

**Advanced Clinical Practice for the Thoracic spine
October 2-3, 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/physicaltherapyceuportal>

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 dysfunctions of the thoracic spine and ribcage. 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:

- Perform an appropriate history to guide clinical decision making for the thoracic spine
- Discuss modifications of the examination and intervention process based on
 - Irritability
 - Pathology
- Perform and interpret a complete and accurate neurological assessment of the thoracic spine
- Accurately differentiate thoracic spine and ribcage dysfunctions
- Describe the mechanisms of referred pain for thoracic spines
- Describe and discuss the differentiation of hypo and hyper mobility in the thoracic spine and the implications of each for treatment
- Apply manual therapy and exercise for thoracic spine pathology
- Discuss relevant factors related to tissue healing
- Discuss the basic principles of pain neuroscience
- Implement an appropriate thoracic stabilization program
- Demonstrate appropriate use of thoracic mobilization and describe the indications/contraindications for use
- Demonstrate appropriate use of thoracic and rib thrust manipulation techniques and describe the indications/contraindications for use
- Perform and interpret pre-manipulative safety testing
- Discuss appropriate application, including patient selection and consent
- Demonstrate appropriate use of thoracic traction and describe the indications for use

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.

Rafael Ozdemirer, PT, DPT, FAAOMPT

Raf Ozdemirer is a Sports Physical Therapist currently practicing at Connecticut Children's Medical Center. He is a 2001 graduate of the University of Maine, received his DPT from the University of Hartford in 2010, and completed a Fellowship in Orthopedic Manual Therapy at Regis University in 2018. He has completed post-graduate certifications in Osteopathic Manipulation Techniques for the Spine, Ribs, Shoulder, and Hip/knee; Bloodflow Restriction Therapy; Dry Needling; Graston Technique; and Kinesio Taping. Raf also serves as a clinical instructor and adjunct faculty for the University of Hartford.

Dates

October 2-3, 2021

Lumbar course outline:

Day 1

7:30-8:00	Sign-in and Coffee
8:00-8:15	Introductions and overview
8:15-8:30	Thoracic history
8:30-9:30	Thoracic Spine physical exam
9:30-10:15:	Thoracic region special tests from an EBP + clinical perspective
10:15-10:30	Break
10:30-11:00	Neural Assessment from an EBP + clinical perspective
11:00-12:00	Manual Therapy from an EBP + clinical perspective
12:00-1:00	Lunch
1:00-2:00	Symptom localization techniques Provocation/alleviation testing Regional differentiation Symptom localization
2:00-3:00	Specific Mobilizations/HVLA manipulations + case based applications
3:00-3:15	Break
3:15-3:45	Specific Manipulations, continued
3:45-4:30	LIVE PATIENT EXAM AND TREAT (Case based if no patient available)
4:30-5:00	Discussion, Q&A

Day 2

7:30-8:00	Sign-in and Coffee
8:00-8:15	Q&A from day 1
8:15-8:45	Thoracic spine exercise prescription from an EBP + clinical perspective Specific exercise applications Integration of pain neuroscience and exercise
8:45-9:45	Exercise Lab
9:45-10:00	Break
10:00-10:30	Technique practice "round robin"
10:30-11:00	Cervico-thoracic-ribcage differentiation
11:00-12:00	Manual therapy for the ribs
12:00-1:00	Lunch
1:00-3:00	Manual Therapy for the Ribs, continued
3:00-3:15	Break
3:15-4:00	Thoracic spine and Thoracic Outlet Syndrome
4:00-4:30	Patient self-management strategies
4:30-5:00	Q&A, Wrap-up

***** Please dress to participate in lab activities in which the thoracic spine can be exposed for practice.**