical disorders.
2. Describe the mechanical relationship of cervical and upper-thoracic spine with normal movement patterns.
3. Relate biomechanics of the cervical and upper-thoracic spine to patient examination and intervention through case studies and live demonstration.
4. Identify potential relationship between dysfunction and abnormal joint and neuromuscular behavior of the cervical and upper-thoracic spine through case studies and live demonstration.
5. Perform a comprehensive examination of cervical and upper-thoracic spine and demonstrate on a course participant or faculty member.
6. Describe theory and application of mobilization and impulse manipulative techniques, understanding the indications and contraindications to this intervention.
7. Treat cervical and upper-thoracic dysfunction with appropriate interventions including mobilization, manipulation, neuromuscular treatments, and other complimentary therapies as demonstrated on course participants or faculty member.
8. Use evidence-based exercise application for treatment of cervical and upper-thoracic disorders as they relate to anatomical/biomechanical abnormality.

**Saturday:**

7:30 a.m.	Registration
8:00 a.m.	Introduction & Course Objectives
8:30 a.m.	Anatomy of Mid-Cervical Spine/Overview
9:15 a.m.	Biomechanics of the Mid-Cervical Spine
10:15 a.m.	BREAK
10:30 a.m.	Examination of the Mid-Cervical and Upper-Thoracic Spine
11:30 a.m.	Examination Lab for the Cervical Spine
12:30 a.m.	LUNCH
1:30 p.m.	Manual Therapy for the Cervical Spine Overview
2:30 p.m.	Manual Intervention for Mid-Cervical Dysfunction
3:30 p.m.	Manual Intervention for Upper Thoracic Dysfunction
4:00 pm	BREAK
4:15 p.m.	Anatomy of the Upper-Cervical Spine
5:00 p.m.	Biomechanics of the Upper-Cervical Spine
5:45 p.m.	Questions
6:00 p.m.	Adjourn

**Sunday:**

8:00 a.m.	Examination of the Upper-Cervical Spine
9:00 a.m.	Manual Intervention for the Upper-Cervical Spine
10:00 a.m.	BREAK
10:15	Comprehensive Intervention for the Cervical Spine - Exercise - Medical Treatment - Bracing
12:00 a.m.	Case Studies
12:45.m.	Questions
1:15 p.m.	Adjourn

## **Instructor Biography:**

**Dr. Hayes, PT, DPT, OCS** is currently the Market Manager for the Charlotte market for NovaCare Rehabilitation and Select Physical Therapy, overseeing 14 clinics. He received his degree in Chemistry from the University of North Carolina at Chapel Hill and went on to get his Master of Physical Therapy from the University of North Florida. Dr. Hayes completed his Doctor of Physical Therapy from the University of North Carolina at Chapel Hill with a focus on manual therapy and the lumbo-pelvic complex. Additionally, Dr. Hayes is a board-certified Orthopedic Clinical Specialist from the American Board of Physical Therapy Specialties. Dr. Hayes currently serves as an adjunct professor for Winston-Salem State University in North Carolina, where he teaches in the area of orthopedics and the lumbo-pelvic complex.

## **Instructor Disclosure Statement:**

The instructor has declared that he does not have any financial interest or other relationship with the manufacturers or providers of services that may be discussed in the course.

## ***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 13.5 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.

**New Jersey State Board of Physical Therapy Examiners  
Pennsylvania State Board of Physical Therapy**



## ***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.