

Management of Cervical, Lumbar, & Thoracic Dysfunction Through Thoracic Spine and Ribs

INSTRUCTOR: ROBERT C. RINKE, DC, PT

\$295.00

Contact hours: 13.0

This is a course in which the emphasis is on training the physical therapist with a hands-on approach to examination and treatment of musculoskeletal dysfunctions. Following a brief lecture of clinically relevant anatomy and pathology, the course will feature manual methods of examination and treatment of the thoracic spine, ribs, and related areas. The majority of the class will be hands-on experience. Specific detailed examination of the thoracic spine and ribs will be presented along with screening of cervicothoracic and thoracolumbar junctions. Regional provocation and alleviation will be introduced. Participants should wear clothing that will allow examination and treatment of cervical, thoracic, and lumbar regions. Recommended equipment: large mobilization wedge. These can be ordered from Back Designs: 1-800-466-1341, or OPTP 1-800-367-7393 (catalogue #611).

SATURDAY 11am to 6pm

- 10:45 Registration
- 11:00 Introductions; course overview
- 11:30 Anatomy, Biomechanics, Pathology of Thoracic Spine and Ribs
- 12:30 Observation, Inspection
- 1:00 Palpation
- 1:30 Break
- 1:40 Subjective Examination of Thoracic Dysfunction
- 2:00 Passive Movement Testing costovertebral, costotransverse joints
- 2:30 Segmental Passive Movement Testing Thoracic
- 4:00 Break
- 4:20 Segmental Passive Movement Testing: 3D flexion, 3D extension
- 5:00 Treatment Strategies: Soft Tissue Assessment and Treatment
- 5:50 Summary, questions, Sunday preview

SUNDAY 8am to 2pm

- 8:00 Review: Segmental Passive Movement Testing, Treatment Strategies: Soft Tissue
- 10:00 Break
- 10:15 Treatment Strategies: Specific Joint Mobilization: wedge CT, upper, mid, lower, Home Program
- 11:30 Treatment Strategies: Rib mobilization, Home Program
- 12:00 Treatment Strategies: Specific Muscle Stretching: intercostals, pects
- 12:40 Break
- 1:00 Specific Therapeutic Exercise Training: general mobility, strengthening, stretching, mobilization
- 1:50 Summary, questions, wrap-up