

2020 Continuing Education Course Schedule – Select Medical Outpatient Division

LOCATION	DATE	COURSE TITLE
Cherry Hill, NJ	3/7-8/20	Principles of Kinesiology Taping, Cupping and Soft Tissue Mobilization Tools
Cincinnati, OH	3/7-8/20	Manual Therapy and Exercise for Cervical and Upper Thoracic Disorders
Springfield, MA	3/7-8/20	Myofascial Decompression (Cupping) & Soft-tissue Mobilization for Enhanced Function of the Upper Quarter: An Integrative Approach
Charlotte, NC	3/14-15/20	Advanced Instrument Assisted & Joint Mobilization of the Lower Quarter
Denver, CO	3/14-15/20	Clinical Management of Dizzy Patient - Level 1: An Introduction to Vestibular Rehabilitation
Kansas City, MO	3/14-15/20	A Biomechanical Approach to Lower Quarter Strengthening: Application to Hip, Knee, and Ankle Conditions
Las Vegas, NV	3/14-15/20	Current Concepts in Evaluation & Treatment of the Cervical Spine
San Diego, CA	3/21-22/20	Understanding & Treating the Complicated Pain Patient
Orlando, FL	3/21-22/20	Understanding & Treating the Complicated Pain Patient
Louisville, KY	3/21-22/20	Manipulation for the Upper Quarter: An Evidence Informed Approach
Cleveland, OH	3/21-22/20	Rehabilitation for the Runner
Coon Rapids, MN	3/28-29/20	Clinical Management of the Dizzy Patient Level 2 - Vestibular Rehabilitation beyond UVH & BPPV
Philadelphia, PA	3/28-29/20	Managing the Injured Runner
Birmingham, AL	4/4-5/20	Manual Therapy & Exercise for Cervico - Thoracic Spine Disorders - customize
West Orange, NJ	4/4-5/20	Principles of Kinesiology Taping, Cupping and Soft Tissue Mobilization Tools
Austin, TX	4/4/20	The SICK Scapula - Diagnosis & Management of Scapula Dyskinesia
Dallas, TX	4/4-5/20	Comprehensive Concussion Management
WA	4/4-5/20	Advanced Instrument Assisted & Joint Mobilization of the Lower Quarter
ST. Louis, MO	4/4-5/20	Myofascial Decompression (Cupping) & Soft-tissue Mobilization for Enhanced Function of the Lower Quarter: An Integrative Approach
Tempe, AZ	4/4/20	Rewiring the Brain - Graded Motor Imagery
Hayward, CA	4/18-19/20	Current Concepts in Evaluation & Treatment of the Lumbopelvic Spine
Des Moines, IA	4/18/20	Current Concepts in Evaluation & Treatment of the Shoulder Complex
Carbondale, IL	4/18-19/2020	Current Concepts in Movement Assessment

Baltimore, MD	4/18-19/20	Understanding & Treating the Complicated Pain Patient
Harrisburg, PA	4/18-19/20	Current Concepts in Evaluation & Treatment of the Cervical Spine
Cherry Hill, NJ	4/25/20	Movement is Medicine: Functional Screening and Movement Systems Approach for the Management of Upper Quarter Dysfunction - 1 DAY OT
Portage, IN	4/25-26/20	Understanding & Treating the Complicated Pain Patient
Houston, TX	4/25-26/20	Clinical Management of Dizzy Patient - Level 1: An Introduction to Vestibular Rehabilitation
Burke, VA	4/25-26/20	An Introduction to Mobilization with Movement - the Mulligan Concept
Los Angeles, CA	5/2-3/20	Advanced Instrument Assisted & Joint Mobilization of the Upper Quarter
Philadelphia, PA	5/2-3/20	Movement System Examination for the Upper Quarter
Mt. Juliet, TN	5/2-3/20	Myofascial Decompression (Cupping) & Soft-tissue Mobilization for Enhanced Function of the Lower Quarter: An Integrative Approach
Denver, CO	5/16-17/20	A Biomechanical Approach to Lower Quarter Strengthening: Application to Hip, Knee, and Ankle Conditions
Wilmington, NC	5/16-17/20	Clinical Management of the Dizzy Patient Level 2 - Vestibular Rehabilitation beyond UVH & BPPV
Las Vegas, NV	5/16/20	Current Concepts in Evaluation & Treatment of the Shoulder Complex
Pittsburgh, PA	5/16-17/20	Neuroplasticity Adaptation for Prevention, Acute Management & Rehabilitation of Lower Extremity Sports Injuries
Dallas, TX	5/16-17/20	Vestibular Rehabilitation - "Practical Management of the Patient with Dizziness"
Bloomfield, CT	5/30-31/20	Principles of Kinesiology Taping, Cupping and Soft Tissue Mobilization Tools
Anchorage, AK	5/30-31/20	Clinical Applications of Therapeutic Taping: an Evidence Based Approach
Atlanta, GA	5/30/20	Current Concepts in Evaluation & Treatment of the Elbow
NJ Kessler	5/30-31/20	A Biomechanical Approach to Lower Quarter Strengthening: Application to Hip, Knee, and Ankle Conditions
Tempe, AZ	6/6-7/20	Myofascial Decompression (Cupping) & Soft-tissue Mobilization for Enhanced Function of the Upper Quarter: An Integrative Approach
Baltimore, MD	6/6-7/20	Muscle Energy Techniques for the Lumbopelvic Spine
Cherry Hill, NJ	6/6-7/20	Current Concepts in Evaluation & Treatment of the Hip
Cleveland, OH	6/6-7/20	Current Concepts in Evaluation & Treatment of the Shoulder Complex
Atlanta, GA	6/13-14/20	Clinical Management of the Dizzy Patient Level 2 - Vestibular Rehabilitation beyond UVH & BPPV
Philadelphia, PA	6/13/20	Current Concepts in Evaluation & Treatment of the Shoulder Complex
Austin, TX	6/13-14/20	A Biomechanical Approach to Lower Quarter Strengthening: Application to Hip, Knee, and Ankle Conditions
Dallas, TX	6/13-14/20	Movement is Medicine: Functional Screening and Movement Systems Approach for the Management of Upper Quarter Dysfunction

