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Available Resource

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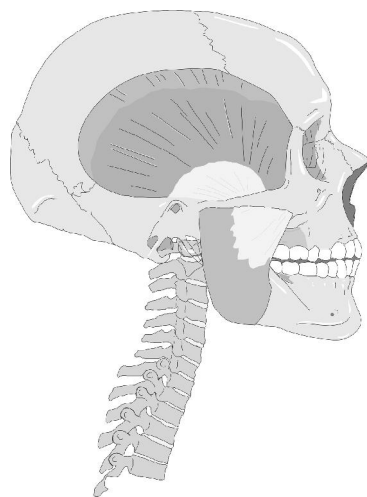
### Available Orthopedic Resource

**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.

# Advances in Clinical Evaluation and Treatment of Cervical and Upper Thoracic Spine Disorders

An Integrated Manual Therapy and Exercise Approach



Presented by

Chris Durall, PT, DPT, SCS, LAT, CSCS

North American Seminars, Inc.

1-800-300-5512

Fax 1-800-310-5920

[www.healthclick.com](http://www.healthclick.com)

## Day One

7:30	8:00	<b>Registration</b>
8:00	10:00	<b>Functional Anatomy, Mechanics and Pathomechanics of the Cervical Spine Region</b> <ul style="list-style-type: none"> <li>Review of salient anatomy of the upper and lower cervical spine</li> <li>Normal cervical spine mechanics</li> <li>Selected cervical spine and first rib pathomechanics</li> </ul>
10:00	10:15	Break
10:15	10:45	<b>Beyond Red Flags: Critical Elements of the Cervical Spine Subjective Examination</b> <ul style="list-style-type: none"> <li>Symptoms suggestive of vertebral-basilar artery insufficiency</li> <li>Symptoms suggestive of cervical spine instability</li> <li>Yellow Flags-identifying patients at risk for long term disability</li> </ul>
10:45	12:00	<b>Evaluation: Critical Tests and Measures (Lecture/Lab)</b> <ul style="list-style-type: none"> <li>Testing for vertebral-basilar artery insufficiency</li> <li>Occipito-atlantal stability testing</li> <li>Atlanto-axial stability testing</li> </ul>
12:00	1:00	<b>Lunch</b> (on your own)
1:00	3:00	<b>Evaluation: Critical Tests and Measures (Lecture/Lab)</b> <ul style="list-style-type: none"> <li>Derangements/obstructions vs. hypomobilities</li> <li>Special testing for passive motion and pain provocation of the cervical spine, upper thoracic spine and first rib</li> <li>Special testing for cervical myelopathy</li> </ul>
3:00	3:15	Break
3:15	5:15	<b>Evaluation: Critical Tests and Measures (Lecture/Lab)</b> <ul style="list-style-type: none"> <li>Assessing nervous tissue mechanosensitivity</li> <li>Torso muscle performance testing: why and how</li> <li>Assessing performance of the cervical extensors and deep flexors</li> </ul>
5:15	5:45	<b>Using Cervical Spine Classification Systems to Guide Care Planning</b> <ul style="list-style-type: none"> <li>Overview of current classification schemes</li> <li>A novel classification system for cervical spine disorders</li> <li>Algorithm-based differential diagnosis of cervical disorders</li> </ul>
5:45	6:00	<b>Questions and Answers</b>

## Day Two

8:00	8:30	<b>Updates on Post-Operative Management of Cervical Spine Disorders</b> <ul style="list-style-type: none"> <li>Overview of common orthopedic surgical procedures for the cervical spine</li> <li>Vertebral disc arthropathies</li> <li>Post-operative rehabilitation highlights</li> </ul>
8:30	10:30	<b>Developing Comprehensive and Efficacious Therapeutic Exercise Programs (Lecture/Lab)</b> <ul style="list-style-type: none"> <li>Exercises to improve strength and endurance</li> <li>Exercises to improve mobility</li> <li>Exercise to improve proprioception</li> </ul>
10:30	10:45	Break
10:45	12:00	<b>Options in Manual Therapy (Lecture/Lab)</b> <ul style="list-style-type: none"> <li>Techniques for OA, AA and the lower cervical spine</li> <li>Upper thoracic spine and first rib mobilization techniques</li> </ul>
12:00	1:00	<b>Lunch</b> (on your own)
1:00	1:45	<b>Manual Therapy Lab (continued)</b> <ul style="list-style-type: none"> <li>Positional release: indirect treatment for the irritable patient</li> </ul>
1:45	2:00	<b>Adjunctive Aids: Selecting Physical Agents</b> <ul style="list-style-type: none"> <li>Traction</li> <li>Pillows/support rolls</li> <li>Postural slings and taping</li> <li>Ergonomic aids</li> </ul>
2:00	2:15	Break
2:15	3:00	<b>Special Considerations: Evidence-Based Management of Cervicogenic Headaches</b> <ul style="list-style-type: none"> <li>Differential diagnosis of headaches</li> <li>Therapeutic exercise recommendations</li> <li>Manual therapy recommendations</li> </ul>
3:00	3:45	<b>Special Considerations: Acceleration (Whiplash) Injuries</b> <ul style="list-style-type: none"> <li>Factors to consider when formulating a prognosis</li> <li>Intervention strategies</li> </ul>
3:45	4:00	<b>Final Review/Questions and Answers</b>

## About the Educator

**Dr. Chris Durall, PT, DPT, SCS, LAT, CSCS** is the director of the Student Health Center Physical Therapy Department and a graduate faculty member at the University of Wisconsin-LaCrosse, where he teaches in several physical therapy courses including *Spine Orthopedics*. Prior to assuming the directorship at UW-LaCrosse, Dr. Durall was an assistant professor in the physical therapy department at Creighton University. During his appointment at Creighton, Dr. Durall received three consecutive "Educator of the Year" awards.

