

# Course outline: The Complete & Advanced Upper Quadrant



Friday 26<sup>th</sup> March 2021

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

Time	Title	Format
8:00	Registration	
<b>Introduction</b>		
8:15	Introduction	Michael Ryan
8:30	1. Introductory lecture: Overview: The cervical spine, triage diagnosis, prevalence, evidence based management	Interactive lecture Trudy Rebbeck
9:00	2. Introductory lecture: Overview: Identification and differential diagnoses of neurological conditions	Interactive lecture Rob Boland
9:30	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
10:00	Morning tea	
<b>Basic assessment of the cervical spine (articular system focus)</b>		
10:30	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 TR; Tutors MR, MM
11:30	5. Practical Ax cervical spine 2: Manual therapy /articular system assessment: Lower cervical spine, upslopes, downslopes, selected MWM's	Practical MR; Tutors MM, RB
12:45	Lunch	
<b>Assessment of the UQ neurological systems</b>		
1:30	6. Practical Ax The neurological examination: Differentiation of radiculopathy from peripheral nerve conditions	Practical RB; Tutors MM, MR
3:00	Afternoon tea	
<b>Basic assessment of the shoulder (diagnostic assessment)</b>		
3:20	7. Practical: Assessment of the shoulder 1: active movements, resistive testing, passive testing, structured focused palpation	Practical with interactive discussion MM; Tutors MR, RB
5:00	Close	

### Educators

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 Azoozy FACP

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**Saturday 27<sup>th</sup> March 2021**

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

Time	Title	Format
<b>Assessment of mechano-sensitivity and the sensory system</b>		
9:00	8. Lecture: Assessment of neuropathic pain and mechanosensitivity and implications for Treatment	Interactive lecture RB
9:45	9. Practical: Assessment for mechanosensitivity and implications for Treatment	Practical RB; Tutors TR, MM
10:30	Morning tea	
10.45	10. How to assess for nociplastic pain (sensory hypersensitivity) and implications for management	Practical TR; Tutors RB, MM
<b>Assessment of the cervical spine (muscle focus)</b>		
11:45	11. Lecture: Impairments of neuromuscular system in cervical spine and upper quadrant disorders	Interactive lecture TR
12:15	12. Assessment of neuro-muscular system. Part 1: Integration with active movements, axio-scapula control, cranio-cervical flexion control, cervical flexor endurance and strength  13. Assessment of neuro-muscular system: Part 2: cranio-cervical extensors, cervical extensors, change in cross sectional area using RTUS, cervical extensor endurance and strength	Practical TR; Tutors RB, MM
1:15	Lunch	
<b>Assessment of the shoulder (dynamic assessment)</b>		
1:45	14. Lecture: Assessment of the shoulder 2: muscle function, rotator cuff and scapula 15. Practical: Assessment of the shoulder 2: muscle function, rotator cuff and scapula	Interactive lecture using facilitated discussion/ case studies MM; Tutors RB, TR
3:00	Afternoon tea	
3:30	15. ctd ...Practical: Assessment of the shoulder 2: muscle function, rotator cuff and scapula	Practical MM; Tutors RB, TR
5:15	Close	

## Educators

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Michael Ryan FACP

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**Sunday 28<sup>th</sup> March 2021**

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

<b>Time</b>	<b>Title</b>	<b>Format</b>
<b>Management of the cervical spine and chronic conditions</b>		
9:00	16. Management of complex UQ neurological conditions	Interactive lecture RB
9:45	17. Assessment and management of chronic whiplash and chronic NSNP	Interactive lecture with discussion TR; Tutors RB, MM
10:30	Morning tea	
11:00	18. LIVE patient masterclass. Live patient assessed with facilitated interactive clinical reasoning	Practical ALL 3 tutors TR, MM, RB
1:00	Lunch	
<b>Dynamic Management of the Shoulder</b>		
1:45	19. Lecture: Dynamic management of the shoulder complex	Interactive lecture MM
2:30	20. Practical: Dynamic management of the shoulder complex	Practical, using case studies MM; Tutors RB, TR
3:15	Afternoon tea	
<b>Consolidation: Putting it all together</b>		
3:30	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 3 tutors TR, MM, RB
5:00	Close	

NB All times and order are subject to change at the presenters' discretion.

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Trudy Rebbeck FACP PhD  
Michael Ryan FACP

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

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