

Course Outline

The Complete Upper Quadrant



Friday 19th October 2018

Day 1: Introduction and basic assessment of the upper quadrant: joint focus

| Time | Title | Format |
|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| 8:30 | Registration | |
| Introduction | | |
| 8:45 | Introduction | |
| 9:00 | 1. Introductory lecture: Overview: The cervical spine, triage diagnosis, prevalence, evidence based management. | Interactive lecture Trudy Rebbeck |
| 9:30 | 2. Introductory lecture: Overview: Identification and differential diagnoses of neurological conditions. | Interactive lecture Rob Boland |
| 10:00 | 3. Introductory lecture: Differentiation of common shoulder conditions in the over 40's; including rotator cuff tendinopathy, cuff tear arthropathy, OA of the GHJ and ACJ, adhesive capsulitis. | Interactive lecture Mary Magarey |
| 10:30 | Morning tea | |
| Basic assessment of the cervical spine (articular system focus) | | |
| 11:00 | 4. Practical Ax cervical spine 1: Basic assessment of the cervical spine: Range of motion, combined/repeated movements for the cervical spine, CAD screening | Practical Trudy Rebbeck/ Michael Ryan |
| 12:00 | 5. Practical Ax cervical spine 2: Manual therapy /articular system assessment: Lower cervical spine PAIVM's and PPIVM's, selected MWM's | Practical Trudy Rebbeck/ Michael Ryan |
| 1:00 | Lunch | |
| Assessment of the UQ neurological systems | | |
| 1:45 | 6. Practical Ax The neurological examination: Differentiation of radiculopathy from peripheral nerve conditions. | Practical Rob Boland |
| 3:30 | Afternoon tea | |
| Basic assessment of the shoulder (articular system focus) | | |
| 3:45 | 7. Practical: Assessment of the shoulder 1: active movements, passive testing, structured focused palpation. | Practical with interactive discussion Mary Magarey |
| 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

Level 1, 50 York St Sydney NSW 2000
Ph. 02 9299 0700 | Fax 02 9299 0400
E admin@specialistphysio.net.au
W specialistphysioeducation.net.au

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Saturday 20th October 2018

Day 2: Assessment of the upper quadrant: cervical spine and shoulder: muscle system focus

| Time | Title | Format |
|-----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| Assessment of mechano-sensitivity and the sensory system | | |
| 9:00 | 8. Lecture: Assessment for mechanosensitivity and implications for Treatment. | Interactive lecture Rob Boland |
| 9:45 | 9. Practical: Assessment for mechanosensitivity and implications for Treatment. | Practical Rob Boland |
| 10:30 | Morning tea | |
| Assessment of the cervical spine (muscle focus) | | |
| 11:00 | 10. Lecture: Impairments of motor performance and motor control in cervical spine disorders | Interactive lecture Trudy Rebbeck |
| 11:30 | 11. Assessment of motor performance in the cervical spine Part 1: Integration with active movements, scapula control, cranio-cervical flexion control, cervical flexor endurance and strength. | Practical Trudy Rebbeck |
| | 12. Assessment and management of motor performance in the cervical spine part 2: cranio-cervical extensors: cross sectional area using RTUS, cervical extensor endurance and strength | Interactive lecture Trudy Rebbeck |
| 1:00 | Lunch | |
| Assessment of the shoulder (muscle focus) | | |
| 1:45 | 13. Lecture: Assessment of the shoulder 2: muscle function, rotator cuff and scapula | Interactive lecture using case studies Mary Magarey |
| 2:45 | 14. Practical: Assessment of the shoulder 2: muscle function, rotator cuff and scapula | Practical Mary Magarey |
| 3:15 | Afternoon tea | |
| 3:45 | 14 continued | Practical Mary Magarey |
| 5:00 | Close | |

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Sunday 21st October 2018

Day 3: Management of the upper quadrant and putting it all together

| Time | Title | Format |
|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| Management of the cervical spine and chronic conditions | | |
| 9:00 | 15. Lecture: Neuropathic pain: Overview of Diagnosis and principles of management. | Interactive lecture Rob Boland |
| 9:45 | 16. Management of complex UQ neurological conditions. | Interactive lecture / practical component Rob Boland |
| 10:30 | Morning tea | |
| 11:00 | 17. Lecture: Assessment and management of chronic whiplash and chronic NSNP | Interactive lecture Trudy Rebbeck |
| 11.45 | 18. Management of the cervical spine: complex conditions | Practical Trudy Rebbeck |
| 1:00 | Lunch | |
| Management of the Shoulder | | |
| 1:45 | 19. Lecture: Dynamic management of the shoulder complex | Interactive lecture Mary Magarey |
| 2:30 | 20. Practical: Dynamic management of the shoulder complex | Practical, using case studies Mary Magarey |
| 3:15 | Afternoon tea | |
| Consolidation: Putting it all together | | |
| 3:45 | 21. Putting it all together: case studies demonstrating differential diagnosis of UQ conditions; Ax of the articular, motor and neural systems, evidence based management underpinned with clinical reasoning. | Interactive discussion using case studies ALL |
| 5:00 | Close | |

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

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Darren Beales FACP PhD
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Mary Magarey FACP PhD

Educators

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

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