

Evaluation and Treatment of the Cervical Spine and Upper Quarter

**Freedom Physical Therapy Services hosting:
Bookhout Seminars, LLC**

Course Description

This two and a half day course will focus on the evaluation and treatment of the upper quarter and will include the shoulder, upper thoracic spine and cervical spine. Identification of common faulty movement patterns in the upper quarter will be presented. The course will include assessment and treatment of neural tension influences on cervical spine movement. A review of treatment of the upper thoracic spine and 1st rib is included as a prelude to treatment of the cervical spine. Evaluation and treatment of the shoulder and cervical spine is included. Treatment of the cervical spine will include joint mobilization, muscle energy techniques and myofascial release to the anterior fascias of the neck. Home exercises for the upper quarter are included.

Course Objectives

- 1. To review the functional anatomy and biomechanics of the UQ.**
- 2. Identify common faulty movement patterns seen in the UQ.**
- 3. For the student to be able to assess for adverse neural tension in the UQ and understand its influence on cervical spine mobility.**
- 4. Review the evaluation and treatment of the upper thoracic spine and for the student to understand how thoracic spine dysfunction influences shoulder function.**
- 5. For the student to learn how to evaluate each of the four joints of the shoulder.**
- 6. For the student to be able to evaluate and treat the cervical spine using joint mobilization, muscle energy and fascial release techniques**
- 7. For the student to learn home exercises for the UQ.**

Registration 2:30 to 3:00pm

Feb 7, 2020: Day 1 3:00 – 7:00pm

3:00 – 3:15 Introduction and goals for the course
3:15 – 4:00 Common upper quarter problems and subjective history
4:00 – 5:00 Identification of faulty movement patterns in the UQ
5:00 – 5:15 Break
5:15 – 6:00 Screening of the cervical spine
6:00 – 7:00 Assessment of neural tension influences in the UQ

Feb 8, 2020: Day 2 8:00am – 5:00pm

8:00 – 8:30 Review of Day 1 and questions
8:30 – 10:00 Evaluation and Treatment of the Upper T/S and 1st rib
10:00 – 10:15 Break
10:15 – 12:00 Evaluation and treatment of the shoulder – SC and AC Joints
12:00 – 1:00 Lunch
1:00 – 3:00 Evaluation and treatment of the shoulder – ST and GH Joints
3:00 – 3:15 Break
3:15 – 4:00 Anatomy and biomechanics of the typical C/S – C2-7
4:00 – 5:00 Segmental testing of the typical C/S

Feb 9, 2020: Day 3 8:00am – 5:00pm

8:00 – 8:30 Review of Day 2 and questions
8:30 – 10:00 Treatment of the typical C/S – C2-7
10:00 – 10:15 Break
10:15 – 11:00 Anatomy and biomechanics of the upper C/S
11:00 – 12:00 Treatment of the upper C/S
12:00 – 1:00 Lunch
1:00 – 3:00 Assessment and treatment of the anterior fascias of the neck
3:00 – 3:15 Break
3:15 – 4:00 Mobilization of the anterior neck
4:00 – 5:00 Home exercises for the upper quarter

Instructor: Kyle Cook, MPT, OCS

Kyle is currently practicing at Loyola Medical Center in Chicago and is also an instructor in Loyola's Orthopedic Residency and Spine Fellowship Programs. He is a 2006 graduate of the University of Wisconsin- Madison Physical Therapy program, and later completed UW- Madison/Meriter Orthopedic Residency Program. Kyle has published in JOSPT and AANS Neurosurgeon and teaches with Bookhout Seminars as well as independently. He has recently been asked to join the clinical continuing education teaching faculty at the College of Osteopathic Medicine at Michigan State University in East Lansing, MI