

Advanced Clinical Practice for the Cervical Spine
November 6-7, 2021
University of Hartford
Hursey Center 211-213

COURSE SPONSOR: University of Hartford Certificate in Advanced Orthopedic Physical Therapy
200 Bloomfield Ave, Bloomfield, CT 06117

Contact: Brian Swanson PT, DSc
(860)768-5314
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Course fee: \$500

Register here: <https://commerce.cashnet.com/physicaltherapyceportal>

Cancellation policy: Course fee is fully refundable until the day of course; no refunds if cancellation is not received prior to the start of the course. Please refer to the University of Hartford policy here for courses of 3 weeks or less: <https://www.hartford.edu/about/offices-divisions/finance-administration/financial-affairs/bursar-office/withdrawal-refund-policy.aspx#accordion-group-1-section-1-label>

Contact Hours: 15

TARGET AUDIENCE: All participants must be licensed Physical Therapists

Instructional Level: Various

Instructional Method: lecture, case presentation, extensive hands on lab

Ratio Participant to Presenter (hands on workshop): less than 15:1

Course Description:

This course will provide the participant current evidence-based examination, advanced intervention skills, and enhanced clinical reasoning for the treatment of patients with cervical spine dysfunction. An integrated approach utilizing the concepts of Cyriax, Maitland, McKenzie, Kaltenborn, Evjenth, and others, in combination with current evidence based practice as described in the literature, will be utilized to form the foundation of an effective treatment approach. This course will provide the tools necessary to perform a complete evaluation of the entire cervical spine, diagnose the site/source of dysfunction, and apply specific, targeted interventions safely and effectively. Treatment techniques covered will include joint mobilization, traction, stabilization exercises, thrust manipulation, and patient education/management strategies. The course format includes lecture, extensive lab and demonstration time. Case study will be used to consider examination techniques, manual therapy and exercise while approaching EBP in a patient specific context.

Pre-course materials include a review of anatomy and biomechanics related to OMPT practice and differential diagnosis.

Course Objectives:

By the end of the course, the student will be able to:

1. Perform an appropriate history to guide clinical decision making for the cervical spine
2. Discuss modifications of the examination and intervention process based on
 - a. Irritability
 - b. Pathology
3. Perform and interpret a complete and accurate neurological assessment of the cervical spine
4. Accurately differentiate upper and lower cervical dysfunctions
5. Demonstrate appropriate performance of upper cervical ligamentous stability testing
6. Describe the mechanisms of referred pain for both the upper and lower cervical spines
7. Describe and discuss the differentiation of hypo and hyper mobility in the cervical spine and the implications of each for treatment
8. Apply manual therapy and exercise for cervical spine pathology
 - a. Discuss relevant factors related to tissue healing
 - b. Discuss the basic principles of pain neuroscience
9. Implement an appropriate cervical stabilization program
10. Demonstrate appropriate use of cervical mobilization and describe the indications/contraindications for use
11. Demonstrate appropriate use of cervical thrust manipulation techniques and describe the indications/contraindications for use
 - a. Perform and interpret cervical spine pre-manipulative safety testing
 - b. Discuss appropriate application, including patient selection and consent
12. Demonstrate appropriate use of cervical traction and describe the indications for use
13. Differentiate cervicogenic headache, tension type headache, and migraine headache
 - a. Discuss the treatment of each headache type
14. Identify headache of cervical origin and implement an appropriate tissue specific treatment

Instructors:

Brian T. Swanson, PT, DSc, OCS, FAAOMPT

Brian Swanson PT, DSc is an Assistant Professor of Physical Therapy at the University of Hartford and Director of the Certificate in Advanced Orthopedic Physical Therapy. Dr. Swanson received his B.S. in Physical Therapy from Quinnipiac University and his DSc from Andrews University with a focus on orthopedic manual therapy. He is a board certified Orthopedic Clinical Specialist, and has completed a manual therapy fellowship at the Institute of Orthopedic Manual Therapy. Brian has over 25 years of clinical experience with clinical expertise in the areas of orthopedics and manual therapy, and has served as an orthopedic residency mentor since 2017. He has taught numerous continuing education courses both locally and nationally on topics related to the spine, hip, shoulder, and foot/ankle. Dr. Swanson also maintains an active research agenda. He has presented his research nationally, authoring multiple peer-reviewed publications focused on orthopedic and manual therapy topics. Professionally, he is a member of the CT APTA Board of Directors, the CT APTA Orthopedics and Manual Therapy SIG planning board, the AAOMPT Research Committee, and a member of the APTA Academy of Orthopedic Physical Therapy.

