

Module VII

Advanced Upper Quadrant Syndromes and Non-Obvious Etiologies

Format: 3-day onsite lecture/lab, online discussion board, videos of technique, power point presentations of related material and anatomy, course manual, descriptive anatomy test.

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

Contact: Dave Bender 410-258-4721, d1d1b@aol.com

Duration: 8 weeks

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

Description: This course will present regional influences in the upper quadrant. Upper quadrant functional units, Upper quadrant syndromes and inter-unit and intra-unit syndromes will be taught and examination and treatment plans for each covered in the didactic and laboratory component. TMJ and temporomandibular disorders will also be covered in relation to the cranio-mandibular region. Manual therapy interventions for each functional unit and syndrome will be taught.

Education methods will include: 24hrs classroom didactic training and lab, review and online testing of course material, course manual, supplemental videos and 25hrs of online guided learning.

Objectives and Requirements for Completion: On completion of this course the therapist will be proficient in evaluating and selecting appropriate intervention for the intra-unit and extra-unit conditions discussed in the courses.

Intra-unit Syndromes

1. Craniocervical Unit
 - a. Cranium
 - b. Temporomandibular joint
 - c. Buccal cavity
 - d. Craniovertebral joints

The main links:

- a. Cervicotrigeminal system
- b. Vestibulospinal system
- c. Cervicotrigeminal System

Extra-unit

AUDIENCE: Physical Therapists

PRE-REQUISITES: Completion of pre-course online and reading and testing level VII module

COURSE OBJECTIVES: At the completion of this course, the participant will be able to:

1. Identify characteristics of Upper quadrant functional units, Intra-unit syndromes, and inter unit syndromes.
2. Identify facilitated segment, reflex inhibition, radiculopathy and painful weakness influences on muscle tone and influences in the upper quarter..
3. Recognize neurologically compromised orthopedic conditions that are influenced by joints that have lost their neutral zone control and have become dysfunctional.
4. Implement effective evidence-based evaluations and treatments as related to Objective 1-3.
5. PT will be able to evaluate and treat the cervico-trigeminal and vestibulospinal systems.
6. PT will be able to evaluate and treat the cranio-mandibular dysfunctions in the upper quarter
7. PT will be able to perform a complete vertebrobasilar examination prior to manual therapy.
8. PT will be able to quickly distinguish between VBI, vestibular spinal or cervicogenic sources of dysfunction and select the current course of action for each condition.
9. PT will be able to apply advanced manipulation techniques to the cervical spine and craniovertebral joint.
10. Advanced differential diagnosis for the elbow and shoulder for primary and secondary etiologies.

Module 7 Advanced Problem Solving *in class	Topics
Anatomy , biomechanics and pathomechanics <ul style="list-style-type: none"> • Descriptive • Surface* • Applied * 	<ul style="list-style-type: none"> • All regions
Conditions (incidence/ prevalence, and presentation*	<ul style="list-style-type: none"> • All conditions
Clinical reasoning*	<ul style="list-style-type: none"> • Pattern recognition • Hypothetic-deduction • Illness scripts • SFD • Bias correction

Module 7 Advanced Problem Solving *in class	Topics
	<ul style="list-style-type: none"> • DDx, • Diagnosis specific treatment • Prognosis • Advanced differential diagnosis • Advanced complex problem solving • Intra-unit and inter-unit silent etiologies • Quadrant spanning etiologies • Problem solving technique application for difficult patients
Assessment techniques Medical diagnostic* Segmental*	<ul style="list-style-type: none"> • All assessment techniques • Gait analysis • Advanced movement pattern analysis
Treatment and management techniques*	<ul style="list-style-type: none"> • All previous techniques • Craniovertebral manipulation <ul style="list-style-type: none"> ○ a/o traction ○ a/a rotation or anterior/posterior thrusts • Alternative lumbar, SIJ, thoracic and cervical manipulative techniques • Manipulation as an assessment tool
Medical management and investigations for above conditions	<ul style="list-style-type: none"> • All previously encountered techniques

Course materials:

1. Online education platform content
 - a. PPT presentations
 - b. Video demonstrations and course discussions
 - c. Course manual
 - d. Online testing