



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: 6/4/2010  
RE: **EDUCATION PROGRAM ANNOUNCEMENT**  
**Current Concepts and Practical Applications**

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Please find below information regarding a clinical education course scheduled for your area:

**COURSE:** Examination & Intervention Strategies for Patients with Cervical Dysfunctions  
**DATES:** August 21-22, 2010  
**SCHEDULED INSTRUCTORS:** Mark Butler, PT, MPT, OCS, Certified MDT  
Medford, NJ  
**LOCATION:** Kessler Rehab  
2033 Morris Avenue  
Union, NJ 07083  
Host Center Manager/Contact: Cherry Maullon

**DIRECTIONS:** Take 78 west to Rt 22 W toward Hillside. Turn left onto Rt 82, merge onto Morris Ave. The building is on the right. You can park on Cross street Pine Avenue by the bank.

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

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 13 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.

## **Examination & Intervention Strategies for Patients with Cervical Dysfunction**

**August 21-22, 2010 – Union, NJ**

### **Course Overview/Description:**

Cervical pain and dysfunction is one of the top 3 reasons for patients seeking physical therapy treatment. In the past, physical therapy interventions for cervical dysfunction have largely been based on a pathoanatomical source of symptoms. High quality evidence from randomized clinical trials has failed to offer conclusive support for most interventions based on this model.

Recent research has shown promising results in treating patients with cervical dysfunction based on classification of signs and symptoms and matching interventions to one of five patient sub-groups (mobility, centralization, exercise and conditioning, pain control, and headache). In this course we will identify and study these sub-groups; matching them to evidence based interventions to enhance your management of cervical dysfunction patients.

This course is a combination of lecture and lab where you will learn cervical and thoracic mobilization/manipulation techniques and which patients will benefit most from them. You will also learn examination strategies for detecting cervical radiculopathy and if a directional preference exists. Included will be exercise strategies to stabilize the cervicothoracic region to treat cervical pain and cervicogenic headache.

As a major portion of the course is lab-based, appropriate attire to allow for observation and access to the thoracic and cervical regions is required.

**Target Audience:** PTs, PTAs, SPT

**Instructional Level:** Multiple

### **Course Objectives:**

At the conclusion of the course, the participant will be able to:

#### Knowledge

- Understand the functional anatomy of the cervical region
- list the five classifications of cervical dysfunction

#### Comprehension

- describe the criteria for each neck pain classification area
- describe the clinical prediction rules available for each classification area

#### Application

- apply the proper evidence based intervention using the classification system
- apply cervical and thoracic mobilization/manipulation techniques based on clinical prediction rules, research, and clinical experience
- apply the proper exercise interventions based on current research

#### Analysis

- differentiate between patients with spinal instability and those that would benefit from mobilization
- determine if a directional preference exists
- identify headache patients that would benefit from cervical treatment

#### Synthesis

- treat cervical dysfunction using evidence based and complimentary therapies

#### Evaluation

- identify red-flags which would preclude treatment
- perform a comprehensive cervical spine examination

## Time based agenda:

### Day One

7:30 – 8:00	Registration
8:00 – 8:30	Introduction and course objectives
8:30 – 9:30	Anatomy overview
9:30 – 10:00	Introduction to the classification categories of patients with cervical dysfunction
10:00 – 10:15	<b>Break</b>
10:15 – 11:15	Examination of the cervical spine Lecture/Lab
11:15 – 11:30	Red and yellow flags
11:30 – 12:00	The mobilization subgroup
12:00 – 1:00	<b>Lunch</b>
1:00 – 2:30	Mobilization / manipulation techniques Lab
2:30 – 3:00	The cervical radiculopathy
3:00 – 3:15	<b>Break</b>
3:15 – 4:00	Examination strategies for the patient with cervical radiculopathy Lab
4:00 – 4:30	Case Study examples – small group activity

### Day Two

8:00 – 8:15	Review of Day One – Q & A
8:15 – 8:45	Centralization (directional preference) subgroup
8:45 – 10:00	Directional preference Lab
10:00 – 10:15	<b>Break</b>
10:15 – 11:15	Exercise and conditioning subgroup
11:15 – 12:00	Whiplash-associated disorders (WAD) & radiology of cervical spine pathology
12:00 – 1:00	<b>Lunch</b>
1:00 – 1:30	Pain control and headache subgroups
1:30 – 2:30	Treatment strategies for pain control and headaches Lab
2:30 – 2:45	<b>Break</b>
2:45 – 3:15	Practice and review of specific techniques Lab
3:15 – 3:30	Wrap up Q & A

## **Instructor Biography**

**Mark Butler, PT, MPT, OCS, Cert. MDT** is a board certified Orthopaedic clinical specialist and Mckenzie certified specialist for mechanical diagnosis and treatment of the spine. He started his own practice eighteen months after graduating from the Philadelphia College of Pharmacy and Science (now the University of Science in Philadelphia), which he sold to NovaCare in 1997. He is Adjunct Faculty at Rutgers UMDNJ and guest lecturer at Stockton College in New Jersey where he lectures on Advanced Orthopedics, Neural Mobilization, Radiology, Evaluation and Treatment of the SI Joint, and Evaluation and Manual Treatment of the Cervical Spine. Mark is also a continuing education speaker on Evaluation and Treatment of Brachial Plexopathies, Neural Mobilization, Evidence Based Evaluation and Treatment of the Lumbar Spine, and Examination and Treatment of the Shoulder. He was honored with the *James Tucker Excellence in Clinical Practice and Teaching Award* by the APTAnj for 2006. He presented at the national conference in Hollywood of the American Society of Hand Therapists on Evaluation and Treatment of the Brachial Plexopathy Patient. His lecture series was selected as the featured topic on CD ROM to be available to the ASHT membership. Mark authored the chapter on the shoulder in the textbook *Fundamentals of Hand Therapy: Clinical Reasoning and Treatment Guidelines for Common Diagnoses of the Upper Extremity*, which was published in 2006. He continues to manage the NovaCare Medford outpatient clinic, where the majority of his caseload is brachial plexopathy, shoulder, and spine patients. When not at work, he spends as much time as possible with his beautiful wife and two darling daughters.

### **Instructor(s) Disclosure:**

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



### **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.