Louisville, KY	6/27-28/20	Manipulation for the Lower Quarter: An Evidence Informed Approach
Columbus, OH	6/27-28/20	Manual Therapy and Exercise for Cervical and Upper Thoracic Disorders
Tampa, FL	6/27-28/20	An Introduction to Mobilization with Movement - the Mulligan Concept
Orlando, FL	7/11-12/20	Manipulation for the Upper Quarter: An Evidence Informed Approach
Las Vegas, NV	7/18-19/20	Myofascial Decompression (Cupping) & Soft-tissue Mobilization for Enhanced Function of the Lower Quarter: An Integrative Approach
Philadelphia, PA	7/18-19/20	Philadelphia Sports Medicine Conference
Dallas, TX	7/18-19/20	Advanced Instrument Assisted & Joint Mobilization of the Lower Quarter
Houston, TX	7/18-19/20	Understanding & Treating the Complicated Pain Patient
Richmond, VA	7/25-26/20	Movement is Medicine: Functional Screening and Movement Systems Approach for the Management of Upper Quarter Dysfunction
Hayward, CA	7/25/20	Current Concepts in Evaluation & Treatment of the Shoulder Complex
Tampa, FL	7/25-26/20	Vestibular Rehabilitation - "Practical Management of the Patient with Dizziness"
Austin, TX	8/8-9/20	Advanced Instrument Assisted & Joint Mobilization of the Upper Quarter
Indianapolis, IN	8/15-16/20	Clinical Management of the Dizzy Patient Level 2 - Vestibular Rehabilitation beyond UVH & BPPV
Dallas, TX	8/15-16/20	Myofascial Decompression (Cupping) & Soft-tissue Mobilization for Enhanced Function of the Upper Quarter: An Integrative Approach
Tempe, AZ	8/22-23/20	Managing the Injured Runner
Oklahoma City	8/22-23/20	Understanding & Treating the Complicated Pain Patient
Denver, CO	8/29-30/20	Current Concepts in Evaluation & Treatment of the Lumbopelvic Spine
FL Miami/Ft. Lau	8/29/20	Current Concepts in Treatment of Temporomandibular Disorders
Des Moines, IA	9/12-13/20	A Biomechanical Approach to Lower Quarter Strengthening: Application to Hip, Knee, and Ankle Conditions
Baltimore, MD	9/12/20	The SICK Scapula - Diagnosis & Management of Scapula Dyskinesia
Cherry Hill, NJ	9/12-13/20	Comprehensive Concussion Management
Cleveland, OH	9/12-13/20	Current Concepts in Evaluation & Treatment of the Cervical Spine
Pittsburgh, PA	9/12/20	Screening for Medical Referral
Mt, Juliet, TN	9/12-13/20	Principles of Kinesiology Taping, Cupping and Soft Tissue Mobilization Tools
St. Louis, MO	9/12-13/20	Manual Therapy and Exercise for Cervical and Upper Thoracic Disorders
NJ Kessler	9/12/13/20	Mobilization of the Nervous System - Examination & Intervention Strategies

Raleigh, NC	9/19-20/20	Myofascial Decompression (Cupping) & Soft-tissue Mobilization for Enhanced Function of the Upper Quarter: An Integrative Approach
Kansas City, MO	9/26/20	Evaluation & Management of the Overhead Athlete
Harrisburg, PA	9/26-27/20	Advanced Instrument Assisted & Joint Mobilization of the Upper Quarter
Philadelphia, PA	9/26-27/20	Understanding & Treating the Complicated Pain Patient
Coon Rapids, MN	10/3-4/20	Movement is Medicine: Functional Screening and Movement Systems Approach for the Management of Upper Quarter Dysfunction
NJ Kessler	10/3-4/20	The SICK Scapula - Diagnosis & Management of Scapula Dyskinesia
Columbus, OH	10/3-4/20	Understanding & Treating the Complicated Pain Patient
Greenville, SC	10/3-4/20	Comprehensive Concussion Management
Las Vegas, NV	10/10-11/20	Clinical Applications of Therapeutic Taping: an Evidence Based Approach
Burke, VA	10/10-11/20	Managing the Injured Runner
Denver, CO	10/17-18/20	Comprehensive Concussion Management
Baltimore, MD	10/24-25/20	Clinical Applications of Therapeutic Taping: an Evidence Based Approach
Lansing, MI	10/17-18/20	Current Concepts in Evaluation & Treatment of the Lumbopelvic Spine
Cherry Hill, NJ	10/17/20	Current Concepts in Treatment of Temporomandibular Disorders
Pittsburgh, PA	10/17-18/20	Myofascial Decompression (Cupping) & Soft-tissue Mobilization for Enhanced Function of the Lower Quarter: An Integrative Approach
Seattle, WA	10/17-18/20	Current Concepts in Evaluation & Treatment of Headache by Rehabilitation Professionals
Tempe, AZ	10/17-18/20	Spinal Manipulation
Los Angeles, CA	10/24-25/20	Clinical Decision Making for the Rehabilitation Professional
Orlando, FL	10/24-25/20	Advanced Instrument Assisted & Joint Mobilization of the Upper Quarter
Atlanta, GA	10/24-25/20	Manipulation for the Upper Quarter: An Evidence Informed Approach

Atlanta, GA	11/7-8/20	Annual Upper Extremity Symposium
Charlotte, NC	11/7-8/20	Understanding & Treating the Complicated Pain Patient
Cherry Hill, NJ	11/7/20	The SICK Scapula - Diagnosis & Management of Scapula Dyskinesia
Pittsburgh, PA	11/7-8/20	Comprehensive Concussion Management
Auburn, MA	11/7/20	Current Concepts in Evaluation & Treatment of Headache by Rehabilitation Professionals
Louisville, KY	11/14-15/20	Current Concepts in Movement Assessment
NJ Kessler	11/14-15/20	Manual Therapy and Exercise for Cervical and Upper Thoracic Disorders
Baltimore, MD	11/21-22/20	A Biomechanical Approach to Lower Quarter Strengthening: Application to Hip, Knee, and Ankle Conditions
Philadelphia, PA	11/21-22/20	Myofascial Decompression (Cupping) & Soft-tissue Mobilization for Enhanced Function of the Upper Quarter: An Integrative Approach
Dallas, TX	11/21-22/20	Clinical Management of the Dizzy Patient Level 2 - Vestibular Rehabilitation beyond UVH & BPPV
Carbondale, IL	12/5-6/20	Comprehensive Concussion Management
Lansing, MI	12/5/20	The SICK Scapula - Diagnosis & Management of Scapula Dyskinesia
Las Vegas, NV	12/5-6/20	Advanced Instrument Assisted & Joint Mobilization of the Upper Quarter
Harrisburg, PA	12/5-6/20	Movement is Medicine: Functional Screening and Movement Systems Approach for the Management of Upper Quarter Dysfunction
Coon Rapids, MN	12/5-6/20	A Biomechanical Approach to Lower Quarter Strengthening: Application to Hip, Knee, and Ankle Conditions
Miami, FL	11/14-15/20	Current Concepts in Evaluation & Treatment of the Cervical Spine

Course Descriptions

Advanced Instrument Assisted & Joint Mobilization of the Upper Quarter

12.25 CEUs

Course Description:

Soft tissue and joint pathologies may play a primary role in limiting mobility, often resulting in profound loss of function for those with injuries. This advanced level course focuses on clinical evaluation and differential diagnosis and treatment of injuries to the cervical spine, thoracic spine, rib cage and shoulder girdle. Manual techniques including instrument assisted soft tissue mobilization (IASTM) and joint mobilizations will follow an impairment-based approach. Clinical case studies will be used to develop a comprehensive treatment approach to include evaluation, manual treatment and clinical and home exercises.

Course Prerequisites:

Participants should have entry-level experience in using IASTM techniques as introductory tool work will not be performed in this course.

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- List the precautions and contraindications for Instrument and joint mobilization
- Complete a differential diagnosis exam to identify red and yellow flags
- Perform a differential diagnosis exam to identify key structures to perform manual and exercise techniques
- Recognize the impact of soft tissue and joint dysfunction on range of motion for the cervical spine, thoracic spine, rib cage and shoulder girdle
- Understand, identify, and apply the appropriate IASTM treatment edge based on the target tissue and desired treatment effect
- Differentiate between normal and abnormal soft tissue and joints of the upper quarter
- Choose appropriate IASTM strokes based on the body region and nature of the soft tissue restriction using a case study-based format
- Choose appropriate joint mobilizations based on joint mechanics using a case-study approach
- Generate a treatment plan, establish goals, and prognosis based on exam results and treatment response

Comprehensive Concussion Management

14.0 CEUs

Course Description:

This course will review the pathophysiology of concussion and look into why some do not recover spontaneously, without rehabilitation. There will also be comprehensive review of an evidenced-based system to better classify patients post-concussion to assist with better management. These classifications, the related physiology, examination, and treatment will be the foundation of the course. The multifaceted nature of concussions requires a comprehensive evaluation and treatment approach addressing multiple systems. Evidence-based objective measures and treatment techniques will be embedded in the course within each sub classification group. Extensive lab time and case studies will be provided.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Explain the pathophysiology of post-concussion symptoms.
- Describe symptoms post-concussion that can be addressed with rehabilitation.
- Discuss and perform several assessment tools and treatments used in concussion rehabilitation.
- Describe the benefits of rehabilitation for clients with persistent symptoms post-concussion.

