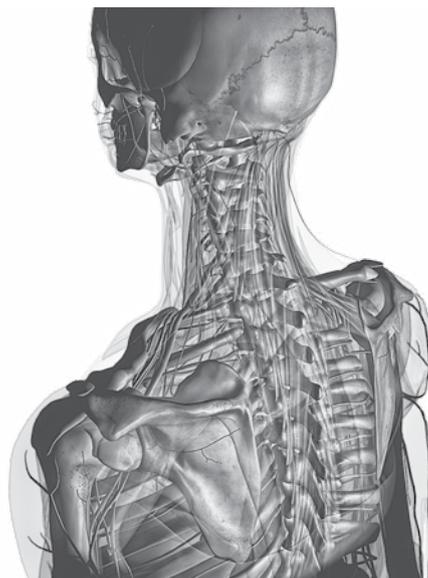


# Advanced Clinical Assessment and Treatment of the Cervical Spine

An Integrative Approach to Restore Mobility, Control and Function

An Evidence Based Course



Presented by  
**Keith Poorbaugh**  
PT, ScD, OCS, CSCS, FAAOMPT

North American Seminars, Inc.  
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PT, PTA and ATC - Continuing Education Course

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**This course is 15 contact hours/1.5 ceu's**

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

BOC Provider #P2047 |CAPT Approval# PTNAS-201643  
FL OT provider #50-1442 | AOTA Provider #4487

## Day One

7:30 8:00  
8:00 9:00

### Registration

#### Clinical Anatomy

- Structural Highlights (Region Specific)
- Disc Behaviors (Mechanical and Chemical)
- Articular Properties (Facet Joint, Uncovertebral, Foramen)
- Neuromuscular Control (Postural Stability and Myofascial Chains)

9:00 10:00

#### Biomechanics

- Kinematic Chain Effects (Influence of the Upper Quadrant)
- Movement Patterns (Coupled vs. Noncoupled)
- Functional Implications (Reaching, Reading, Driving)
- Borders of the Neutral Zone (Hypomobility vs. Instability)

10:00 10:15  
10:15 11:30

#### Break

#### Clinical Assessment

- The Patient Interview
- Signs of Interest (Posture, Atrophy, Tenderness)
- Functional Movements (Impairments)
- Measurement of AROM (Inclinometer)
- Provocation and Instability Testing
- Segmental Mobility Testing
- Screen the Chain
- Neuromuscular Evaluation
- Red and Yellow Flags

11:30 12:30

#### Clinical Anatomy (Lab)

- Anatomical Landmarks
- Local Palpation

12:30 1:30

#### Lunch (on your own)

1:30 3:30

#### Clinical Assessment (Lab)

- Provocation and Instability Testing
- Segmental Mobility Testing
- Screen the Chain
- Neuromuscular Evaluation

3:30 3:45

#### Break

3:45 4:30

#### Interpretation

- Injury Patterns (Disc, Articular, Uncovertebral)
- Impairment Signs (Dysfunctional Movement vs. Instability)
- Identity Factors
- Fear Avoidance behaviors

## Day One, con't

4:30 6:00

#### Intervention Strategies for Activation (Lecture/Lab)

- Activation of Postural Control and Craniocervical Stability
- Activation of Myofascial Chains
- Pain-Relieving Soft-tissue Methods

## Day Two

8:00 8:30

#### Review

8:30 10:15

#### Intervention Strategies for Mobility (Lecture/Lab)

- Disc Traction
- Facet Traction and Glide
- Cervicothoracic Mobilization

10:15 12:30

#### Intervention Strategies for Control (Lecture/Lab)

- Retraining the Longus Colli and Multifidus
- Postural Balance for Cervical Stability
- Dimension Specific Stability Exercises
- Orientation to Task Specific Challenges

12:30 1:00

#### Lunch (on your own)

1:00 2:00

#### Evidence Based Methods Cervical Interventions

- Classification Based Treatment
- Clinical Prediction Rules
- Evidence Supported Adjunctive Treatments

