



ORTHOPEDIC MANUAL THERAPY CERVICAL SPINE COURSES

May 19-23, 2017

Level I: NAIOMT C516

Level II: NAIOMT C616

In Tartu, Estonia



NAIOMT Level I and II courses in cervical spine

Target Audience: Mainly physical therapists, physical therapy students, medical doctors, residents are welcome to attend the courses.

Course dates: (5 days all together; it is possible to take separately Level I course as well)

- Level I- 19-21.05.2017 (9.00-17.00)
- Level II- 21-23.05.2017 (9.00-17.00)

Place: Ravila 14a-2071, Tartu, Estonia

Price: Both Level I and Level II 569 EUR; only Level I 350 EUR

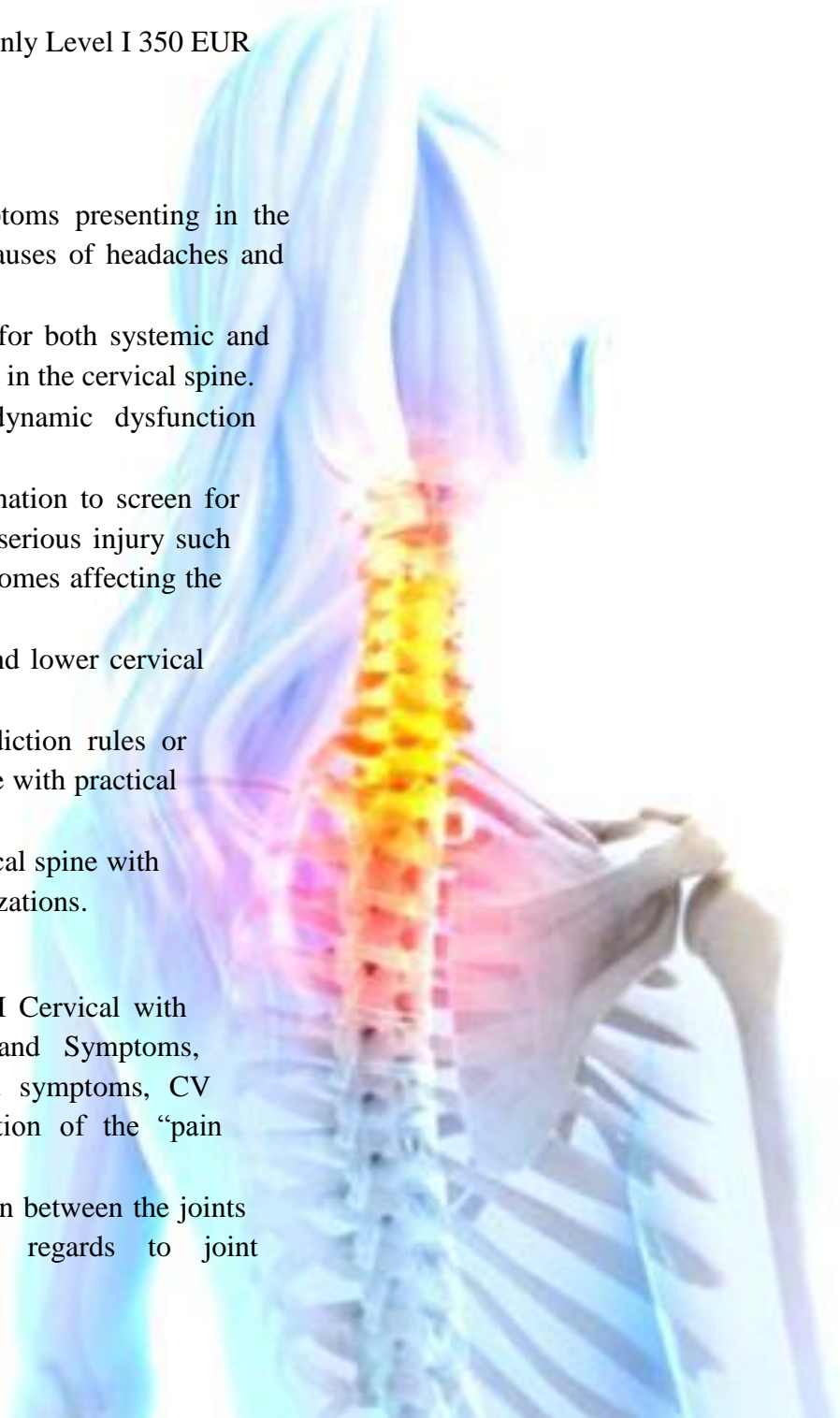
Course descriptions:

Level I: C-516 Cervical Spine

- Differential diagnosis of common symptoms presenting in the cervical spine with a special focus on causes of headaches and dizziness.
- Development of essential illness scripts for both systemic and mechanical pathologies giving rise to pain in the cervical spine.
- Identification and treatment of neurodynamic dysfunction affecting the upper quarter.
- Comprehensive cervical scanning examination to screen for systemic pathology, traumatic fractures, serious injury such as rim lesions and mechanical pain syndromes affecting the upper and lower cervical spine.
- Differentiation between upper cervical and lower cervical spine symptoms and pathology.
- Review of evidence based clinical prediction rules or classifications related to the cervical spine with practical application in the clinical practice.
- Principles of treatment of the upper cervical spine with manual therapy techniques such as mobilizations.

Level II: C-616 Cervical Spine

- Continuation of skills learned in Level I Cervical with necessary review of cardinal Signs and Symptoms, trigeminocervical S&S, VBI signs and symptoms, CV instability, etc. Review of differentiation of the “pain generation” between the upper CS joints.
- Principles of biomechanical differentiation between the joints of the upper cervical spine with regards to joint HYPOmobility.



- Mobilization in sitting of the upper cervical joint painless HYPOmobilities.
- Principles of biomechanical differentiation between the joints of the lower cervical spine with regards to painful joints and painless HYPOmobilities.
- Mobilizations of the joints of the lower cervical spine in sitting for both the painful joint and the painless HYPOmobilities, introducing and utilizing the concept of craniovertebral locking from above. Possibly the concept of locking from below.
- Identifying HYPERmobilities in the lower cervical spine utilizing both sitting and supine PIVM techniques.
- Identification of instabilities of the joints of the lower cervical spine utilizing both sitting and supine techniques.
- Understanding of the biomechanics of the glides for flexion and extension of the cervical facet joints especially in supine (SAL[®] and IMP[®]).
- Performance of the PIVM's for SAL[®] and IMP[®] in supine.
- Performance of joint mobilizations for SAL[®] and IMP[®] with locking in supine.
- Successful cervical muscular rehabilitation and neuromuscular re-education.

ABOUT NAIOMT

The North American Institute of Orthopedic Manual Therapy was established in 1989 by Canadian physiotherapists Erl Pettman, COMT, FCAMT; David Lamb_(d) COMT, FCAMT; Cliff Fowler, COMT, FCAMT and Jim Meadows, COMT, FCAMT to bring what was formerly known as the Canadian Manual Therapy System to the USA. The clinical expertise of this group was unparalleled anywhere in North America with regards to utilization of extensive anatomical and biomechanical knowledge. As a result this group innovated clinical strategies of differential diagnosis, biomechanical analysis of joint movement patterns and specific manual therapy treatments including both joint mobilizations and thrust manipulations. That tradition has continued to this day with NAIOMT being recognized as the manual therapy system with:

- The most emphasis on advanced clinical reasoning skills
- Clinical mastery of differential diagnosis
- Effective utilization of biomechanically based manual therapy evaluation and treatment techniques including thrust manipulations
- Effective utilization of current evidence and basic clinical science to design comprehensive physical therapy rehabilitation programs.