Understanding and Treating the Complicated Pain Patient

Course Description:

This program is designed to expose participants to current understandings of the neurophysiology of pain and review and practice evidence-based techniques to address chronic pain and pain-dominant conditions. The course is a combination of didactic information, case study reviews and lab practice.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to;*

- Describe the stimuli and processes that give rise to physiological or nociceptive pain.
- Describe the phenomenon of peripheral and central sensitization.
- Understand the importance of the clinical interview and specific communication skills to avoid iatrogenic causes of poor outcome in this population.
- Demonstrate basic Pain Neurophysiology education skills.
- Demonstrate different treatment options that are effective for chronic pain or pain dominant conditions.
- Understand the importance of screening and outcomes tools for this population to assist with identifying risk factors and tracking progress.

A Biomechanical Approach to Lower Quarter Strengthening: Application to Hip, Knee, and Ankle Conditions

14.25 CEUs

Course Description:

This two-day course explores lower-extremity biomechanics during gait, running, squatting, and other functional activities and introduces an evidence-based exercise paradigm for core and lower quarter strengthening. Attendees will learn evaluation strategies and exercises that can be used immediately in the clinic for any patients with challenging lower extremity conditions such as patellofemoral pain, quadriceps or Achilles tendinosis, hip bursitis, and foot/ankle pain.

Course Prerequisites: None

Course Objectives: *at the conclusion of this program, the participant will be able to;*

- Understand lower extremity biomechanics during functional (closed kinetic chain) activities
- Understand relationship between biomechanical factors and pathology in the hips, knees, ankles, and feet
- Differentiate between anatomical and functional impairments to design an appropriate treatment plan
- Understand principles of specific exercise prescription to address functional and biomechanical impairments
- Understand principles of exercise progression from histological and motor control perspectives
- Understand current insights into the nature of tendon disease

Advanced Clinical Decision Making for the Rehabilitation Professional

12.25 CEUs

Course Description:

An evidence-based approach to clinical decision making for the physical therapist. The course will pragmatically guide the participant through each realm of the process for evidence based clinical decision making. The participant will be able to find external evidence quickly and understand how to digest articles of diagnosis. The participant will learn key skills of the interaction and be exposed to the multiple realms of the hypothetico-deductive reasoning process. The participant will be required to actively participate in role playing, case studies, and group participation in order to learn the reflective and metacognitive tools for clinical decision making. Pre-reading is required as well as completing assignments for the pre-reading.

Course Prerequisites: None

Course Objectives: *at the conclusion of this program, the participant will be able to;*

- Apply the 5-step process of evidence based practice (ask, acquire, appraise, apply, audit) to a particular patient.
- Demonstrate the interaction skill needed to build the patient's trust and understand the patient's perception of their condition and treatment.
- Understand the multiple realms of hypothesis based decision making in relation to their patient diagnosis and management.
- Understand the metacognitive activity of reflecting on practice and decision making, using a reflection tool.

Management of Neurological Patients in the Outpatient Setting

11.75 CEUs

Course Description:

This course is targeted to clinicians looking to enhance their knowledge and ability to intervene with patients with neurological dysfunction including, but not limited to, TBI, CVA, and Parkinson's disease. Evaluation and treatment of patients with neurological diagnoses will be covered including patient presentation, intervention techniques, and documentation.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to;*

- Discuss common neurological conditions and expected clinical presentations of patients with stroke, TBI, MS and Parkinson's Disease
- Identify and utilize appropriate testing for neurological impairments
- Identify and utilize appropriate treatment techniques and exercise dosing for patients with neurological diagnoses
- Identify and implement appropriate treatment principles for patients with Parkinson's Disease
- Demonstrate an understanding of appropriate documentation and plan of care considerations for patients with neurological diagnoses

Muscle Energy Techniques for the Lumbopelvic Spine

13.25 CEUs

Course Description:

This course is intended for the clinician who has a basic knowledge of the evaluation and treatment of the lumbar spine and pelvis and is looking to diversify their treatment tools. The course will review anatomy and biomechanics of the lumbopelvic region, review osteopathic theory as related to segmental muscle hypertonicity and treatment as well as evaluation and treatment techniques using Muscle Energy.

Course Prerequisites: None

Course Objectives: *at the conclusion of this program, the participant will be able to;*

- Participate in a review of Lumbopelvic anatomy and mechanics
- Understand the basic principles and theories surrounding Muscle Energy Techniques
- Appropriately identify postural bony landmarks
- Perform lumbar and sacral-iliac special tests
- Employ Muscle Energy Techniques to restore normal movement
- Document findings and treatments in TherapySource
- Integrate newly learned tools into current practice

Manipulation for the Lower Quarter: An Evidence-Informed Approach

12.25 CEUs

Course Description:

This weekend case-based course includes manipulation (thrust mobilization) techniques from a research and evidence perspective directed at the lumbar spine, pelvis and lower extremity. The course is designed to emphasize the psychomotor skill development of manipulation techniques for orthopedic manual physical therapists. This course will include the clinical reasoning behind the use of these techniques to improve pain, movement and functional outcomes for patients with lower-quarter musculoskeletal dysfunction. Manual therapy interventions are presented through live-lab demonstrations. This 2-day course will follow a progression of principles and reinforce them throughout in a case-based environment, and will give the clinician hands-on skills they can use immediately upon their return to the clinical setting.

Course Prerequisites: None

Course Objectives: *at the conclusion of this program, the participant will be able to;*

- Describe indications, precautions and contraindications for manipulation techniques performed to the lumbar spine, pelvis and lower extremity.
- Describe the proposed biomechanical, neurophysiological and psychological effects of spinal and extremity manipulation to the lower quarter.
- Develop and enhance clinical reasoning behind determining technique selection in the care of patients with lower-quarter dysfunction to improve pain and functional outcomes.
- Learn how to accurately identify restrictions to be manipulated utilizing manipulation techniques through a biomechanical examination.
- Demonstrate safe and effective use of manipulation techniques to the lower quarter.
- Utilize the best available evidence to facilitate integration of manipulation techniques for variety lower-quarter neuromusculoskeletal disorders for the restoration of movement and function.

Clinical Management of the Dizzy Patient 1: An Introduction to Vestibular Rehabilitation

14.0 CEUs

Course Description:

This evidence-based course is designed to enhance the physical therapists' ability to appropriately evaluate and design effective therapeutic interventions for common vestibular disorders. Beyond BPPV, multiple peripheral and central causes of vertigo and dizziness will be explored, including; unilateral vestibular hypofunction, migraine vertigo, anxiety-related dizziness, chronic subjective dizziness, and post-concussion dizziness.