2:00 3:00

#### Case Studies

- Putting it all Together for Monday Morning
- Developing a Systematic Approach

3:00 3:30

#### Review and Questions

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## About the Educator

**Keith Poorbaugh, PT, ScD, OCS, CSCS, FAAOMPT**, earned his Masters degree in physical therapy from Mayo School of Health Sciences. He has extensive experience in treating complex pain related conditions with emphasis on the spine and pelvis. He achieved advanced mastery in orthopaedic medicine and manual therapy with the IAOM-US. He has developed an eclectic, evidence supported approach to differential diagnosis and manual therapy as a clinician, instructor and adjunct faculty. He has instructed over 55 courses on manual therapy and trunk stabilization. He is a certified strength and conditioning specialist and board certified orthopaedic clinical specialist. He completed an APTA credentialed fellowship in manual therapy and was awarded Fellow of American Academy of Orthopaedic Medicine. He completed the Doctorate of Science program in physical therapy at Texas Tech University. He has authored articles on management of whiplash and is a journal reviewer for Journal of Manual and Manipulative Therapy. He retired from the US Army after 22 years of service. He is the owner of Northern Edge Physical Therapy in Wasilla, AK.

### Cervical and Thoracic Spine DVD

★★★★ Course Resource ★★★★★

A Must-Have Reference Tool for Therapists  
Treating Cervical-Thoracic Dysfunction



## Why You Should Attend This Course

This two day advanced level seminar is designed to provide the clinician with a systematic approach towards the management of cervical spine disorders. The course includes updates and insights on functional anatomy and biomechanics to develop a clinically driven knowledge base that respects current evidence and novel principles. This lab intensive course will serve as a springboard to acquire expert level manual therapy skills appropriate for the most common to the most challenging patient. Diagnosis and region specific mobilizations will be practiced to manage soft-tissue lesions and joint restrictions associated with Whiplash Syndrome, Articular Derangement, Discogenic Neck Pain and Cervicogenic Headaches and Dizziness. The clinician will gain appreciation of an eclectic treatment approach that complements current methods by building upon motor control principles and manual therapy skills that are supported by evidence and outcomes. A detailed course manual with illustrations and step-by-step instructions is provided to enhance competence and comprehension. All course participants will have the opportunity to establish a skill and knowledge base that facilitates logical clinical decision to develop a treatment program that incorporates a balanced approach to restoring functional mobility and achieving pain relief to meet the client's expectations and garner respect from referral sources.

## Course Objectives

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

- Understand the clinical anatomy and biomechanics of the cervical spine.
- Develop a clinical reasoning model to diagnose impaired movement patterns based upon dysfunction and injury in the spinal motion segment.
- Appreciate the role of the neuromuscular system and myofascial chains in postural control and cervical stability.
- Identify the influence of the kinematic chain for cervical spine and upper quadrant function.
- Develop competence in a systematic clinical assessment of the cervical spine to identify joint restrictions, muscle lesions and postural imbalances which are easily aligned with an intervention strategy.
- Identify a practical approach to determine if classification based treatment and clinical prediction rules are applicable.
- Perform provocation testing and special tests to rule out instability and rule in dysfunction.
- Develop comprehensive intervention strategies to restore mobility and control in the cervical spine.
- Perform soft tissue and joint specific mobilizations to restore segmental mobility and relieve pain.
- Develop a progressive exercise and retraining program that gets results through reactivation of postural control and functional movement patterns.
- Set reasonable goals and establish patient education regimes to encourage compliance with steps towards recovery.

**Registration Form**

Poorbaugh 15



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

Home \_\_\_\_\_

Address \_\_\_\_\_

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

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

Exp.date \_\_\_\_\_ Phone (required) \_\_\_\_\_

e-mail (required) \_\_\_\_\_

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 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.