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The Interactive Shoulder Algorithm™ new version 1.5 home study and reference tool provides clinicians with a step-by-step process to effectively evaluate the shoulder complex for orthopedic dysfunction. Twenty-nine tests for shoulder evaluation are clearly defined through digital video, 3D animation and biomechanical motion. George Davies, DPT, MED, PT, SCS, ATC, LAT, CSCS, FAPTA provides narration and technique demonstration in each video. Each test segment detailed in the software covers critical pathways, position of the patient, position of the clinician, position of the clinician's hand, direction of movement of body part, tissues implicated, indications of a positive test and amount of force to be applied.

Basic anatomy of the shoulder is also explored. The software is **\$108.00** if purchased with registration (regularly \$129.95). For an additional \$75, .9 CEU's can be obtained from the submission of the enclosed post test. This software is guaranteed to meet your satisfaction. Requires Windows 2000 or Windows XP, CDROM drive, 128 MB RAM, 15MB hard drive space.

A Systematic Manual Therapy Approach to the Thoracic Spine



Instructed by
Brian Nalazek, OMPT, PT, CWT

North American Seminars Inc.
1-800-300-5512
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| | | <u>Day One</u> | | | <u>Day One, continued</u> |
|-------|-------|--|----------------|-------|---|
| 7:30 | 8:00 | Registration | 3:45 | 4:15 | Assessment (Lab-continued) |
| 8:00 | 9:00 | Anatomy and Physiology <ul style="list-style-type: none">- Disc, facet joint and capsule- Vertebrae and ribs- Blood supply, nerves- Muscles and ligaments- Biomechanical terms | | | Muscle Testing <ul style="list-style-type: none">- Strength testing- Muscle tightness- Segmental stability if hypermobile |
| 9:00 | 10:00 | Biomechanics <ul style="list-style-type: none">- Coupled vs. noncoupled movement patterns- Disc and rib movement active vs. passive- Breathing with thoracic and rib movement- Importance of thoracic spine movement with glenohumeral, cervical and lumbar motion | 4:15 | 6:00 | Treatment Lecture and Lab |
| 10:00 | 10:15 | Break | | | Soft Tissue Techniques <ul style="list-style-type: none">- Paraspinals- Rhomboids; upper, middle and lower traps |
| 10:15 | 11:15 | Assessment Lecture <ul style="list-style-type: none">- History- Posture- AROM- Provocation/alleviation- Palpation -joint play- Passive Intervertebral Movement (PIVM)- Muscle testing (flexibility and strength) | Day Two | | |
| 11:15 | 12:30 | Assessment (Lab) <ul style="list-style-type: none">- AROM- Provocation/alleviation | 8:00 | 8:30 | Review |
| 12:30 | 1:30 | Lunch (on your own) | 8:30 | 10:00 | Treatment Joint: Mobilizations (Lecture and Lab) <ul style="list-style-type: none">- Disc traction- Facet traction and glide of thoracic spine- Traction and glide of ribs- Home exercise program |
| 1:30 | 3:30 | Assessment (Lab-continued) <ul style="list-style-type: none">- PIVM: flexion, extension, side bending and rotation- Facet traction and glide- Rib traction and glide- Disc traction | 10:00 | 10:15 | Break |
| 3:30 | 3:45 | Break | 10:15 | 12:30 | Treatment: Therapeutic Exercises (Lecture and Lab) <ul style="list-style-type: none">- Stretching of paraspinals- Joint and muscle mobility exercises- Stabilization of thoracic spine or ribs- Home exercise program |
| | | | 12:30 | 1:00 | Lunch (on your own) |
| | | | 1:00 | 2:45 | Case Studies |
| | | | 2:45 | 3:15 | Review and Questions |

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About the Instructor

Brian Nalazek, OMPT, PT, CWT, graduated with department honors with a Bachelor of Science in Physical Therapy from the Oakland University in Rochester, MI in 1990. He completed his orthopedic manual physical therapy residency program (based from the Kaltenborn/Evjenth Nordik System) in 1999. He received his certificate of completion from the IWA as a certified weight trainer in October of 2003. He is also in the process of completing his advanced masters degree in orthopedics. Brian combines his extensive orthopedic background to the systematic approach of his teachings. He has been educating in a variety of orthopedic topics for over eight years. Brian successfully set up an orthopedic clinic and has established a community network of physicians and therapists. He has set up a consistent referral base with local physicians due to the successful outcomes he obtains with his orthopedic clients.

