

## Course Description

This course is designed for the physical therapist who wishes to learn and refine the manual skills necessary for the examination, evaluation and management of patients with cervical musculoskeletal disorders. In keeping with the principles of evidence-based practice, participants are given a pre-course reading list and are tested on the material. This prepares the participant with the relevant evidence, reduces the need for extensive lectures, allows for informed discussion, and leaves more time for hands-on lab sessions. Discussion will focus on the validity and clinical usefulness of manual examination procedures, and the indications and outcomes for given manual interventions.

Introduction of topics follows a case-based theme. Clinical problems covered include determining the appropriateness of PT for a patient with acute onset (traumatic and atraumatic) neck pain, cervical radiculopathy, cervicogenic headache, cervicogenic dizziness, cervical hypo- mobility, and cervical hypermobility.

The majority of the course is spent in lab instruction and practice sessions, to allow time for acquisition of motor skills. The participant will be able to utilize techniques learned in this course immediately. A CD-ROM with all of the techniques (photos, written descriptions, and videos) is provided as part of the course fee.

**Level: Intermediate**

**Audience: Physical Therapists**

San Jose District CPTA  
c/o Valley Physical Therapy  
4615 Scotts Valley Drive  
Suite D  
Scotts Valley, Ca 95066

## Comprehensive Management of the Cervical Spine



**Rob Landel, PT, DPT, OCS**

**April 21-22, 2012  
San Jose, CA**

***Sponsored by:  
San Jose District CPTA***

***Hosted by  
Good Samaritan Hospital***



**1.5 CEUs  
CPTA Approved #12-53**

# Course Information

**FACULTY:** Rob Landel, PT, DPT, OCS, CSCS has taught orthopedic physical therapy theory, evidence and practice to physicians and physical therapists across the US, Europe, Asia and Australia, from small group settings to scientific and professional meetings. He has authored or co-authored 13 peer reviewed papers and 3 book chapters. He is an associate professor of clinical PT in the Division of Biokinology and Physical Therapy at the University of Southern California. A graduate of USC (MS 1984, DPT 1996), he is Board Certified in Orthopedic PT (1992), CSCS in 2004. He continues to treat patients at USC Physical Therapy Associates, the faculty practice he founded in 1989. He has been Teacher of the Year at USC (2005), and was recently awarded the Gould Excellence in Teaching Award from the Orthopedic Section of the APTA.

*Instructors will be added as necessary to insure a student to teacher lab ratio not greater than 16:1.*

**Objectives:** The participant will be able to:

1. Analyze selected research articles on the examination and management of cervical spine conditions, and apply their conclusions appropriately.
2. Defend orthopedic cervical spine evaluation and treatment including its effectiveness based on the best available evidence.
3. Design and perform a cervical spine examination, including manual techniques.
4. Interpret evaluation findings and relate them to common orthopedic problems.

## Course Schedule

### Day One

- 8:00 Introduction to Course and CD-ROM  
8:15 Lecture/Discussion:  
Utility of manual examination  
Indications and outcomes of manual interventions  
9:00 Exam and Intervention Lab.  
Case: Upper cervical Hypermobility  
Sharp-Purser, Alar ligament tests  
9:30 Exam and Intervention Lab/Discussion: VBI  
Case: Dizziness  
Hallpike, VBI; Joint position error;  
Modified neck torsion nystagmus test; Cx muscle endurance  
10:30 Break  
10:45 Exam and Intervention Lab.  
Case: Radiculopathy: ULTTA, Spurling's,  
Traction, neural mobilization, Cx lateral glides  
12:00 Lunch  
1:00 Exam and Intervention Lab.  
Case: Headaches  
Upper cervical rotation stretch;  
Upglides; Downglides  
3:00 Break  
3:15- 5:00 Mid-cervical rotation sitting; Manual  
Stretch: Suboccipitals, upper trap,  
levator, scalenes

### Day Two

- 8:00 Written Examination  
9:00 Exam and Intervention Lab. Grade 5  
Upslope; Downslope; Traction  
10:15 Break  
10:30 GPM 5 Continued  
12:00 Lunch  
1:00 Upper thoracic mobilization  
3:15 Break  
3:30- 5:00 Exercise interventions
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5. Design and implement an appropriate management program for a given cervical spine condition, including manual techniques and exercises.

## Registration

Name:

Address:

Phone:

Email:

### Registration deadline- April 17, 2012

(Make checks payable to San Jose District CPTA)

APTA Member\* \$ 299

(\* copy of current APTA membership card required)

Non-APTA Member \$ 499

**Send registration, check and copy of APTA membership card (if applicable) to:**

Valley Physical Therapy  
4615 Scotts Valley Drive  
Suite D  
Scotts Valley, Ca 95066  
(831) 438-4478 phone  
(831) 438-5059 fax

**Cancellation Policy:** A full refund if cancellations made 3 weeks before the course. If made less than 3 weeks before the course, a \$50 fee will be charged. Notice of cancellation must be received in writing. All fees will be refunded if the instructor cancels the course, however no other expenses incurred by registered participants will be refunded.

**Location:** Good Samaritan Hospital

**Mission Oaks Campus**

15891 Los Gatos-Almaden Rd.

Los Gatos, CA 95032

Cafeteria Conference Room, First floor