Course Prerequisites: None

Course Objectives: *at the conclusion of this program, the participant will be able to;*

- Describe the normal and pathological anatomy and physiology of the vestibular system.
- Identify important aspects of patient history and characteristics of subjective symptoms.
- Describe the main causes of vertigo and dizziness.
- Demonstrate a thorough ocular motor, postural stability, and gait exam.
- Properly interpret examination findings in order to determine diagnosis of common vestibular disorders.
- Provide rationale for therapeutic procedures provided to the vestibular patient.

Current Concepts in Evaluation and Treatment of Headache by Rehabilitation Professional

13.75 CEUs

Course Description:

This course provides the learner with key elements from the growing body of literature on management of headaches by rehabilitation professionals and the skills to evaluate and development and implement treatment plans for tension type and cervicogenic headaches.

Course Prerequisites: None

Course Objectives: *at the conclusion of this program, the participant will be able to;*

- Describe the International Headache Society classification to headaches including signs, symptoms, and differential diagnosis.
- Define the incidence of common headache types and those for which there is evidence supporting physical rehabilitation intervention.
- Understand current concepts of musculoskeletal impairment relate to the presence and type of headache.
- Demonstrate the ability to assess for cervicocranial and upper cervical mobility including specific testing for hypomobility and instability.
- Demonstrate the ability to assess for movement patterns and endurance of the craniocervical musculature.
- Demonstrate the ability to instruct patients in deep neck flexor and extensor endurance training.
- Be able to demonstrate manual therapy techniques to improve mobility in hypomobile areas associated with headache.
- Describe precautions and contraindications for testing and manual therapy of the craniocervical and thoracic regions.
- Describe the etiological factors contributing to cervicogenic and tension type head ache and how they can be affected through physical rehabilitation.

Current Concepts in Treatment of Temporomandibular Disorders

7.5 CEUs

Course Description:

This blended course on Temporomandibular Joint Disorders (TMD) is designed to be a basic-to-intermediate course that provides the clinician with the clinical skill set to successfully evaluate and treat common disorders of the Temporomandibular Joint (TMJ). Its focus is on properly identifying the PT diagnosis to treat and following this with a combination of evidence-based exercise techniques and manual therapy to provide the best available care for the patient. The course will also review postural / upper-cervical implications on the temporomandibular joint. The course consists of online prerequisite didactic material followed by a 1-day lab-intensive workshop.

Course Prerequisites: None

Course Objectives: *at the conclusion of this program, the participant will be able to;*

- Demonstrate effective and efficient testing of the cranial nerves
- Demonstrate accurate palpation of soft tissue and bony structures in the craniofacial region
- Identify red flags that necessitate referral
- Describe differential diagnoses for that region
- Demonstrate the ability to perform a comprehensive evaluation of the individual with craniofacial pain
- Demonstrate ability to prescribe and dose exercises for common TMJ pathologies
- Demonstrate safe and effective manual tissue mobilization of the masticatory muscles
- Demonstrate ability to perform safe and effective joint mobilizations of the TMJ
- Demonstrate the ability to correctly subgroup dysfunctions based on presentation and determine a PT POC including: duration, frequency, and prognosis

Current Concepts in Evaluation and Treatment of the Lumbopelvic Spine

12.25 CEUs

Course Description:

The purpose of this course is to provide practicing clinician Trainer with foundational anatomical knowledge of the lumbopelvic region, current research and treatment concepts, advanced examination techniques, functional exercise prescription, and prophylactic recommendations for patients. The course will emphasize thorough examination to specifically diagnose pathology of the lumbar spine and/or sacroiliac regions.

Course Prerequisites: None

Course Objectives: *at the conclusion of this program, the participant will be able to;*

- Describe examination and all appropriate tests for differential diagnosis of lumbopelvic pain.
- Describe the utility of tissue specific diagnosis for purpose of applying most appropriate treatment paradigm.
- Describe competency of lumbar and sacroiliac special tests.
- Describe competency of lumbopelvic soft tissue, joint, and neural mobilization and manipulation techniques.
- Describe and apply exercise prescription for various diagnoses of lumbopelvic pain based on evidence-based practices.

Manual Therapy and Exercise for Cervico-Thoracic Spine Disorders

15.0

Course Description:

This two-day lab-based course will introduce an evidence-based systematic physical therapy approach to the treatment of patients with neck and upper back pain including relationships between the spine and shoulder girdle. Lab sessions will focus on soft tissue work, thrust and non-thrust manipulation of the cervicothoracic spine, and specific exercises for self-mobilization and coordination training.

Course Prerequisites: None

Course Objectives: *at the conclusion of this program, the participant will be able to;*

- Participants to understand relevant anatomy and biomechanics and how they influence all aspects of treatment
- Participants to demonstrate soft tissue and joint play assessment and synthesize findings to select appropriate treatment techniques
- Participants to determine contributions of thoracic dysfunction and limited scapular girdle coordination to shoulder strength
- Participants to demonstrate skilled soft tissue mobilization techniques for musculature affecting the cervicothoracic spine
- Participants to perform skilled thrust and non-thrust manipulative techniques for the cervicothoracic spine
- Participants to demonstrate specific exercise procedures based on examination findings

Current Concepts in Evaluation and Treatment of the Shoulder Complex

Course Description:

This 1½ day program is designed to bridge the gap between scientific research and clinical practice. The concepts and principles presented will emphasize current and innovative approaches to the biomechanical evaluation and treatment of shoulder pathology. Teaching methods will include lecture (25-30%) and lab practice (70-75%). The focus of the program is on immediate clinical application of evidence-based practice in a limited access environment.

Course Prerequisites: None

Course Objectives: *at the conclusion of this program, the participant will be able to;*

- Explain and integrate the functional anatomy of the SC, AC, GH, and scapulothoracic joints into a plan of care on behalf of a patient.
- Explain the functional and stabilizing function of the muscles and ligaments of the shoulder.
- Define the biomechanical and EMG relationships of the upper extremity during functional activities
- Perform a comprehensive and efficient orthopedic clinical examination of the shoulder based on current diagnostic evidence.
- Understand the specificity, sensitivity and likelihood ratios for common special tests used in daily practice.
- Identify the common signs and symptoms of operative and non-operative pathologies of the shoulder
- Explain the evidence based rationale and general treatment concepts of orthopedic shoulder pathologies so as to design and implement specific therapeutic activities.
- Perform manual and therapeutic exercise techniques for the shoulder.
- Construct and implement a functional rehabilitation program with accurate dosage in the treatment of shoulder injuries.

Advanced Instrument Assisted & Joint Mobilization of the Lower Quarter

Course Description:

This advanced level course focuses on clinical evaluation and differential diagnosis and treatment of injuries to the lower quarter and lumbo-pelvic region. Manual techniques including instrument-assisted soft tissue mobilization (IASTM) and joint mobilizations will follow an impairment-based approach. Clinical case studies will be used to develop a comprehensive treatment approach to include evaluation, manual treatment and clinical and home exercises.

Course Objectives:

At the conclusion of this program, the participant will be able to:

- List the precautions and contraindications for Instrument and joint mobilization
- Complete a differential diagnosis exam to identify red and yellow flags
- Perform a differential diagnosis exam to identify key structures to perform manual and exercise techniques
- Recognize the impact of soft tissue and joint dysfunction on range of motion for the lower quarter and lumbo-pelvic region
- Understand, identify, and apply the appropriate IASTM treatment edge based on the target tissue and desired treatment effect
- Differentiate between normal and abnormal soft tissue and joints of the lower quarter
- Choose appropriate IASTM strokes based on the body region and nature of the soft-tissue restriction using a case study-based format
- Choose appropriate joint mobilizations based on joint mechanics using a case-study approach
- Generate a treatment plan, establish goals, and prognosis based on exam results and treatment response

Clinical Applications of Therapeutic Taping: an Evidence Based Approach

Course Description:

An evidence based approach to multiple taping modalities to facilitate patient recovery. This course will be a case study format for teaching. A patient will be presented, evidence and clinical decision making will be reviewed and the options for intervention will be taught for each case with emphasis on the benefits of each technique and following up with appropriate reinforcement exercises. Techniques will include kinesiology, athletic and other tapes.