Brian's approach to orthopedic dysfunction combines an eclectic approach of joint mobilizations, muscle reeducation, manual therapy, exercise and education.



Certificates of completion will be provided upon successful completion of the course. This course is 15.0 contact hours, 1.5 ceu's. For Florida licensed therapists, this course is 18.0 contact hours/1.8 ceus's

IL PT Provider #216000074
BOC Provider #P2047

NAS courses are pre-approved for physical therapists in the state of Florida.

Why you should attend this course

This two-day seminar is designed to provide the medical professional with the information, evaluation skills, and treatment techniques to effectively manage disorders of the thoracic spine. Course participants will learn a systematic approach for evaluating and treating dysfunctions of the thoracic spine. Instruction begins with anatomy, physiology and biomechanics and progresses to assessment of soft tissue, joint motion, and the interrelationship between biomechanical motions in the thoracic region. The participants will be led through the specific evaluation and treatment plans using and applying manual techniques as well as learning to utilize the most appropriate therapeutic exercises to maximize outcomes. Thorough discussion and laboratory time will provide the tools necessary to identify the underlying mechanism of thoracic dysfunction when dealing with hypomobility, compression fractures, scoliosis, positional faults, disc, joint, and rib motion dysfunctions and pain. In depth understanding of the thoracic region will enable the participants to fully participate in the treatment discussion and lab sessions detailing differential diagnosis, manual techniques, therapeutic exercises and home maintenance programs for specific disorders. The interrelationship between the cervical-thoracic, thoracolumbar and shoulder complex will also be examined.

Participants will gain the skills necessary to identify the underlying mechanism of injury and treat appropriately. A comprehensive course manual with illustrations and step-by-step instructions will assist the clinician in their understanding of the material. The skills and techniques learned in this class can be immediately applied in the clinical setting.

Course Objectives

- Understand the functional anatomy, physiology and normal biomechanics of the thoracic spine and ribs.
- Perform palpation to determine normal and abnormal biomechanics.
- Identify the interrelationship between the cervical/thoracic region, thoracic region and shoulder, thoracic spine and ribs and the thoracic/lumbar region.
- Be capable of performing a thorough evaluation of joint motion in the thoracic and rib region in supine, prone, and sidelying and be able to differentiate between muscular and joint restrictions.
- Perform specific muscle techniques to decrease hypomobility at specific segments.
- Understand when to utilize thoracic disc traction, thoracic facet traction and joint gliding techniques.
- Identify appropriate breathing patterns and how they affect the thoracic spine and ribs.
- Perform provocation alleviation tests and special tests to identify the source of dysfunction.
- Identify which segmental level is the source of dysfunction and develop an appropriate treatment plan utilizing joint mobilizations, muscle energy, and exercise to achieve positive outcomes.
- Develop comprehensive treatment programs for the thoracic spine and ribs to restore normal function.
- Develop home maintenance programs to maintain patient results.
- Utilize appropriate terminology when discussing evaluation and treatment programs.

Registration Form

Nalazek 07

Name _____ Profession _____

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Address _____

City _____ State _____ Zip _____

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Location of attendance _____

Thoracic Spine

Registration Fee: **\$399.00**

\$507.00 with shoulder software

Make Checks payable to: North American Seminars, Inc.
325 So. Washington Ave #85 Kent, WA 98032
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All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.