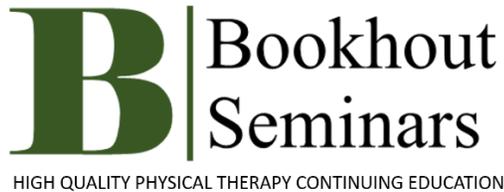


Evaluation and Treatment of the Upper Quarter



September 21-22, 2024

Tuition: \$600

Aurora Medical Center Oshkosh
855 N Westhaven Drive
Oshkosh, WI, 54904

ABOUT US

Bookhout Seminars is a physical therapy continuing education group that specializes in instructing physical therapists in advanced evaluative techniques and manual interventions. Mark Bookhout, PT, MS, FAAOMPT, CFMM developed this material over 35 years of clinical practice with influences from Stanley Paris, Michigan State School of Osteopathic Medicine, The Barral Institute, Janda, Feldendrais and countless other experts. Bookhout Seminars emphasizes integration of competing approaches into a single cohesive evaluative and treatment approach.

INSTRUCTOR

Kyle Cook, MPT, OCS is currently practicing at Loyola Medical Center in Chicago and is also an instructor in Loyola's Orthopedic Residency and Spine Fellowship Programs. He is a 2006 graduate of the University of Wisconsin- Madison Physical Therapy program, and later completed UW-Madison/Meriter Orthopedic Residency Program. Kyle has been published in JOSPT and AANS Neurosurgeon. He is clinical faculty at The Michigan State School of Osteopathic Medicine's Continuing medical education department and co-owner of Bookhout Seminars, LLC.

TO REGISTER YOU CAN PAY:



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To register contact: bookhoutseminars@gmail.com
www.bookhoutseminars.com

Course Description

This two-day course will cover the functional anatomy and biomechanics of the cervico-thoracic junction and cervical spine. Emphasis will be placed upon making a positional diagnosis for upper thoracic and cervical spinal dysfunction. Treatment will utilize an eclectic approach with the primary emphasis on muscle energy technique. Evaluation and treatment of first rib dysfunction will be included. Evaluation and treatment for adverse neural tension signs in the upper extremity, commonly associated with thoracic outlet syndrome, will be presented with treatment directed toward addressing extraneural interfaces prior to neuromobilization. Assessment and treatment of the anterior fascias of the cervical spine will also be presented.

Course Objectives:

1. Review the anatomy and biomechanics of the cervico-thoracic junction and cervical spine.
2. Be able to make a positional diagnosis of cervico-thoracic spinal dysfunction.
3. Be able to treat upper thoracic spinal dysfunctions utilizing muscle energy and direct joint mobilization techniques.
4. Be able to evaluate and treat the cervical spine utilizing muscle energy and direct joint mobilization techniques.
5. Understand how to evaluate and treat the first rib.
6. Understand the importance of evaluating and treating the patient for adverse neural tension signs in the UE.
7. Become familiar with and able to assess and treat the anterior fascias of the neck.
8. Be able to design an exercise program for patients with thoracic spine, rib cage and cervical spine dysfunction.

Course Schedule

Day I 8:00am – 5:00pm

8:00 – 8:15 Introduction and goals for the course
8:15 – 9:00 Common upper quarter problems and subjective history

9:00 – 10:00 Screening of the cervical spine

10:00 – 10:15 Break

10:15 – 11:00 Assessment of neural tension influences in the UQ

11:00 – 12:00 Anatomy & Biomechanics of the Upper Thoracic Spine and 1st Rib

12:00 – 1:00 Lunch

1:00 – 3:00 Evaluation and Treatment of the Upper T/S and 1st rib

3:00 – 3:15 Break

3:15 – 4:00 Anatomy and biomechanics of the typical C/S – C2-7

4:00 – 5:00 Segmental testing of the typical C/S for dysfunction

Day 2 8:00am – 5:00pm

8:00 – 8:30 Review of Day I and questions

8:30 – 10:00 Treatment of the typical C/S – C2-7

10:00 – 10:15 Break

10:15 – 11:00 Anatomy and biomechanics of the upper C/S

11:00 – 12:00 Treatment of the upper C/S

12:00 – 1:00 Lunch

1:00 – 3:00 Assessment and treatment of the anterior fascias of the neck

3:00 – 3:15 Break

3:15 – 4:00 Mobilization of the anterior neck

4:00 – 5:00 Home exercises for the upper quarter

To register contact: bookhoutseminars@gmail.com

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