

# Essential Soft Tissue Treatment for Spine and Associated Extremity Dysfunction

INSTRUCTOR: ROBERT C. RINKE, DC, PT

\$315.00

Contact hours: 13.0

## Course Description:

This is a course in which the emphasis is on training the licensed physical therapist with a hands-on approach to treating soft tissues of the upper and lower quarter region. Following a brief lecture of clinically relevant anatomy and pathology, the course will feature thorough specific manual methods of assessing and treating the soft tissues of the upper and lower quarter and related areas. The majority of the class will be hands-on experience involving various soft tissue treatment techniques and specific manual muscle stretching. Techniques for instructing patients in self-stretching the pertinent muscles will also be presented. Participants should wear clothing that will allow assessment and treatment of the spine, upper, and lower extremity regions. Recommended equipment: fixation belt. These can be ordered from OPTP: 1-800-367-7393 (catalog # 602). Recommended reading: Evjenth O, Hamberg J: Muscle Stretching in Manual Therapy, Vol.I Extremities, Vol. II Spine, Vol. III Autostretching. Also at OPTP: 1-800-367-7393.

## Course Objectives:

Upon completion of the course the participants will be able to:

- evaluate the relevant upper and lower quarter soft tissues.
- evaluate patient presentation for technique selection.
- demonstrate appropriate soft tissue treatment techniques.
- evaluate presentation for specific stretching techniques.
- demonstrate appropriate muscle stretching techniques.
- evaluate presentation for self-stretching technique selection.
- perform appropriate self-stretching technique instruction.

## **SATURDAY 9am to 5pm**

- 8:30 Registration
- 9:00 Introductions, course overview
- 9:30 Brief discussion anatomy, biomechanics, pathology
- 10:30 Observation, Inspection
- 11:00 Break
- 11:20 Palpation
- 11:50 Assessment and Treatment Strategies: lumbar/LE
- 12:30 Lunch on your own
- 1:30 Assessment and Treatment Strategies: lumbar/LE
- 3:00 Break
- 3:20 Assessment and Treatment Strategies: lumbar/LE begin cervicothoracic/UE
- 4:40 Summary, questions, Sunday preview

## **SUNDAY 8am to 2pm**

- 8:00 Review Key Assessment/Treatment Strategies: lumbar/LE/cervicothoracic/UE
- 10:00 Break
- 10:20 Assessment/Treatment Strategies:cervicothoracic/UE
- 12:30 Break
- 12:50 Assessment/Treatment Strategies: cervicothoracic/UE
- 1:50 Summary, questions, wrap-up