

## Module III

### Differential Diagnosis and Treatment of the Thoracic Spine

**Format:** 3 day onsite lecture/lab, 6 week online learning module including discussion board, videos of technique, power point Presentations of related material and anatomy, course manual, and descriptive anatomy text.

**Moderators:** Jim Meadows BSCPT, MCPA, FCMT, lecturer; moderator; Gail Molloy PT, OCS, COMT Moderator/Lecturer, Fred Stoot PT, COMT, MCPA, FCMT Scott Gallant, PT, FAAOMPT

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**Grading:** Module testing will be conducted through the MTII online learning and testing platform. Completion of the program online testing with a grade >80% is required for passing. Clinical skills performance assessment will be used to evaluate performance and clinical reasoning, Passing is a grade of 70%.

**Duration:** 6 weeks

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#### **Course syllabi, course description, educational objectives, requirements for successful completion, and teaching methods.**

**Description:** This course is designed to prepare the Physical Therapist in advanced differential diagnosis, biomechanical assessment and treatment of the thoracic spine. Online learning will provide a background in descriptive anatomy, biomechanics, Differential diagnosis, and current research relevant to the thoracic spine and introduce Assessment and treatment techniques. Attention will be given to selected manual therapy interventions, indications and contraindications. The 3-day clinical intensive will focus on clinical evaluation and treatment skill covered in the online module.

**Education methods** will include: 24hrs classroom didactic training and lab. 25 additional hours will be required to review power point material, course manual, videos, and descriptive anatomy material. Written testing and clinical skills assessment will also be performed. On completion of the course the therapist will be able to identify the common condition scripts for all extremity joints, pass a clinical skills evaluation, and written/online test covering the didactic and course manual material with a grade of 80% or better.

#### **Syllabi: Thoracic Spine Table of Contents**

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**Onsite intensive: 24 didactic/Lab hours. 25 hrs pre/post independent study.**

**Day 1 Topics**

1. Differential Dx Thoracic region
  - a. Reg Flags
  - b. Safety considerations
  - c. Contraindications to specific treatments
2. Biomechanical assessment and treatment of the thoracic spine
  - a. Active, passive, and resistive testing
  - b. Stability testing and joint glides
  - c. Interventions
    - i. Treatment Flexion subluxation
    - ii. Treatment Extension subluxation

**Day 2 Topics**

1. Interventions
  - a. Traction manipulation to thoracic region
  - b. Traction manipulation the Thoracocervical Region
2. Condition scripts for Thoracic and Thoracocervical region
3. Biomechanical assessment and treatment of the Ribs
  - a. Interventions
    - i. Mobilization and manipulation techniques for selected conditions
    - ii. Therapeutic exercise and HEP

**Day 3 Topics**

1. Thoracic interventions
  - a. Intro to Inter-segmental and Intra-segmental units and syndromes
  - b. Integrated thoracic and upper quarter examination and treatment

**SPECIFIC COURSE OBJECTIVES:**

Module II objectives

1. Perform and interpret results of the biomechanical assessment for the thoracic spine.
  - a. Interpreting active passive, and resistive testing
  - b. Performing and interpreting Passive physiological motion testing
  - c. Stability testing of the Thoracic spine.
  - d. Neurologic testing
  - e. Red and yellow flag recognitions and interpretation.
  - f. Selected intervention for condition scripts.
2. Condition Scripts

- a. Identification of typical presentation of selected pathology and subluxations
  - b. Apply Hypothesis testing for illness scripts as part of the differential diagnosis
  - c. Select and perform appropriate manual therapy intervention based on subjective and objective data.
  - d. Select appropriate Interventions: Ther ex, NM reed modalities and HEP for illness scripts
3. Manual therapy interventions
- a. Apply appropriate manual therapy intervention based on clinical exams
  - b. Demonstrate proper technique with manipulation taking into account:
    - i. Proper treatment selection
    - ii. Integrate proper neuromuscular reeducation and therapeutic exercise prescription.
    - iii. Appropriate force for selected treatment
    - iv. Evaluation of response to treatment