

Education is Therapy...

THE CERVICAL SPINE: A MANUAL THERAPY & PAIN SCIENCE APPROACH

MAY 21 & 22, 2016

DES MOINES UNIVERSITY, DES MOINES, IA

This 2 day /15 hour course offers a comprehensive investigation into the physical dysfunction of the cervical spine and its physical evaluation and treatment. The course is designed to provide the clinician with the skills to diagnose common cervical spine pathologies, recognize subjective and objective signs and symptoms of common cervical spine pathologies, determine the necessary precautions and contraindications and design comprehensive treatment protocols, both manual and exercised based. New and updated clinical pathology of the cervical spine form the framework from which cervical spine pathologies and pain patterns are discussed. Physical therapy treatment, as well as medical interventions and diagnosis such as MRI, CT scan, X-Ray, etc. will be discussed in relation to the new and updated research information. The material covered in this course is immediately applicable in the clinic and covers common conditions such as disc lesions, nerve root pain, facet joint injuries, spinal stenosis, headaches and whiplash injuries which will be discussed in depth. Clinicians will be instructed in safe and effective handling skills during the evaluation and treatment of the Cervical

Spine. Treatments covered include joint mobilization, traction, neural tissue mobilization, soft tissue mobilization and functional rehabilitation as well as patient education. This course is only open to Physical Therapists.



Upon completion of this class, attendees will:

1. Understand the clinical pathology of the Cervical Spine
2. Able to conduct a thorough subjective evaluation
3. Able to perform a skilled physical examination of the Cervical Spine and associated structures
4. Design and implement a thorough treatment plan, including spinal mobilization, neural tissue mobilization, soft tissue mobilization, exercise, traction and education.
5. Perform all the techniques in a skilled and safe manner.

Day 1: SATURDAY 8AM – 6PM

8:00 - 8:15	Introduction & welcome
8:15 – 9:45	Clinical Reasoning and the Maitland
	Concept
9:45 – 10:00	Break
10:00 – 11:15	Clinical Anatomy and Pathology for the Cervical Spine
11:15 – 11:45	Lab: Palpation of the Cervical Spine
11:45 – 12:15	Cervical Spine Subjective Examination
12:15 – 12:45	Imaging of the Cervical Spine
12:45 – 1:45	Lunch
1:45 – 4:00	Lab: Cervical Spine Objective Examination
4:00 – 4:15	Break
4:15 – 4:30	Planning the Treatment
4:30 – 6:00	Lab: Cervical Spine Mobilization

Day 2: SUNDAY 8AM - 4PM

8:00 – 8:10	Review, questions and comments
8:10 – 9:00	Whiplash Disorders
9:00 – 9:30	Lab: Cervical Spine Mobilization
9:30 – 10:00	Neurodynamics
10:00 – 10:15	Break
10:15 – 11:00	Lab: Neurodynamic Treatment
11:00 – 11:30	Headaches
11:30 – 12:30	Lunch
12:30 – 1:00	Lab: Cervical Spine Mobilization
1:00 – 1:30	Best Evidence: Whiplash Disorder Treatment
1:30 – 2:00	Exercising the Cervical Spine Patient
2:00 – 2:15	Break
2:15 – 2:45	Lab: Cervical Spine Mobilization
2:45 – 3:00	Cervical Spine Surgery and Epidurals
3:00 – 3:15	Cervical Spine Traction
3:15 – 3:45	The Chronic Patient
3:45 – 4:00	Review, Questions and Summary

866-235-4289

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Debbie Rico PT, DPT, CSMT

Debbie graduated from Florida International University with a B.S. in Physical Therapy and obtained her Doctorate of Physical Therapy from the University of Kansas Medical Center in 2012. In over 20 years of practice, she has accumulated extensive continuing education ranging from manual therapy to cardiac care to aquatic rehab. In addition, she is an adjunct faculty member of Rockhurst University in Kansas City, Missouri, where she teaches spinal manual therapy, and has been a guest lecturer at Washburn University on wound care. She teaches staff computerized documentation and has extensive clinical experience. Over the last 15 years, she has focused her career in outpatient orthopedics and completed her Certified Spinal Manual Therapy Certification through ISPI.

International Spine and Pain Institute

The International Spine and Pain Institute (ISPI) is a seminar company based in the United States of America which creates and implements cutting edge, high quality and research based education and resources for physical therapists related to spinal disorders, orthopedics, and neuroscience. ISPI believes in creating a superior educational experience by using up to date research material and implementing it into clinical practice. ISPI achieves this by combining sound clinical reasoning, manual therapy, and neuroscience in order to educate and support healthcare providers with real life clinical issues. This is achieved through weekend continuing education courses and evening lectures, a certification process, conference presentations and more. ISPI continually strives to promote, enhance, and energize the physical therapy profession.

This Course is Open to the Professional Designation of PT ONLY.

This course is approved for 15 hours (1.5 CEUs) for PT in states that require pre-approval.

REGISTRATION INFORMATION

Cervical Spine - Des Moines University | May 21 & 22 | Registration Cost: \$475

NAME | PROFESSION | LICENSE NUMBER | EXP.

ADDRESS

CITY | STATE | ZIP CODE

PHONE | FAX

E-MAIL (REQUIRED)

PAYMENT: CREDIT CARD NUMBER | EXP. | 3 DIGIT SECURITY CODE | OR | CHECK #

SIGNATURE

If the credit card does not correspond to the above address, please provide the billing address. Make checks payable to: International Spine & Pain Institute

Certification Policy: CEUs for Physical Therapy are applied for only in the state in which the course is being held with the exception of California and Texas where we are approved providers. Certificate of Attendance will be issued to participants upon achieving 80% competency of proficiency assessment at the completion of the course.

Cancellation policy: If written notification of cancellation is received to ISPI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant registered using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no other letter of credit will issued. All credits are forfeited. No money or credit will be issued for "no shows" at the course nor for cancellation any time after the course start date.

Institute Cancellation: If ISPI cancels the course due to unforeseen circumstances or if the minimum number of participants to hold the course is not met, full refunds will be awarded to registered participants. If, while the course is in progress, the course is interrupted by an "act of God" or other unforeseen circumstances, no refunds will be issued. ISPI is not responsible for any costs incurred by course participant in the event of an institute cancellation, including airline tickets.

**Register online at www.ispinstitute.com
Mail, Fax or Call: International Spine and Pain Institute, PO Box 232, Story City, IA 50248
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