2012 Course Dates & Locations

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Call 1-800-300-5512 or Go online to:
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for hotel and course location information. Future course dates & information are added weekly!

Certificates of attendance are provided upon successful completion of the course.

This course is 15 contact hours, 1.5 ceu's

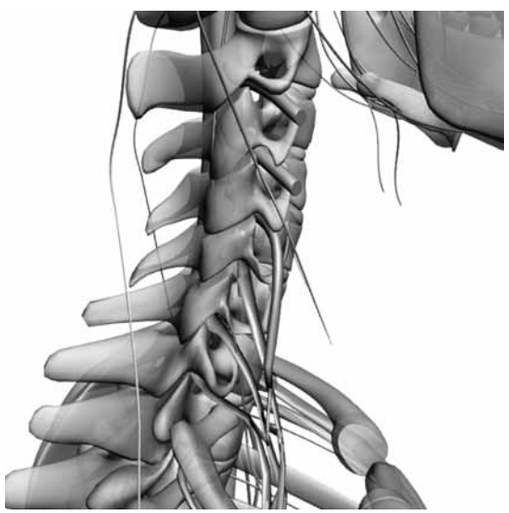
18 contact hours/1.8 ceu's for therapists licensed in Florida, North Carolina, New York, Illinois or the District of Columbia

BOC provider #P2047 | CA Approval #PTNAS-201451
IL Provider #216000074

This course meets the requirements set forth by the Pennsylvania State Board of Physical Therapy, call for approval number. This course meets the ceu requirements set for the by the New Jersey Board of Physical Therapy, This course meets the continuing education requirements set forth by the Maryland Board of Physical Therapy. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. This course has been approved by the Delaware Board of Physical Therapy. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. NAS courses are approved in North Carolina for continuing competency requirements for physical therapist license renewal. NAS is approved by the IDPR for physical therapists licensed in the state of Illinois. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. This course meets the Texas license requirements for PT and PTA ceu's/ccu's, call for approval #. This course meets the requirements for ceus for physical therapists set forth by the Oklahoma Board of Medical Licensure. The California Physical Therapy Board has approved North American Seminars, Inc. as an approval agency to approve providers offering continuing competency courses. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #PTNAS-201451. This course has been approved by the Nevada Board of Physical Therapy Examiners for 1.5 continuing education units. FL OT Provider number 50-1442. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, North Carolina, Ohio, Oregon, Oklahoma, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements providers to meet the needs of OT continuing educational requirements.

Cervical Spine Examination, Evaluation, and Intervention-

A Neuromechanical Perspective



Presented by
Robert Friberg, PT, PhD, CFMT

North American Seminars, Inc.
1-800-300-5512
Fax 1-800-310-5920
www.healthclick.com

Day One

7:30 8:00 **Registration**

8:00 9:00 **Theoretical foundation for neuromechanical evaluation and intervention**
- Characteristics of neuromechanical dysfunction
- Components of neuromechanical dysfunction
- Examples of upper quarter neuro-mechanical dysfunction

9:00 10:30 **Neuromechanical screen**
- Rationale for a neuromechanical screen
- Lab: practice the neuromechanical screen

10:30 10:45 **Break**

10:45 12:00 **Examination and intervention for cervical spine muscle inhibition**
- Evidence for selected muscle inhibition associated with cervical spine dysfunction
- Strategies for intervention
- Lab: examination, evaluation and intervention of muscle dysfunction associated with the cervical spine

12:00 1:00 **Lunch (on your own)**

1:00 2:00 **Intervention for sympathetic nervous system dysfunction**
- The role of the sympathetic nervous system in cervical spine dysfunction
- Strategies for intervention

2:00 4:00 **Neurodynamics of the upper quarter**
- Concepts and principles of neurodynamic examination and intervention
- Strategies for intervention
- Lab: examination and intervention for upper quarter neurodynamic dysfunction

4:00 5:00 **Motor Learning: Principles for upper quarter dysfunction**
- Fundamentals of motor learning and motor control
- Characteristics of an effective physical therapy intervention for movement dysfunction
- Specific strategies for cervical spine and upper quarter movement dysfunctions

Day One continued

5:00 6:30 **Intervention for deep anterior cervical and shoulder girdle muscles**
- The role of the "upper-crossed" pattern in neuromechanical dysfunction of the cervical spine
- Strategies for examination and intervention
- Lab: specific assessment and intervention activities

Day Two

8:00 9:15 **The role of primitive and postural reflex dysfunction: examination and intervention**
- Examine the development and role of reflexes
- Identify the primitive and postural reflexes that are relevant for cervical dysfunction.
- Lab: specific assessment and intervention activities

