



# The Cervical and Thoracic Spine

## Evidence-Based Assessment and Manual Therapy Treatment with a New Zealand Approach

There are many effective rationales and methods of treating this region from both New Zealand and the USA. This course takes what is best from both countries and brings them together in a syndrome and evidence-based manner to give the participant a most current and effective methodology to treat problems in this region.

An important aspect of treating these areas is to be able to determine the 'Drivers' or true source of the problem, not just where the pain is. Is it the shoulder girdle, the cervical or thoracic spine, or a combination of these?

Participants will be taught how to treat the cervical and thoracic spinal regions, utilizing a syndrome classification system that allows manual therapy techniques to be selected based on the patient's condition, instead of anatomical classification.

Treatment techniques will include various manual therapy approaches, including disc centralization rationale, mobilization, active mobilization as well as new effective patient and clinician friendly techniques such as physiological overpressure mobilizations (POMs), muscle energy, POSTLATION and five forms of manual traction.

This is a practical clinic ready course for the outpatient clinician.

### **COURSE OBJECTIVES**

- Apply a clinically based manual therapy approach
- Classify problems of the cervical and thoracic spines according to treatable categories
- Identify and treat headaches of cervical origin
- Distinguish between pain and dysfunction arising from the shoulder girdle, cervical and thoracic spines
- Assess joint integrity to enable safe treatment
- Apply treatment rationale for the management of derangement syndrome, joint hypo- and hyper-mobility and neuromuscular imbalances.
- Select and perform the most effective manual therapy techniques for each type of problem
- Progress treatment as appropriate for the patient's condition

## SCHEDULE

### DAY ONE

- 07:15 *Sign in and breakfast*
- 08:00 Evidence based practice related to the cervical and thoracic spine.
- 09:00 Syndrome based classification system
- 09:30 Red-flag considerations and neurological evaluation
- 10:00 *Break*
- 10:10 Upper quarter posture and evaluation
- 11:00 Shoulder screening
- 12:00 *Lunch (on own)*
- 01:00 Upper cervical stress and vertebral artery testing
- 02:00 Cervical quadrant testing
- 03:00 *Break*
- 03:10 Cervicogenic headache presentation and evaluation
- 04:00 Treatment of cervicogenic headache dysfunction
- 05:00 *End of day one*

### DAY TWO

- 07:30 *Breakfast*
- 08:00 Treatment of cervical dysfunction syndrome
- 09:15 Treatment of cervical stenosis syndrome
- 10:00 *Break*
- 10:10 Treatment of cervical derangement syndrome
- 11:30 Differentiation between pain of cervical and thoracic spine origin
- 12:00 *Lunch (on own)*
- 12:30 Thoracic spine evaluation
- 01:15 Thoracic dysfunction and derangement treatment
- 02:30 Exercise discussion
- 03:00 *End of course*