Eric Kopp PT, OMT, FAAOMPT

Eric is a graduate of University of Connecticut's physical therapy program class of 1995. He practiced physical therapy as a traveling therapist all over the country until settling in Seattle in 1998. He returned to New England in 2000 and completed a 2-year fellowship in Orthopaedic Manual Therapy at the Institute of Orthopaedic Manual Therapy in Woburn, Massachusetts under the direction of Martin Langaas and earned the credential OMT (Orthopedic Manual Therapist). In August of 2002 he was inducted as a full fellow of the American Academy of Orthopaedic Manual Physical Therapists. Eric has 25+ years of sports medicine and out-patient orthopaedic manual physical therapy experience. He is currently the co-director of clinical education at Professional Physical Therapy in New England. He splits his time seeing patients clinically in Farmington, CT and travels weekly to Boston, MA to teach in the Fellowship in Orthopedic Manual Therapy at Boston University. He has previously served as adjunct faculty at Quinnipiac University, and has provided teaching lab assistance at American International College, UCONN and Springfield College. Eric also serves as a sports medicine consultant for the Hartford Wanderers Men's and Roses Women's Rugby Football Club.

Dates

November 6-7, 2021

Cervical Course Outline:

Day 1

- 8:00-8:15 Introductions and Overview
- 8:15-8:30 Cervical History
- 8:30-9:30 Cervical Physical Exam
- 9:30-10:15 Cervical Special Tests
- 10:15-10:30 Break
- 10:30-11:00 Neural Assessment
- 11:00-12:00 Cervical Joint Play Assessment
- 12:00-1:00 Lunch
- 1:00-2:00 Manual Therapy + Case Based Applications
- Specific Joint + Soft Tissue Mobilizations
 - CPA/UPA
 - Physiologic Mobilizations
 - Uplide With/Without Locking
 - Downglide With/Without Locking
 - Manual Traction Applications
 - SNAGs + MWM
- 2:00-3:00 Specific Lower Cervical Manipulations (HVLA) + Case Based Applications
- Gapping/Facet Separation
 - Uplide/"Opening"
 - Downglide/ "Closing"
 - Traction/ Distraction
 - CT Junction
- 3:00-3:15 Break
- 3:15-3:45 Specific Manipulations, Continued
- Integration Of Pain Neuroscience And Manual Therapy
- 3:45-4:30 LIVE PATIENT EXAM AND TREAT (Case Based If No Patient Available)
- 4:30-5:00 Review Of Day 1, Discussion, Q&A

Day 2

- 8:00-8:15 Q&A from Day 1
- 8:15-8:45 Cervicothoracic Exercise Prescription
- Specific Exercise Applications
 - ROM
 - Control
 - Stability
 - Integration Of Pain Neuroscience And Exercise
- 8:45-9:45 Exercise Lab
- 9:45-10:00 Break
- 10:00-11:00 Review/Continuation Lower Cervical Manipulations
Technique Practice “Round Robin”
- 11:00-11:30 Upper Cervical Spine + Headaches EBP
- 11:30-12:00: Upper Cervical Spine + Headaches Exam
- Testing
 - Provocation Testing
 - Hyper Vs Hypo
- 12:00-1:00 Lunch
- 1:00-3:00 Upper Cervical Spine Treatment
- Soft Tissue Mobilization
 - Mobilization/ Manipulation
 - OA
 - AA
 - Exercise Strategies
 - Mobility
 - Stability
 - Motor Control
- 3:00-3:15 Break
- 3:15-4:00 Symptom Localization Techniques
- Provocation/Alleviation Testing
 - Regional Differentiation
 - Symptom Localization
- 4:00-4:30 Patient Self-Management Strategies
- 4:30-5:00 Review Of Day2, Q&A, Wrap-Up