Course Prerequisites: None

Course Objectives:

- At the conclusion of this program, the participant will be able to:
- Identify an appropriate patient for taping based on current evidence.
- Identify the best/most appropriate taping method based on current evidence.
- Demonstrate competence in performing taping applications
- Evaluate patient response to taping and prescribe an appropriate exercise program to maximize benefit of taping.

Clinical Management of the Dizzy Patient Level 2 - Vestibular Rehabilitation beyond UVH & BPPV

Course Description:

This course is designed to look beyond the basics of vestibular rehabilitation. We will explore additional pathology, testing, and treatments typically not covered in introductory courses. This material can be used to provide learners with better management strategies for this complicated patient population in order to achieve more successful outcomes. Utilizing lectures, lab, interactive discussions, and case presentations, this course will prepare the learner to make the most appropriate clinical management decisions with vestibular patients. It is highly recommended that you have taken a vestibular rehabilitation course prior to taking this course.

Course Prerequisites:

Prerequisite knowledge for this course involves being able to perform and interpret a basic vestibular evaluation (for UVH, BPPV, and ruling out central causation) as well as implementing a basic treatment plan for those disorders. A basic vestibular examination is not covered in this course.

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Describe at least two assessment tools that can be used to assess a patient with complaints of dizziness
- Perform at least two treatment techniques to address the more complicated dizzy patient
- Recognize signs and symptoms of someone who may have a functional neurological disorder
- Interpret the results of non-clinical vestibular tests (i.e. VEMP/VNGs)
- Describe components of a vestibular rehabilitation plan for the more complicated dizzy patient

Current Concepts in Evaluation & Treatment of the Cervical Spine

Course Description:

This program takes participants through the process of Evidence Based Physical Therapy for the Management of Neck Pain. As outlined in the Guideline to the Treatment of Neck Pain published in the J Orthop Sports Phys Thera and currently under revision, a classification approach to the examination and treatment of the Neck Pain will be utilized. Additional classification approaches to those expounded in the guideline will also be included. This course is heavily manual therapy-based and will include high-velocity thrust techniques for the thoracic and cervical spine.

Course Prerequisites:

None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Demonstrate precautionary testing on the cervical spine.
- Demonstrate a basic Cervical Spine Evaluation.
- Demonstrate Evaluation and Treatment techniques for Specific Classifications of neck pain.
- Develop treatment plans and institute treatment based on a classification approach.

Current Concepts in Evaluation & Treatment of the Hip

Course Description:

This two-day course is designed to teach the participant in both evaluation and treatment. Evaluation will focus on learning the specificity and sensitivity of the tests we use, plus learn the latest research on new clinical tests. The treatment component of the course will focus on both basic and advanced joint mobilizations of the hip, but will also include soft tissue techniques and exercise to complement the mobilizations. Hip mobilizations are generally underutilized in physical therapy, however, they can be an effective treatment modality in both providing mechanoreceptor recruitment and decompressing the joint surfaces, which is very beneficial in labral lesions, osteoarthritis, and several other pathologies. The hip mobilizations learned will involve both belting and non-belting techniques, so please bring 1-2 manual therapy belts if available. Special consideration will also be placed on learning the newest evidence in labral pathology, exercise, and differential diagnosis.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Understand the anatomy biomechanics of the hip and their implications on manual therapy and exercise.
- Perform an initial evaluation knowing the sensitivity and specificity of hip special testing.
- Know the reasoning for performing manual therapy specific to various diagnoses.
- Perform soft tissue mobilization techniques to the surrounding hip musculature.
- Learn appropriate joint mobilizations for the hip with & without belting.
- Develop an applicable evidence-based exercise program for your patients.

Current Concepts in Movement Assessment

Course Description:

This 2-day course will provide PTs, ATCs and PTAs with the tools and knowledge to effectively assess measure and interpret abnormal movement patterns of the lower kinetic chain in athletes and active individuals using the Athletic Movement Index™ (AMI™). Based on the analysis and interpretation of the AMI™, participants will be provided with the knowledge to effectively implement the corrective exercise program to improve the results on the AMI™, rehabilitate, reduce risk for injury and improve athletic performance.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Identify and define the components of lower extremity pathokinematics
- Understand the correlation of limb symmetry index (LSI) to LKC IR/dynamic valgus and return to sport implications
- Understand the Athletic Movement Index™ (AMI™) applied with and without technology and its clinical implications
- Understand how to interpret pathokinematics noted with the AMI™
- Demonstrate an understanding of appropriate exercise prescriptions based on results and information gained from the AMI™
- Participate in practical application of the AMI™ with class subjects (video and analysis)
- Participate in practical application of the exercise program designed to improve deficits noted with the AMI™
- Discuss the billing strategies, costs and benefits of creating a customer-driven niche practice focused on injury prevention, pain management, sports rehabilitation, and athletic performance enhancement
- Discuss specific niche markets and AMI™ applications (running assessments, soccer assessments, cheer assessments)

Current Concepts in Treatment of Temporomandibular Disorders

Course Description:

This blended course on Temporomandibular Joint Disorders (TMD) is designed to be a basic-to-intermediate course that provides the clinician with the clinical skill set to successfully evaluate and treat common disorders of the Temporomandibular Joint (TMJ). Its focus is on properly identifying the PT diagnosis to treat and following this with a combination of evidence-based exercise techniques and manual therapy to provide the best available care for the patient. The course will also review postural / upper-cervical implications on the temporomandibular joint. The course consists of online prerequisite didactic material followed by a 1-day lab-intensive workshop.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Demonstrate effective and efficient testing of the cranial nerves.
- Demonstrate accurate palpation of soft tissue and bony structures in the craniofacial region.
- Identify red flags that necessitate referral.
- Describe differential diagnoses for that region.
- Demonstrate the ability to perform a comprehensive evaluation of the individual with craniofacial pain.
- Demonstrate ability to prescribe and dose exercises for common TMJ pathologies.
- Demonstrate safe and effective manual tissue mobilization of the masticatory muscles.
- Demonstrate ability to perform safe and effective joint mobilizations of the TMJ.
- Demonstrate the ability to correctly subgroup dysfunctions based on presentation and determine a PT POC including: duration, frequency, and prognosis.

Evaluation & Management of the Overhead Athlete

Course Description:

This exciting course offers attending clinicians the opportunity to develop their hands on skills treating the overhead athlete. Designed as a lab based course, participants will be given reading material ahead of course date to review and educate themselves on. There will be limited computer based presentations on course day and majority of the day will be spent in a hands-on lab environment. The morning half of the program will allow attendees to learn and practice up-to-date range of motion and stretching exercises. The second half of the lab will focus on maintaining range of motion and developing appropriate strength in the upper extremity for this particular population. Clinicians will leave this course with increased knowledge and confidence to treat a complicated population.