INSTRUCTOR – Kathy Berglund

Titles:

- Postprofessional Program Director at Andrews University (2003 – 2016)
- NAIOMT board member and instructor (2009 – present)

Education:

- DScPT, Andrews University
- M.A., University of North Carolina
- B.S., University of North Carolina
- Associate Professor of Physical Therapy

Certificates:

- American Academy of Orthopedic Manual Physical Therapy
- Certified Orthopedic Manipulative Therapist
- Board Certified Orthopedic Clinical Specialist
- Certified Athletic Trainer



Biography:

Kathy graduated from the University of North Carolina, Chapel Hill with a BS in physical therapy and a MA in athletic training and sports medicine and certification as an athletic trainer. She completed her DSc in orthopedic manual physical therapy in August 2012.

Kathy began studying manual therapy at Michigan State University with courses at Michigan State University in 1981 with manual therapy “greats” such as Philip Greenman, DO and John Mennell, MD. She studied peripheral joint evaluation and manual treatment techniques from Freddy Kaltenborn in the mid-eighties. In 1984 she began studying under Stanley Paris and completed the majority of his course offerings over the next several years. Also, Western Michigan University in Kalamazoo, MI hired her to direct as a director of physical therapy at Southwest Michigan Sports Medicine Clinic from 1980 to 1984.

Kathy became involved with the founders of NAIOMT in 1989. She became an orthopedic clinical specialist in 2000 and a fellow of the American Academy in 2002. She previously served. She has taught at Andrews University since 1989 and became the orthopedic coordinator in 1994. In 2003 she became the director of the postprofessional degree program at Andrews University and in 2004 she received the Daniel A. Augsburger Excellence in Teaching Award. She has served NAIOMT as a lab assistant with Erl Pettman from 1991-2007 and as a faculty in training since 2007. She became a NAIOMT faculty member in 2009.

Previous NAIOMT courses in Estonia:

In cooperation with the University of Tartu and Tartu High Performance Center we have offered successful Orthopedic Manual Therapy courses in Tartu from 2013. So, this cervical spine course is a continuation of new information to broaden the knowledge about differential diagnosis and manual therapy interventions.



Timetable

Level I (3 days)

Friday 19.05.2017

- 10.00- 11.30 Introduction to the course
- 11.30-11.45 coffee break
- 11.45-13.30 Differential diagnosis of Cervical Spine
- 13.30-14.15 Lunch
- 14.15-15.30 Differential diagnosis of CS
- 15.30-15.45 coffee break
- 15.45-17.00 Development of Illness scripts of CS

Saturday 20.05.2017

- 9.00-10.30 cervical scan examination
- 10.30-10.45 coffee break
- 10.45-12.00 biomechanics of the upper and lower CS
- 12.00-13.00 Lunch
- 13.00-14.30 assessment of the upper and lower CS
- 14.30-14.45 coffee break
- 14.45-17.00 treatment of upper CS

Sunday 21.05.2017

- 10.00-11.30 manual therapy techniques of upper CS
- 11.30-11.45 coffee break
- 11.45-13.30 beginning cervical spine rehabilitation
- 13.30-13.45 coffee break
- 13.45-15.30 beginning cervical spine rehabilitation

Level II (2 days)

Monday 22.05.2017

- 9.00- 10.30 differentiation of the “pain generation” between the upper CS joints
- 10.30-10.45 coffee break
- 10.45-12.30 review of cardinal S&S, trigeminocervical S&S, VBI S&S, CV instability
- 12.30-13.30 Lunch
- 13.30-15.00 principles of upper CS mobilizations
- 15.00-15.45 coffee break
- 15.45-17.00 mobilization of the upper CS in sitting

Tuesday 23.05.2017

- 9.00- 10.30 mobilization of the lower CS
- 10.30-10.45 coffee break
- 10.45-11.30 mobilization of the lower CS
- 12.30-13.15 Lunch
- 13.15-14.30 PIVM lower CV (sitting, standing)
- 14.30-14.45 coffee break
- 14.45-16.00 understanding IMPs/SALs, practicing IMPs/SALs
- 16.00-17.00 summary of the course

