Current Concepts in Evaluation and Treatment of the Cervical Spine

Course Description

This program takes participants through the process of Evidence Based Physical Therapy for the Cervical Spine. A classification approach to the examination and treatment of the Neck Pain will be examined in detail. The course will focus on how to design clinical examination in order to accurately classify Neck Pain, as well as on the design of evidence-informed treatment programs based on the classification Neck Pain. The program will include practical information about how to develop and research clinical questions, a summary of current literature regarding cervical spine rehabilitation, didactic and case studies, and ample hands-on lab experience for a comprehensive learning experience.

Course Objectives

- Upon completion the participant will be able to:
- Understand the three main factors of Evidence Based Practice.
- Differentiate study significance based on the hierarchy of evidence as purported in Sackett’s pyramid.
- Access Evidence on which to base their practice through Cochran database and use of Medline.
- Perform a basic Cervical Spine Evaluation as measured through performance on the instructor or a lab partner.
- Become familiar with Classifications of Neck Pain as Proposed by Childs.
- Perform Evaluation and Treatment techniques for Specific Classifications of neck pain including - Pain Control - Centralization/Cervical Radiculopathy.
- Conditioning and Increased Exercise Tolerance - Mobility
- Headache: As measured through performance on the instructor or a lab partner.
- Develop treatment plans and institute treatment based on a classification approach.

Agenda

Saturday
8:00 Introductions & Review of Goals of Course
8:30 Evidence Based Practice Techniques
9:00 Evidence Based Practice Exercise
9:30 Review of Cervical Anatomy and Mechanics
10:00 Break
10:15 Evaluation: History, Neurologic, Range of Motion using inclinometry, Palpation for condition and tenderness, Motion Palpation
11:15 Lab on Range of Motion and Palpation
11:45 Special Tests: Ligamentous Stability, Vertebral Artery, Neural Mobility
12:30 Lunch
1:30 Lab on Special Tests
2:00 Pain Control Classification: Activity Modification, Use of Cervical Collars, Use of Modalities, Exercise
3:00 Break
3:15 Mobility Classification: Facet Patterns, Clinical Prediction Rule for People with Neck pain who Responders to Thoracic Manipulation, Clinical Prediction Rule for People with Neck pain who Responders to Cervical Manipulation.
4:00 Lab on Mobility Classification
5:00 Adjourn

Sunday
8:00 Questions/Review
8:15 Centralization Classification: Cervical Traction, Neural Mobilization, Thoracic Manipulation
9:15 Conditioning and Increased Exercise Tolerance
9:45 Lab on Exercise
10:15 Upper Cervical Anatomy and Mechanics
11:00 Break
11:15 Cervicogenic Headache
12:00 Lab on Cervicogenic Headache
1:00 Close

Current Concepts in Evaluation and Treatment of the Cervical Spine

February 27-28, 2016

Please check: □ATC □PT □OTA □Other_______

Name:________________________________________
Address:______________________________________
City:___________________State:____Zip:_____________
Phone:_________________________________________
Email:_________________________________________(Please provide E-mail to receive electronic confirmation)

Registration Fee: $425.00

Payment Options:
1. Fax completed registration/payment info to 717.635.3854
   Check payable to: Select Medical
2. Credit Card: □Visa □Mastercard □Check
   Credit Card number:___________________________
   Expiration Date:______ CCV Code:___________
   Signature:____________________________________

3. Mail Registration and Check to:
   Select Medical Attn: Erin Melton
   1340 Gaskins Rd. Richmond, VA 23238
   Fax: 717.635.3897
   Email: emelton@selectmedical.com

Cancellation Policy: Written notification of cancellation 10 days prior to course date – Refund request will be honored (less $50 processing fee). Cancellation notification within 10 days prior to the course will result in full forfeiture of tuition amount. Select Medical reserves the right to cancel this program. In the event of course cancellation, a full refund will be given.

Enrollment for SELECT MEDICAL EMPLOYEES only
http://smportal/Departments/OutpatientDivision/outpatientEducation/SelectLiveProbrams/CourseCalendar/tabid/643/Default.aspx or contact apsiegel@selectmedical.com for an application form.
David A. Hoyle, PT, MA, OCS, MTC, CEAS

After graduating from the University of Connecticut with a BS and entering the Physical Therapy profession in 1987, Mr. Hoyle completed a Certification in Manual Therapy in 1994, his Certification as an Orthopaedic Physical Therapy Specialist in 1996, and received a Master’s Degree in Exercise Sciences in 1999. In addition to studying with Stanley Paris, Mr. Hoyle has participated in structured study of the theories and practices of Robin McKenzie and James Cyriax. Mr. Hoyle has attended numerous seminars on industrial injury prevention and rehabilitation topics with many of the leaders in the field. In addition to publishing several papers and presenting at professional conferences, Mr. Hoyle has taught at the university level in anatomy, gait, orthotics, prosthetics, exercise prescription, and modality application. In his clinical practice in Storrs, CT as well as when lecturing, Mr. Hoyle attempts to use the most relevant and highest quality literature.

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

Program Accreditation:
Select Medical is an approved provider with the National Athletic Board of Certification #P570 and American Occupational Therapy Association #4018. This course pending approval by OPTA for 12.25 hours.