

Title: Evidence-based Evaluation & Management of Common Spinal Conditions: Part 1
Cervical Spine

Overview: The attendee will learn current evidence-based orthopedic and neurological testing strategies, as well as current evidence-based multimodal treatment strategies, to accurately diagnose and manage the patient presenting with cervical region complaints. PowerPoint presentation and recorded video demonstrated will be presented. Conditions covered include: cervical spine clinical prediction rules, cervical facetogenic pain, cervicobrachial radiculopathy, whiplash-associated disorders, thoracic outlet syndrome, cervical myelopathy, cervical spine trauma, headaches, dizziness & vertigo, and temporomandibular joint disorders. Following each section, the attendee will complete a mini-quiz before moving to the next section.

Objectives: The attendee will be provided with a basic review of research, statistics and presented with up-to-date evaluation and management techniques concerning lumbar spine conditions. At the end of the presentation, the attendee should have a basic understanding of research terminology and how to interpret published research works. The attendee will have an in-depth understanding of the currently best-supported examination and treatment protocols for the most commonly presenting conditions in the cervical spine region.

Hour 1

- Course and instructor introductions
- Clinical statistics
 - Terminology (sensitivity, specificity, likelihood ratios and odds ratios)
 - Interpretation of statistics and application to clinical practice
- Cervical spine treatment clinical prediction rules
 - Cervical spine manipulation
 - Thoracic spine manipulation + cervical exercise
 - Cervical Traction

Hour 2

- Cervical spine facet pain
 - Historical and examination procedures and findings
 - Evidence-based manual therapy intervention
 - Video demonstration of exam and treatment procedures
- Cervical radiculopathy
 - Historical and examination procedures and findings
 - Evidence-based manual therapy and medical interventions
 - Video demonstration of exam and treatment procedures

Hour 3

- Whiplash-Associated Disorders
 - Etiology and biomechanics
 - Historical and examination procedures and findings
 - Evidence-based manual therapy intervention
 - Video demonstration of exam and treatment procedures
- Thoracic outlet syndrome
 - Historical and examination procedures and findings

- Evidence-based manual therapy intervention
- Video demonstration of exam and treatment procedures
- Cervical Myelopathy
 - Historical and examination procedures and findings
 - Evidence-based manual therapy intervention
 - Video demonstration of exam and treatment procedures

Hour 4

- Cervical Spine Trauma
 - Canadian C-Spine Rule
 - PECARN criteria for juvenile trauma
- Upper Crossed Syndrome
 - Etiology and clinical correlation
 - Historical and examination procedures and findings
 - Evidence-based manual therapy intervention
 - Video demonstration of exam and treatment procedures

Hour 5

- Headache Introduction
 - General historical findings
 - Yellow and red flags
- Tension-type headache
 - Historical and examination procedures and findings
 - Evidence-based manual therapy intervention
 - Video demonstration of exam and treatment procedures
- Cervicogenic headache
 - Historical and examination procedures and findings
 - Evidence-based manual therapy intervention
 - Video demonstration of exam and treatment procedures
- Migraine
 - Pathogenesis of migraine
 - Historical and examination procedures and findings
 - Evidence-based manual therapy intervention

Hour 6

- Dizziness & Vertigo
 - Historical and examination findings and procedures
 - Red and yellow flags, and nystagmus
 - Benign paroxysmal position vertigo examination and intervention
 - Cervicogenic vertigo examination and procedures
 - Video demonstration of exam and treatment procedures
- Temporomandibular joint disorders
 - Introduction, anatomy and biomechanics
 - Historical and examination procedures and findings
 - Evidence-based manual therapy intervention
 - Video demonstration of exam and treatment procedures

Selected References – 214 Additional References Available Upon Request.

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