

# Diagnosis and Treatment of Movement System Impairment

14 Contact Hours

IL PT License # 216.000215; IL OT License in process



## Introduction to Concepts and Application: The Upper Quarter February 16 - 17, 2019



### Location:

Swedish Covenant Hospital's Rehab Services Department  
Galter LifeCenter  
5157 N Francisco Ave.  
Chicago, IL 60625

Continental breakfast and snacks will be provided throughout the courses.

Voted "Best CE Host Site" from 2004—2018  
Maitland Australian Physiotherapy Seminars

**Space is limited.  
Click here to  
register.**

### Course Instructor



**Suzy L. Cornbleet PT, DPT**, is an associate professor of physical therapy and orthopaedic medicine at the Washington University School of Medicine in St. Louis, MO. Her clinical interests are in pediatric and adolescent hip and low back pain and general outpatient orthopedics. She also serves as a mentor in the clinical practice at the Washington University School of Medicine PT Clinic. She has been instrumental in the development of Washington University's fellowship in the diagnosis and management of movement impairment

syndromes and acts as a primary mentor. Suzy received her bachelor of science in physical therapy degree from the University of Colorado and both her master of arts in education degree and her clinical doctoral degree in physical therapy from Washington University.

### Attire:

The course involves laboratory practice. Please wear gym clothes.

### Recommended Reading:

**Diagnosis & Treatment of Movement Impairment Syndromes** by Shirley Sahrman, Publisher-Harcourt Health Sciences, 2002.

**Muscles: Testing and Function** by Florence Kendall et al, Publisher - Williams & Wilkins, 2005.

# Diagnosis and Treatment of Movement System Impairment

## Introduction to Concepts and Application: The Upper Quarter

February 16 - 17, 2019

Suzy L. Cornbleet PT, DPT, will present the concepts and principles of the movement system syndromes and their relationship to mechanical musculoskeletal pain. This course will enable clinicians to identify impairments in movement, alignment, muscle length, stiffness and performance as well as patterns of movement and their relationship to the Movement System Impairment (MSI). The signs and symptoms of MSI syndromes of the shoulder will be described. The course will also include instruction in tests designed to develop and confirm the diagnosis and identify contributing factors. Discussion will focus on the importance and means of:

- Developing a diagnosis
- Identifying muscle and movement impairments
- Developing and teaching a precise therapeutic exercise program
- Correcting alignment and movement patterns associated with function and fitness activities

A lab will be offered to provide supervised performance of the examination and development of a corrective exercise program.

## Course Schedule

### Saturday, February 16, 2019

8:00 to 8:30 a.m.	Registration
8:30 to 10:15 a.m.	Concepts and Principles of the Movement System Impairments
10:15 to 10:30 a.m.	Break
10:30 to 11:45 a.m.	MSI Syndromes of the Scapula and Cervical Spine
11:45 a.m. to 12:45 p.m.	Lunch
12:45 to 2:45 p.m.	Demonstration and Practice of Selected Tests of the Scapula and Humerus - Standing and Supine Tests
2:45 to 3:00 p.m.	Break
3:00 to 5:00 p.m.	Continued Demonstration and Practice of Selected Tests of the Scapula and Humerus - Prone, Quadraped, Sitting and Wall Tests

### Sunday, February 17, 2019

7:30 to 8 a.m.	Check-in
8 to 9 a.m.	MSI Syndromes of the Humerus
9 to 10 a.m.	Demonstration and Practice of Selected Tests of the Cervical Spine
10 to 10:15 a.m.	Break
10:15 - 11:45 a.m.	Demonstration of MSI Exam of Volunteer with Shoulder Region Pain: Determine Diagnosis and Develop Treatment Program
11:45 a.m. to 12:45 p.m.	Lunch
12:45 to 2 p.m.	Discussion of Treatment Principles
2 to 2:15 p.m.	Break
2:15 to 3:45 p.m.	Small Group Exam of the UQ (Facilitated by Lab Assistant)
3:45 to 4:15 p.m.	Discussion Related to Small Group Cases; Q&A Wrap-Up

*Note: Exact times and order of content are subject to change*

# Diagnosis and Treatment of Movement System Impairment

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## Advanced Concepts and Application: The Upper Quarter

April 6-7, 2019

### Location:

Swedish Covenant Hospital's Rehab Services Department  
Galter LifeCenter  
5157 N Francisco Ave.  
Chicago, IL 60625

Continental breakfast and snacks will be provided throughout the courses.

