

Evaluation and Treatment of the Cervical Spine and Cervico-Thoracic Junction Course Description

Bookhout Seminars, LLC

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.

Objectives and Goals

The student will:

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.

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Day 1 8:00am – 5:00pm

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| 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

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| 8:00 – 8:30 | Review of Day 1 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 |