Course Prerequisites: _None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Summarize common injuries associated with the overhead athlete.
- Evaluate the shoulder and elbow of overhead athletes.
- Create a treatment plan for the upper extremity overhead athlete.
- Preventative
- Non-operative care
- Post-operative
- Develop a return to play plan for athletes.
- Construct a throwing program for an overhead athlete after surgery.

Managing the Injured Runner

Course Description:

This lab-based course is a day and a half. The focus will be on comprehensive examination and evidence-based treatment of the lower quarter with an emphasis on the runner.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Complete a comprehensive subjective examination including using body chart and outcome tools.
- Perform a comprehensive objective examination of all relevant body structures.
- Provide optimal interventions to ease pain and restore function using clinical evidence and patient examination response.
- Understand a progression of strengthening exercises.
- Make a proper shoe wear recommendation.
- Perform functional tests to assess readiness to run.
- Use mobile technology to conduct a running video analysis.
- Design a step wise return to running program.

Manipulation for the Upper Quarter: An Evidence Informed Approach

Course Description:

This weekend course includes manipulation (thrust mobilization) techniques from a research and evidence perspective directed at the cervical spine, thoracic spine and upper extremity. The course is designed to emphasize the psychomotor skill development of manipulation techniques for orthopedic manual physical therapists. This course will include the clinical reasoning behind the use of these techniques to improve pain, movement and functional outcomes for patients with upper-quarter musculoskeletal dysfunction. Manual therapy interventions are presented through live lab demonstrations. This 2-day course will follow a progression of principles and reinforce them throughout in a case-based environment, and will give the clinician hands-on skills they can use immediately upon their return to the clinical setting.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Describe indications, precautions and contraindications for manipulation techniques performed to the cervical spine, thoracic spine and upper extremity.
- Demonstrate pre-manipulative screening tests for cervical instability and vertebral-basilar instabilities as per IFOMPT Guidelines.
- Describe the proposed biomechanical, neurophysiological and psychological effects of spinal and extremity manipulation to the upper quarter.
- Develop and enhance clinical reasoning behind determining technique selection in the care of patients with upper quarter dysfunction to improve pain and functional outcomes.
- Identify restrictions to be manipulated utilizing manipulation techniques through a biomechanical examination.
- Demonstrate safe and effective use of manipulation techniques to the upper quarter.
- Utilize the best available evidence to facilitate integration of manipulation techniques for a variety of upper-quarter neuromusculoskeletal disorders for the restoration of movement and function.

Manual Therapy and Exercise for Cervical and Upper Thoracic Disorders

Course Description:

This course is designed to expose participants to manual therapy techniques from a research and evidence perspective including soft tissue mobilization and thrust (HVLA) and non-thrust mobilization directed towards the cervical spine, upper thoracic spine and ribs. The course is designed to provide examination, treatment and reassessment strategies for orthopedic physical therapists for the treatment of neck, thoracic and upper extremity pain and dysfunction. The course critiques current manual therapy approaches, reviews literature and rationale associated with regional interdependence, and discusses the role of clinical reasoning with manual therapy and exercise applications. Lastly, this course will review clinical vignettes to discuss clinical application of the course content.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Describe pain referral sites for thoracic, rib, cervical, and visceral pain into the thoracic region.
- Describe 5 indications, precautions and contraindications to manual therapy techniques to the cervical spine, upper thoracic spine and ribs.
- Perform a basic evaluation to identify appropriateness for physical therapy and to identify elements contributing to functional limitations.
- Describe comparable findings and discuss its relationship to clinical decision making.
- Describe the proposed biomechanical, neurophysiological and psychological effects of manual therapy techniques to the cervical spine, upper thoracic spine and ribs.
- Describe biomechanical and neurophysiological interdependence of the thoracic spine and ribs with the upper limb and adjacent spinal regions and the potential pathophysiological consequences of these relationships.
- Identify patients who would potentially benefit from manual therapy to the cervical spine, upper thoracic spine and ribs.
- Demonstrate safe and effective thrust and non-thrust articular mobilization directed towards the cervical, upper thoracic spine and ribs.
- Demonstrate safe and effective soft tissue mobilization directed towards the soft tissue of the cervicothoracic region.
- Demonstrate safe and effective application of exercises for individuals with cervicothoracic and/or rib dysfunction.

Mobilization of the Nervous System - Examination & Intervention Strategies

Course Description:

This seminar covers basic to advanced concepts for examination of restricted neural mobility and intervention strategies to address the dura, nerve bed, and the peripheral nerves. This course includes laboratory sessions in which participants will practice neural mobilization and examination techniques. Participants are encouraged to wear loose, comfortable clothing. Shorts are recommended as well as halter or swim suit tops for women in order to allow for proper practice of techniques.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

Knowledge:

- Participants will list the components of the brachial plexus.
- Participants will identify the signs and symptoms that a brachial plexopathy is present.

Comprehension:

- Participants will describe how movement affects nerve healing.
- Participants will describe areas of vulnerability of the nervous system and the resulting pathologies that can develop.
- Participants will explain the etiology of nerve injury.

Application:

- Participants will selectively apply tension to the brachial plexus and major peripheral nerves of the upper and lower extremities.
- Participants will document findings of neural mobility and track progress objectively.
- Participants will apply basic treatment including exercises, manual techniques, and home exercise/ADL modification.
- Participants will treat peripheral nerve entrapments in the upper and lower extremities.

Analysis:

- Participants will differentiate between neural and non-neural structures as a possible symptom generator.
- Participants will differentiate a plexus lesion vs. a cervical radiculopathy or a distal peripheral nerve entrapment i.e. cubital tunnel, carpal tunnel etc.
- Participants will localize the site of lesion within the brachial plexus based on the patient's signs and symptoms.
- Participants will know how to progress and when to progress treatment.

Synthesis:

- Participants will establish a baseline of plexus mobility and patient's tolerance to movement of the upper extremity.
- Participants will prognosticate the patient's potential for rehab based on clinical examination and findings.
- Participants will establish treatment strategies and goals for the first treatment.
- Participants will combine neural mobilization with other advanced manual therapies.

Evaluation:

- Participants will palpate and /or differentiate peripheral nerves from surrounding tissue.
- Participants will perform a comprehensive evaluation of the brachial plexus.
- Participants will apply the 5 base tests for assessing neural mobility.

Movement is Medicine: Functional Screening and Movement Systems Approach for the Management of Upper Quarter Dysfunction

Course Description:

This course attempts to bridge the gap between common functional assessment tools (such as SFMA, FMS, FRA etc.), as well as navigating some of the more popular movement training systems (FRC, IKN, DNS, RPR, etc.) with the aim of enhancing the clinical decision-making process while integrating accepted ICF Classifications for upper-limb dysfunction. Participants will be exposed to an advanced intervention algorithm geared at improving strength and neuromotor control in an effort to improve the efficiency and sequencing of various overhead activities.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Identify and objectify shoulder pathology as it relates to the ICF model of classification
- Identify ICF terminology and the descriptors for shoulder mobility deficits, muscle power impairments and movement coordination impairments
- Define how the use of special testing clusters integrate with specific musculoskeletal assessments are utilized to further understand the origin of movement dysfunction in the upper quarter
- Describe the negative cellular/structural effects of not adequately loading connective tissue structures and the CNS
- Identify a clinical path/algorithm for treatment of these conditions to ensure appropriate decision making and loading to specific tissue and the CNS as a whole
- Appropriately identify and assess target tissues and select appropriate manual mechanical loading interventions to aide in creating a "window" for loading to occur
- Demonstrate the ability to effectively synthesize and interpret gross movement dysfunction and apply appropriate loading patterns as they relate to specific tasks

