Matthew Buck, PT, DPT, OCS, FAAOMPT
Matthew graduated from Clarke College with his Doctorate in Physical Therapy. In 2010, he completed a manual therapy certification through the Institute of Ola Grimsby. Subsequently, he completed a post-doctoral Fellowship in Manual Therapy through Regis University. Matt is recognized as a board-certified specialist in orthopedics and is distinguished as a Fellow of the American Academy of Orthopedic Manual Therapy.

Faculty

Manual Therapy and Exercise for Cervical and Upper Thoracic Disorders

TARGET AUDIENCE: PT, PTA, AT
LEVEL: Introductory/Essential
CONTACT HOURS: 15.0

Select Physical Therapy
151 West Mineral Avenue, Suite 116A
Littleton, CO 80120

Program Accreditation:
Select Medical is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This activity is approved for 15 Category A hours. This course meets continuing education requirements set by the Colorado Board of Physical Therapy.

Non-Discrimination Statement:
Select Medical does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Select Medical is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.
Upon completion of this course, the participant will be able to:

- Describe pain referral sites for thoracic, rib, cervical, and visceral pain into the thoracic region.
- Describe 5 indications, precautions and contraindications to manual therapy techniques to the cervical spine, upper thoracic spine and ribs.
- Perform a basic evaluation to identify appropriateness for physical therapy and to identify elements contributing to functional limitations.
- Describe comparable findings and discuss its relationship to clinical decision making.
- Describe the proposed biomechanical, neurophysiological and psychological effects of manual therapy techniques to the cervical spine, upper thoracic spine and ribs.
- Describe biomechanical and neurophysiological interdependence of the thoracic spine and ribs with the upper limb and adjacent spinal regions and the potential pathophysiologic consequences of these relationships.
- Identify patients who would potentially benefit from manual therapy to the cervical spine, upper thoracic spine and ribs.
- Demonstrate safe and effective thrust and non-thrust articular mobilization directed towards the cervical, upper thoracic spine and ribs.
- Demonstrate safe and effective soft tissue mobilization directed towards the soft tissue of the cervicothoracic region.
- Demonstrate safe and effective application of exercises for individuals with cervicothoracic and/or rib dysfunction.

This course is designed to expose participants to manual therapy techniques from a research and evidence perspective including soft tissue mobilization and thrust (HVLA) and non-thrust mobilization directed towards the cervical spine, upper thoracic spine and ribs. The course is designed to provide examination, treatment and reassessment strategies for orthopedic physical therapists for the treatment of neck, thoracic and upper extremity pain and dysfunction. The course critiques current manual therapy approaches, reviews literature and rationale associated with regional interdependence, and discusses the role of clinical reasoning with manual therapy and exercise applications. Lastly, this course will review clinical vignettes to discuss clinical application of the course content.

### Agenda

#### Saturday

- 7:45 Registration
- 8:00 Introductions and overview of weekend course
- 8:30 Classification Systems, Regional Interdependence and Review of Literature
- 9:30 Flow of Procedure – Examination Review
- 10:15 Break
- 10:30 Postural / AROM / PROM/ Neurological screen
- 12:45 Lunch
- 1:15 Palpation / Special tests
- 2:30 Cervical Joint Mobility Assessment
- 3:45 Break
- 4:00 Upper Thoracic and Rib Assessment
- 4:45 Round Robin
- 5:15 Close

#### Sunday

- 8:00 Cervical Spine Treatment
- 10:00 Break
- 10:15 Upper Thoracic Spine and Rib Treatment
- 12:00 Lunch
- 1:00 Exercise prescription
- 2:00 Case studies
- 3:00 Round Robin practice
- 4:00 Close

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**Manual Therapy and Exercise for Cervical and Upper Thoracic Disorders**

**September 9-10, 2017**

**Registration Fee:** $425.00

**Payment Options:**

1. Fax completed registration/payment info to 717.547.8515  
   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 Road, Unit 12    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.

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**Enrollment for SELECT MEDICAL EMPLOYEES only**

http://smportal/Departments/OutpatientDivision/outpatientEducation/SelectLivePrograms/CourseCalendar/tabid/643/Default.aspx or contact mhoehne@selectmedical.com for an application form.