Title: The Essentials to Effective Evaluation and Management of Patients with Cervico-thoracic Spine Disorders

Overview of Course
The emphasis of this course will be on applying evidence-based practice to clinical decision making strategies for the examination and management of patients with common musculoskeletal disorders of the cervico-thoracic region. A systematic examination process will be presented that will guide the clinician to effectively categorize patients into treatment based classifications. To facilitate symptom management, lab time will be utilized to teach specific interventions including manual therapy techniques (mid and upper cervical mobilizations and upper thoracic manipulations), therapeutic exercise and patient education. Other intervention strategies will be discussed to enhance treatment outcomes.

Course Objectives
- Become aware of the classifications of cervical pain that exist in the literature.
- Critically evaluate the science of evaluation and treatment of the cervico-thoracic region through the application of an algorithm-based approach.
- Perform a cervico-thoracic evaluation utilizing the principle of symptoms reproduction through the application of stresses and special tests.
- Demonstrate psychomotor competency of performing different special tests and manual therapy techniques of the cervico-thoracic region to enhance outcomes of treatment.
- Integrate effective therapeutic exercises and patient education in the intervention of individuals with cervico-thoracic dysfunction.
- Formulate an opinion on the value of several different interventions of the cervico-thoracic region according to the most recent literature.

Outline:
Day 1
Morning
- Introduction of treatment based classification of cervico-thoracic pain (Lecture)
  - Epidemiology/cost/tx effectiveness
  - Treatment based classification principles and application cervico-thoracic region

- Screening and examination of the cervico-thoracic spine (Lecture and lab)
  - Medical screening and screening for red flags (cervical artery disease and cervical instability)
  - Health Related Quality of Life Questionnaires
  - Hands-on lab regarding the objective exam of the cervico-thoracic region

- Discussion on current evidence regarding manual therapy to address mobility deficits of the cervico-thoracic region

Afternoon
- Intervention strategies including manual therapy, to address mobility deficits of the cervical and thoracic spine
  - Discussion of the evidence for intervention strategies for patients with neck pain related to mobility deficits
  - Hands-on lab regarding mid cervical mobilizations and thoracic mobilization/manipulation
  - Instruction on self-management techniques
Day 2
Morning
- Review of previous day material
- Intervention strategies, including manual therapy, for patients with radicular symptoms
  - Discussion of evidence for intervention for patients with radicular symptoms
  - Hands-on lab regarding manual traction, positional traction and manual techniques for radicular symptoms, including patients with cervicogenic and/or peripheral symptoms
  - Instruction on self-management techniques
- Intervention strategies, including manual therapy, for patients presenting with cervicogenic headaches
  - Assessing for upper cervical instability, cerebral artery dysfunction
  - Upper cervical mobilizations/muscle energy techniques
  - Instruction on self-management techniques

Afternoon
- Review of morning material
- Intervention strategies for patients with neck pain related to movement impairments
  - Evaluation of: Deep cervical flexor endurance test, mid/lower trap assessment, flexibility assessment
  - Hands on lab on deep cervical flexor strengthening and mid/lower trap facilitation and reeducation strategies
  - Instruction on self-management techniques
- Case review and patient scenarios
- Summary and completion of course evaluation forms