Movement System Examination for the Upper Quarter

Course Description:

This weekend course aims to provide participants with a systematic movement examination and treatment skills to address the underlying causes of cervical, thoracic, and shoulder syndromes. This seminar utilizes Washington University in St. Louis' movement syndrome impairment (MSI) framework as a basis for assessment and covers key concepts of the system, biomechanics, and tissue mechanics. This course provides participants focused practice on movement syndrome classifications and the development of a systematic examination to determine the kinesiopathological cause of a patient's pain. The course also integrates the specific application of exercise and manual therapy intervention to retrain and optimize faulty movement patterns rather than treating isolated impairments. The course is provided by clinicians who are fellowship-trained in the movement system.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Define common movement system impairment syndromes of the cervical, thoracic, and shoulder regions.
- Assess static posture and determine deviations from normative values that may contribute to the development of upper quarter pathokinematics and pain.
- Determine contribution of the shoulder girdle to movement syndromes of the cervical and thoracic region.
- Identify normal and abnormal scapulohumeral rhythm and its contribution to movement syndromes of the cervical, thoracic, and shoulder regions.
- Perform a systematic examination based on observational and psychomotor data obtained from postural evaluation and movement analysis.
- Interpret results of the evaluation to determine the movement diagnosis(es) most responsible for a patient's pain.
- Observe functional activities and prescribe corrections to address specific movement impairments contributing to dysfunction of the cervical, thoracic, and shoulder girdle.
- Systematically modify exercise instruction, cueing, and muscular demands to prevent compensations and target multiple desired impairments with fewer exercises.
- Appropriately prescribe corrective exercises based on specific movement deviations.
- Integrate manual therapy techniques to augment care and optimize movement.

Myofascial Decompression (Cupping) & Soft-tissue Mobilization for Enhanced Function of the Lower Quarter: An Integrative Approach

Course Description:

This course will cover relevant clinical anatomy of the lower quarter myofascial system from the lumbothoracic region down to the ankle, foot, and toes. We will discuss various pathologies that impact the myofascial system resulting in decreased mobility, impaired movement, and decreased function. Current evidence/research will be reviewed and discussed as it applies to the clinical application of these techniques. Evaluation procedures will be taught to identify specific soft tissue restrictions that are impacting the efficiency of movement in the lower quarter. The direct treatment of soft tissue dysfunction will be taught using a dynamic approach incorporating different movements and positions of the human body to enhance the mobility of the myofascial system. The application of techniques is very specific to improving the mobility of the relevant tissues that are restricting efficient movement and function. Myofascial decompression (MFD) techniques will be taught using a cupping system. MFD techniques will include static, gliding, and fascial line treatment. Integration of joint mobilization/manipulation will be discussed. Once motion is restored, specific neuromuscular re-education techniques will be taught using PNF principles to re-establish efficient motor recruitment patterns in the new range.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Summarize the histology and anatomy of the myofascial system.
- Analyze the three different components involved with abnormal movement patterns and why each must be addressed in a comprehensive treatment approach (Integration of Soft Tissue Mobilization, Joint Mobilization, and Prescriptive Exercises/Neuromuscular Re-education Techniques).
- Define the characteristics of dysfunctional soft tissues and how this can impede efficient movement and postural alignment.
- Identify specific dysfunctional soft tissues based on subjective and objective findings that are limiting efficient movement & postural alignment.
- Demonstrate how & when to apply myofascial decompression techniques (static, gliding, or fascial line) for improved motion & function.
- Demonstrate how to localize and mobilize myofascial restrictions of the upper quarter with the intent to improve bodily motion & function.
- Determine how to integrate soft tissue mobilization, joint mobilization, and neuromuscular re-education/prescriptive exercise techniques into an efficient & effective treatment approach.
- Identify the role of specific neuromuscular re-education to the human body as motion is restored and how to apply manual neuromuscular re-education/prescriptive exercise to improve motor control for functional activities.
- Describe the precautions and contraindications for Soft Tissue Mobilization & Myofascial Decompression.

Myofascial Decompression (Cupping) & Soft-tissue Mobilization for Enhanced Function of the Upper Quarter: An Integrative Approach

Course Description:

This course will cover relevant clinical anatomy of the upper quarter myofascial system from the cervicothoracic region down to the wrist, hand, and fingers. We will discuss various pathologies that impact the myofascial system resulting in decreased mobility, impaired movement, and decreased function. Current evidence/research will be reviewed and discussed as it applies to the clinical application of these techniques. Evaluation procedures will be taught to identify specific soft tissue restrictions that are impacting the efficiency of movement in the upper quarter. This is a lab-intensive manual therapy course.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Summarize the histology and anatomy of the myofascial system.
- Analyze the three different components involved with abnormal movement patterns and why each must be addressed in a comprehensive treatment approach (Integration of Soft Tissue Mobilization, Joint Mobilization, and Prescriptive Exercises/Neuromuscular Re-education Techniques).
- Define the characteristics of dysfunctional soft tissues and how this can impede efficient movement and postural alignment.
- Identify specific dysfunctional soft tissues based on subjective and objective findings that are limiting efficient movement & postural alignment.
- Demonstrate how & when to apply myofascial decompression techniques (static, gliding, or fascial line) for improved motion & function.
- Demonstrate how to localize and mobilize myofascial restrictions of the upper quarter with the intent to improve bodily motion & function.
- Determine how to integrate soft tissue mobilization, joint mobilization, and neuromuscular re-education/prescriptive exercise techniques into an efficient & effective treatment approach.
- Identify the role of specific neuromuscular re-education to the human body as motion is restored and how to apply manual neuromuscular re-education/prescriptive exercise to improve motor control for functional activities.
- Describe the precautions and contraindications for Soft Tissue Mobilization & Myofascial Decompression.

Philadelphia Sports Medicine Conference

Course Description:

This exciting program brings together an outstanding faculty of clinicians and educators to discuss evaluation and management strategies for some of the most challenging conditions in sports medicine today. Designed for athletic trainers, physical therapists and physical therapist assistants, the curriculum evaluates current best practice in areas including:

- Management of the throwing shoulder
- Managing the Adolescent Athlete
- Sports Medicine in Combat Sports
- Emerging Trends in Sports Performance

Extensive lab time will be dedicated to review best evidence in the management of concussion, soft tissue mobilization to enhance recovery, and ACL Injury Risk reduction Strategies. By utilizing a combination of lectures and interactive lab sessions, this program promises to provide an entertaining and challenging learning opportunity for those involved with managing athletes at all levels.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Describe current best practice in identifying and managing concussion.
- Describe current best practice in the management of hamstring strain and return to play strategies.
- Describe the mechanism of non-contact ACL injuries in the athlete and current best practice in their surgical and non-surgical management.
- Describe the pathogenesis of medial elbow injuries in the adolescent athlete, and current best practice in their evaluation and management.
- Describe appropriate integration of soft tissue mobilization into a comprehensive intervention plan.
- Describe common pathologies of the throwing shoulder and evidence-based strategies in their conservative management.
- Describe current best practice in the surgical and post-surgical management of common pathologies of the throwing shoulder.
- Describe current best practice in the evaluation and management of tendinopathy in the competitive athlete.
- Describe the role of Blood Flow Restricted (BFR) exercise in the management of the athlete, the evidence to support its use and potential strategies for its appropriate integration into practice.
- Describe recent developments in sports nutrition and hydration, and the evidence for its impact upon performance.

