

# Course Outline

## The Advanced Upper Cervical Spine



Friday 11<sup>th</sup> August 2017

### Day 1: Basic assessment, screening, manual therapy, headache

<i>Time</i>	<i>Title</i>	<i>Format</i>
8:30	Registration	
<b>Section 1: Overview and manual assessment of the upper cervical spine</b>		
8:45	Introduction	
9:00	1. Overview: The upper cervical spine, triage diagnosis, exclusion of red flags.	Interactive lecture Trudy Rebbeck
	2. Effective history taking in the upper cervical spine	Interactive lecture Trudy Rebbeck
10:30	Morning tea	
11:00	3. Basic assessment of the upper cervical spine: Range of motion, combined/repeated movements for the upper cervical spine. Practical red flag and cervical arterial disease (CAD) screening,	Practical Roxanne Azoory / Trudy Rebbeck
12:00	4. Manual therapy assessment: Upper cervical spine: upslopes/ downslopes and selected MWM's	Practical Roxanne Azoory / Trudy Rebbeck
1:00	Lunch	
<b>Section 2: Differential diagnosis of headaches</b>		
1:45	5. Differential diagnoses of headache	Interactive lecture Trudy Rebbeck
2:45	6. Assessment of headache: practical element will include content not completed above	Practical using case study Trudy Rebbeck
3:30	Afternoon tea	
<b>Section 3: Assessment and training of cervical motor performance</b>		
3:45	7. Functional, Postural, and Regional Assessment of the Neck	Interactive Lecture/ Practical Shaun O'Leary
5:00	Close	

#### Directors

Trudy Rebbeck FACP PhD  
Michael Ryan FACP

#### Educators

Darren Beales FACP PhD  
Robert Boland FACP PhD  
Mary Magarey FACP PhD

#### Educators

Shaun O'Leary FACP PhD  
Natalie Pulsford FACP  
Roxanne Azoory FACP

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# Course Outline

## The Advanced Upper Cervical Spine



Saturday 12<sup>th</sup> August 2017

### Day 2: Motor performance and differential diagnosis of dizziness

<i>Time</i>	<i>Title</i>	<i>Format</i>
<b>Section 3: Continued</b>		
9:00	8. Assessment and Training of Anterior Neck Muscles	Lecture/Practical Dr Shaun O'Leary
10:30	Morning tea	
11:00	9. Assessment and Training of Posterior Neck Muscles	Lecture/Practical Dr Shaun O'Leary
12:30	10. Assessment and Training of Axio-scapular Muscles	Lecture/Practical Dr Shaun O'Leary
1:00	Lunch	
1:45	10. Continued - Assessment and Training of Axio-scapular Muscles	Lecture/Practical Dr Shaun O'Leary
<b>Section 4: Differential diagnosis of dizziness</b>		
2:45	11. Differential diagnosis of dizziness	Interactive Lecture Trudy Rebbeck
3:15	Afternoon tea	
3:45	12. Clinical examination of the patient with vertigo/dizziness - the vestibular system examination. (to include oculomotor examination, Hallpike, supine roll tests)	Interactive Lecture Natalie Pulsford
5:00	Close	

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## The Advanced Upper Cervical Spine



Sunday 13<sup>th</sup> August 2017

### Day 3: Complex conditions (dizziness, TMD, whiplash), pain sensitivity and putting it together

<i>Time</i>	<i>Title</i>	<i>Format</i>
<b>Section 5: Dizziness, TMD and whiplash</b>		
9:00	13. Assessment and management of cervicogenic dizziness. Sensorimotor control: joint position error, oculomotor tests and balance.	Practical Trudy Rebbeck/ Natalie Pulsford
9:45	14. Progression of treatment for the dizzy patient	Practical using case studies Trudy Rebbeck/ Natalie Pulsford
10:30	Morning tea	
11:00	15. TMD Assessment and management	Interactive lecture Natalie Pulsford
12:00	16. Overview of assessment and management of whiplash. Includes incidence, prevalence, prognosis, valid measures of outcome and evidence based management.	Interactive lecture Trudy Rebbeck
12:45	17. Assessment of sensory impairment in whiplash: including pressure hyperalgesia, cold hyperalgesia and selected neurodynamic tests	Practical Trudy Rebbeck
1:15	Lunch	
<b>Section 6: Putting it all together</b>		
2:00	18. Patient demonstration with clinical reasoning	Patient demonstration Trudy Rebbeck
3:00	Afternoon tea	
3:30	19. Putting it all together in the upper cervical spine; case studies demonstrating the incorporation of basic and complex assessment, manual therapy and exercise.	Interactive discussion using case studies Trudy Rebbeck/ Natalie Pulsford
5:00	Close	

NB All times and order are subject to change at the presenter's discretion

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