9:15 10:15 **PNF: Rolling**

10:15 10:30 **Break**

10:30 12:00 **Vestibular system dysfunction and the cervical spine**
- Explore the relationship between the cervical spine and vestibular system.
- Lab: specific assessment and intervention activities

12:00 12:30 **Lunch (on your own)**

12:30 1:30 **Muscle energy technique: A neuromechanical perspetive**
- Review the theory of using MET for spinal dysfunction.
- Develop a rationale for use as a neurophysiologic intervention.
- Lab: specific assessment and intervention activities

1:30 2:30 **Application and clinical cases**

2:30 3:00 **Review:Questions/Answers**

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About the Educator

Robert Friberg, PT, PhD, CFMT is a professor in the Physical Therapy Program at Hardin-Simmons University. He teaches the kinesiology and orthopedics components of the curriculum. His clinical certification is the Certified Functional Manual Therapist© from the Institute of Physical Art. Dr. Friberg brings 35 years of clinical experience with a specialization in chronic pain associated with spinal dysfunction. His training includes experience with a variety of models for orthopedic practice. This experience led to a unique perspective for examination, evaluation and intervention of movement dysfunction associated with the spine. He has taught nationally on topics associated with the spine including manual therapy, motor control and stabilization. He has provided systematic spinal dysfunction training for national physical therapy groups. He has numerous clinical and research presentations at national meetings. His research interests include such topics as neurodynamics, the neuromechanical effects of posture, the relationship of reflexes in spinal dysfunction, and the role of muscle inhibition and facilitation in spinal movement dysfunction. Dr. Friberg currently has a private practice with consistent patient interaction.

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Why You Should Attend This Course

Cervical spine and upper quarter movement dysfunction represent a large component of physical therapy practice. Movement dysfunction is conceptualized as an imbalance within or between the body's biomechanical and neuromechanical components. The effective intervention for cervical spine dysfunction must integrate all anatomic/physiologic components of the upper quarter and be multi-sytem in scope. Biomechanical dysfunction refers to abnormalities of the musculoskeletal system including the osteokinetics and arthokinematics associated with creating movement. Neuromechanical dysfunction refers to abnormalities associated with the anatomy and physiology of the central, peripheral, and autonomic nervous systems influencing movement.

This two-day, intermediate level course provides a model and strategies for the examination, evaluation, and intervention of the cervical spine from a neuromechanical perspective which has traditionally been viewed as less important and received less emphasis than the biomechanical orientation. The course includes significant discussion of the scientific basis and rationale for a neuromechanical orientation to cervical spine rehabilitation. The course incorporates lecture with significant laboratory experiences. Laboratory sessions enable the participants to integrate examination and intervention techniques and strategies for neuromechanical system components associated with movement dysfunction. These include for the nervous system, neurodynamics and the sympathetic component of the autonomic nervous system; the role of muscle facilitation and inhibition associated with the cervical spine; the role of primitive and postural reflexes in movement dysfunction; the vestibular system and motor learning. The use of a muscle energy technique is also developed and implemented from a neuromechanical perspective.

The strategies developed for examination and intervention provided in this course combine well with traditional biomechanical approaches used for intervention of cervical spine movement dysfunctions. Course information is immediately relevant and applicable in the clinical setting. The concepts and principles learned transfer to all upper quarter movement dysfunctions.

Course Objectives

Upon completion of this course, participants will be able to:

- Understand and describe the foundation for neuromechanical examination, evaluation and intervention.
- Describe the components of, and complete, a neuromechanical screen.
- Explain the theoretical basis for assessing segmental sustained cervical axial traction and be able to demonstrate the ability to facilitate inhibited segments and implement an appropriate home exercise program.
- Recognize the role of the sympathetic nervous system in chronic pain and movement dysfunction.
- Describe the mechanical and physiologic functional implications associated with movement of the nervous system and implement an examination to differentiate compression, sliding or tension dysfunctions.
- Integrate concepts and principles of motor control with the fundamentals of neuromechanical dysfunction.
- Explain inhibition and facilitation of upper quarter muscle dysfunction in the context of Janda's "upper-crossed" model.
- Describe the sequence of normal reflex development and assess the presence or absence of reflexes.
- Describe the basic concepts and principles associated with the use of PNF.
- Explain the relationship between the vestibular system and cervical spine movement dysfunction.
- Explain the neuromechanical rationale for using a MET and integrate the MET with PNF to facilitate motor learning and control.

Friberg12

Registration Form

Cervical Spine Neuromechanical Perspective

Course Tuition: $399

Register Online! www.healthclick.com

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

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 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.

Name _____ Profession _____

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Credit Card _____

Exp.date _____ Phone (required) _____

e-mail (required) _____

Location of attendance _____