- Describe the proposed mechanisms of action of stem cell and platelet rich plasma (PRP) therapy in the management of soft tissue injury, their current evidence and indications / contraindications for their use as part of a comprehensive intervention plan.
- Describe the principle of Load Monitoring in sport, its role in injury risk reduction and performance improvement and how it can be integrated into practice.

Principles of Kinesiology Taping, Cupping and Soft Tissue Mobilization Tools

Course Description:

This course is a comprehensive, evidenced based approach to soft tissue injury/dysfunction using therapeutic taping and IASTM. The course will use a case study approach and will cover multiple techniques including kinesiology taping, cupping and use of soft tissue mobility tools.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Describe the indications and contraindications for Kinesiology Tape and Soft Tissue Mobilization with tools
- Identify the appropriate patient for Kinesiology Tape by evaluating subjective complaints and objective findings
- Determine the most appropriate Kinesiology Tape technique based on diagnosis, symptoms and functional limitations
- Identify the appropriate person for Soft Tissue Mobilization with tools based on subjective complaints and objective findings
- Demonstrate competence in application of Kinesiology Tape
- Demonstrate competence in application of Soft Tissue Mobilization with Tools

Rehabilitation for the Runner (Rehabilitation for the Running Athlete)

Course Description:

This program is designed to provide clinicians with a solid foundation for treating the running athlete with a biomechanical evaluation and treatment techniques based on those principles. This course will review the biomechanics as it relates to running, common injuries in the sport, rehabilitation of those injuries, exercise to address established deficits, and gait analysis with video assistance. The course will also discuss special topics as it pertains to the runner.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Identify possible impairments and running form alterations consistent with particular pathologies of the running athlete.
- Identify appropriate course of action for modification of running form per impairments and running analysis or provided information regarding runner. Participants will be able to describe potential modification to running dosage (volume, surface) and maintain awareness of mental profile of the endurance athlete.
- Describe proper running mechanics.
- Describe biomechanics involved in running and relate them to video or participant examples.
- Demonstrate manual therapy and evaluative techniques necessary in examination and intervention for the running athlete on course participants.
- Educate course participants and demonstrate exercises appropriate for the running athlete based on a biomechanical evaluation.
- Describe current best evidence as it relates to cross training for the running athlete.
- Recognize signs consistent with referral to other health care providers in the management of the endurance athlete.
- Perform a running analysis on runner or participant with use of video assistance.

Rewiring the Brain - Graded Motor Imagery (Rewiring the Brain: Clinical Strategies Using Graded Motor Imagery and Mirror Therapy)

Course Description:

New neuroscience evidence and clinical trials have shown improved results using Graded Motor Imagery or Mirror Therapy for neurological and orthopedic consequences of injury. Graded motor imagery (GMI) and mirror therapy are a brain-based treatment (top down treatment) targeting the activation of different brain regions. The 3 sequential phases of GMI allow the brain to create new synapse and pathways to the affected body part. This course will emphasize a clinical reasoning approach using neuroplasticity for intervention. With the use of functional MRI (fMRI), there is evidence that shows improved cortical reorganization following GMI and mirror therapy.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Explain the changes that occur in the brain following injury
- Understand the patient selection and what phase is appropriate
- Demonstrate knowledge and skills using GMI and mirror therapy
- Learn a focused approach utilizing neuroplasticity to improve movement and function
- Understand that central sensitization must be identified and treated for improved outcomes
- Develop a treatment program for clinical and home use

Screening for Medical Referral

Course Description:

This course is designed to provide the physical therapist with exposure to a systematic clinical process to differentially diagnose and triage conditions that may present in a clinical encounter in an outpatient rehabilitation setting. Emphasis is placed on the clinical decision making process that contributes to optimal patient management, as well as recognizing the need for patient referral to other health care practitioners.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Understand the concepts of primary and secondary health care.
- Describe the elements of a "best" diagnostic test.
- Describe the elements of the "patient-centered" interview.
- Describe strategies to enhance the patient interview process.
- Demonstrate awareness of potential communication barriers between the physical therapist and the patient.
- Identify pertinent health history information to be collected during the patient interview.
- Explain the relevance of specific patient health history information and apply the information to clinical decision making.
- Describe the primary objectives of symptom investigation.
- Describe the types of data obtained when investigating a patient's symptoms.
- Provide specific examples of atypical symptom behavior.
- Identify the signs and symptoms associated with select serious conditions that may mimic musculoskeletal disorders in an outpatient setting.
- Describe evidence-based screening strategies to assist in ruling-out select serious disorders that may warrant medical referral.
- Identify and discuss pertinent issues pertaining to communication between physical therapists and physicians.
- Describe effective strategies when communicating with physicians during the referral process.

The SICK Scapula - Diagnosis & Management of Scapula Dyskinesia

Course Description:

This course focuses on appreciating the complex role of the scapula in upper quarter function. Assessment for scapular dyskinesia will identify impairments such as soft tissue restrictions, passive mobility and neuromuscular control of the shoulder complex using a cluster of tests and treating it with postural correction, soft tissue mobilization, joint mobilization, neuromuscular re-education and exercise.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Define the phenomenon of scapula dyskinesia and its proposed role in upper limb dysfunction.
- Discuss the history of the term 'SICK' Scapula and critique its validity as a diagnostic label.
- Describe a functionally driven assessment of scapula kinematics in common upper quarter dysfunctions. Demonstrate an effective and efficient assessment of sitting and standing posture and describe the consequences on scapula kinematics.
- Describe reliability, sensitivity and specificity of common shoulder special tests, both in isolation and when utilized in clusters.
- Demonstrate proficiency in the performance of common special tests of the shoulder.
- Demonstrate safe and effective assessment techniques for periscapula soft tissue restrictions.
- Demonstrate safe and effective manual intervention techniques for periscapula soft tissue restrictions. Demonstrate safe and effective manual intervention strategies for the Glenohumeral joint.
- Describe the evidence for exercise prescription in the management of scapula dyskinesia.
- Demonstrate a safe and effective exercise progression, including PNF and the fundamentals of neuromuscular re-education, in the management of conditions with a scapula dyskinesia component.

Vestibular Rehabilitation - "Practical Management of the Patient with Dizziness"

Course Description:

This evidence-based course will train clinicians in the practical management of vestibular disorders. The course will include instruction in anatomy and physiology, medical management, pathology, detailed bedside examination and treatment skills. The material will be presented in a lecture, lab and video case study format. Competence in the performance of a comprehensive office / bedside examination and treatment skills will be addressed in a lab format. The seminar is intended to enhance the clinician's ability to evaluate the appropriateness and effectiveness of vestibular rehabilitative therapy (VRT) for common vestibular disorders. Practical application of VRT to a variety of practice settings (outpatient, acute care, SNF, ER) will be discussed. An emphasis will be placed on the management of BPPV variants and vestibular hypofunction.

Course Prerequisites: None

Course Objectives: *At the conclusion of this program, the participant will be able to:*

- Perform a detailed bedside vestibular & balance examination
- Based on patient history and bedside examination, identify the specific features of: Peripheral vestibular disorders; Central vestibular disorders; Non-vestibular dizziness
- Recognize typical characteristics of peripheral vestibular vs. central-etiology nystagmus
- Identify appropriate standardized assessment tools for use in vestibular rehabilitation
- Prescribe rehabilitation programs to address adaptation and compensation for vestibular dysfunction
- Identify specific variants of BPPV and perform appropriate canalith repositioning maneuvers
- Identify indications for further medical referral