

Innovative Management of the Upper Quarter: Maximizing Outcomes in Fewer Visits

INSTRUCTORS: Kristin Carpenter & Jeff Ryg • MEND Physical Therapy • Boulder, Colorado



Course Description & Objectives

This 1-day, case-based course is designed to improve your effectiveness in the clinic managing patients with neck pain and headache. Participants will learn the most up-to-date evidence regarding differential diagnosis, examination, and intervention techniques. Majority of course time and emphasis will be placed on lab sessions to improve efficiency and outcomes in the clinic on Monday. Participants will learn unique and effective manual therapy and exercise interventions for the upper quarter based on sound clinical reasoning through case based learning and pattern recognition.

Upon completion of this course, participants will be able to:

- 1) Report best practice evidence-based evaluation and treatment techniques during case study discussions and lab sessions
- 2) Perform differential diagnosis of neck pain and headache during lab sessions and case studies
- 3) Describe and accurately perform clinical upper quarter special tests with known diagnostic utility during lab sessions
- 4) Given the most current evidence, design a treatment plan and perform interventions for patients with neck pain and headache during lab sessions and case studies
- 5) Perform manual therapy and exercise interventions based on case presentations during lab sessions

Course Schedule

SATURDAY • FEBRUARY 11

- 730–8a Registration and Pre Test
- 8–9a Introduction and Differential Diagnosis of Neck Pain and Headache
- 9–10a Subjective Exam: The Foundation for Accurate Diagnosis and Clinical Efficiency
- 10–1015a BREAK
- 1015–12p Objective Exam: Case Based Clinical Reasoning and Recognition of Common Clinical Patterns
- 12–1p LUNCH on your own
- 1–2p Manual Therapy Interventions: Cervical Directed
- 2–3p Manual Therapy Interventions: Thoracic and Ribcage Directed
- 3–315p BREAK
- 315–4p Manual Therapy: Passive to Active Progressions
- 4–5p Using Exercise to Confirm Hypotheses and Treat Clinical Patterns
- 5–530p Q&A and Post Test

Course Details & Registration

LOCATION: University of Colorado
Anschutz Medical Campus
13001 E 17th PI
Aurora, CO 80045

**** SPECIAL DPT STUDENT RATE! \$100**

EARLY BIRD: \$175 (tuition received on or before Jan 11, 2017)

REGULAR TUITION: \$200 (received after Jan 11, 2017)

HOURS: 8 hours .8 CEU

REGISTER ONLINE: mendcolorado.com/pt-courses/

INSTRUCTORS: Kristin Carpenter
(read bios on mendcolorado.com)

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