A practicing outpatient orthopedic/sports clinician since 1993, Dr. Durall earned baccalaureate and advanced masters degrees in physical therapy from UW-LaCrosse, and a Doctorate in physical therapy from Creighton University. He is a graduate of the year-long Gundersen-Lutheran Sports Physical Therapy Residency program, a board-certified sports physical therapist, a licensed athletic trainer, and has been a certified strength and conditioning specialist since 1997. Dr. Durall has authored and co-authored numerous textbook chapters and published articles in *PT Magazine*, *Physiotherapy*, the *Journal of Manual and Manipulative Therapy*, the *Journal of Back and Musculoskeletal Rehabilitation*, *Isokinetics and Exercise Science*, the *Journal of Sport Rehabilitation*, and the *Strength and Conditioning Journal*.

North American Seminars is approved by the IDPR for physical therapists licensed in Illinois. Illinois PT provider # 216000074. This course will be submitted to the Pennsylvania Physical Therapy Licensing Board for ceu approval for physical therapists. NAS courses presented in Florida and Virginia are submitted for approval to the FPTA and VPTA for ceus for physical therapists. BOC provider # P2047. This course can be used for continuing competency for license renewal for OT's in the state of California. The Illinois, Kentucky, Texas, Oregon, Tennessee, New Hampshire, Nevada, South Carolina, Delaware, Rhode Island, Missouri, North Carolina, Virginia and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. North American Seminars, Inc. is an AOTA provider for continuing education. AOTA does not endorse specific course content, products, or clinical procedures. AOTA Provider # 4487, Florida OT Provider #50-1442.

## Why You Should Attend This Course

This seminar is designed to help clinicians achieve superior outcomes when treating patients with cervical spine and upper thoracic spine disorders. The best current evidence is incorporated throughout the course to help participants diagnose and manage cervical spine disorders with greater confidence and cutting-edge proficiency. Cervical spine functional anatomy, mechanics, and pathomechanics are reviewed as a foundation for evidence-based practice. Considerable time is devoted to refining and improving the clinician's ability to examine vascular, articular, and peripheral nerve integrity; segmental motion and pain provocation, and muscle performance. Disorders affecting the connective, muscular, and nervous tissues of the cervical spine are reviewed. Differential diagnoses discussed include cervicogenic headache, derangement, hypomobility, hypermobility, postural syndrome, and sprain/strain. Consideration is also given to the role of the lumbopelvic and thoracic spine in cervical spine disorders. Current classification schemes and a novel algorithm are presented to help guide intervention planning.

The second day of instruction is devoted to intervention strategies, with an emphasis on evidence-based therapeutic exercise strategies and manual therapy techniques. Numerous treatment approaches and recent advances in spine research are integrated to provide the clinician with a diverse array of options to help optimize biomechanical function and functional ability. Special rehabilitation considerations pertaining to cervicogenic headaches, acceleration injuries, and cervical spine orthopedic operative procedures are discussed. This course is intended to facilitate immediate and confident clinical application and hands-on lab time is liberally incorporated during the course to promote deep learning.

## Course Objectives

Upon completion of this course participants will be able to:

- Describe the functional anatomy, mechanics, and pathomechanics of the upper cervical spine region, lower cervical spine region, and the upper thoracic spine.
- Explain the etiology of common cervical spine disorders.
- Identify signs and symptoms that warrant immediate referral to another healthcare provider.
- Recognize behaviors that are associated with an increased risk of long-term disability.
- Select appropriate tests and measures based on the patient interview.
- Perform a thorough and systematic examination of the cervical and upper thoracic spine region.
- Assess for occipito-atlantal and atlanto-axial instability and vertebral-basilar artery insufficiency.
- Classify cervical spine disorders, based on examination findings, for purposes of care planning and intervention decision-making.
- Integrate evidence from literature on the cervical spine with clinical experience.
- Formulate a safe and efficacious postoperative rehabilitation program.
- Competently utilize therapeutic exercise and manual therapy techniques to treat cervical and upper thoracic spine disorders.
- Choose and incorporate appropriate physical agents into the treatment of patients with disorders of the cervical and upper thoracic spine.
- Effectively manage patients with cervicogenic headaches and acceleration injuries.

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

This course is 15.0 contact hours/1.5 CEUs.

For Florida licensed therapists this course is 18 contact hours/1.8 ceus

Durall 09

## Registration Form



Name \_\_\_\_\_ Profession \_\_\_\_\_

Home  Business

Address \_\_\_\_\_

Tuition: **\$399.00** -\$507.00 with shoulder software

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Credit Card \_\_\_\_\_

expiration date \_\_\_\_\_ e-mail \_\_\_\_\_

Location of attendance \_\_\_\_\_

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. (NAS) 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.