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### Course Instructor



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syndromes and acts as a primary mentor. Suzy received her bachelor of science in physical therapy degree from the University of Colorado and both her master of arts in education degree and her clinical doctoral degree in physical therapy from Washington University.



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### Attire:

The course involves laboratory practice. Please wear gym clothes.

### Recommended Reading:

**Diagnosis & Treatment of Movement Impairment Syndromes** by Shirley Sahrman, Publisher-Harcourt Health Sciences, 2002.

**Muscles: Testing and Function** by Florence Kendall et al, Publisher - Williams & Wilkins, 2005.

# Diagnosis and Treatment of Movement System Impairment

## Advanced Concepts and Application: The Upper Quarter

April 6-7, 2019

Suzy L. Cornbleet, PT, DPT, will provide a review and update of the concepts and principles of the Movement System Impairment (MSI) theory and its relationship to musculoskeletal pain syndromes. This course is designed to improve the clinician's skills in the performance of the examination procedures and the recognition of signs and symptoms of upper quarter movement system impairment syndromes. The course will emphasize the selection and performance of corrective exercises based on the results of the examination. Discussion will also include description of the diagnoses of shoulder girdle and cervical spine movement impairment syndromes, as well as the relationship to the thoracic spine.

A lab will be offered to provide supervised performance of the examination and development of a corrective exercise program.

***Prerequisite: Completion of the Introductory Course or equivalent.***

### Course Schedule

#### **Saturday, April 6, 2019**

7:30 to 8 a.m.	Registration
8 to 9 a.m.	Concepts and Principles of Movement System Impairments (MSI) Syndromes (Review & Update)
9 to 10:15 a.m.	MSI Diagnoses of the Scapula and Humerus
10:15 to 10:30 a.m.	Break
10:30 to 11:30 a.m.	MSI Diagnoses of the Scapula and Humerus (cont'd); Practice Identifying Movement Impairments
11:30 a.m. to 12:30 p.m.	Lab: Demonstration of a Complete Shoulder Girdle Examination - Participants Determine Diagnosis and Corrective Exercise
12:30 to 1:30 p.m.	Lunch
1:30 to 3 p.m.	Lab: Examination of Alignment and Standing Movement Tests - Demonstration and Practice
3 to 3:15 p.m.	Break
3:15 to 4:45 p.m.	Shoulder Examination in Sitting, Supine, Prone and Quadruped - Demonstration and Practice
4:45 to 5 p.m.	Wrap Up for the Day

#### **Sunday, April 7, 2019**

8 to 9:45 a.m.	MSI Diagnoses of the Cervical Spine With Considerations of the Thoracic Spine
9:45 to 10 a.m.	Break
10 to 11 a.m.	Lab: Demonstration of a Complete Cervical Spine Examination - Participants Determine Diagnosis & Corrective Exercise
11 a.m. to noon	Lab: Demonstration and Practice of Alignment & Movement Tests of the Cervical Spine
Noon to 1 p.m.	Lunch
1 to 2:30 p.m.	Small Group Practice of Complete Examination of Cervical Spine and Shoulder Girdle
2:30 to 2:45 p.m.	Break
2:45 to 4:15 p.m.	Treatment: Exercise Progression, Functional Activities - Demonstration and Practice
4:15 to 5 p.m.	Course Wrap Up

*Note: Exact times and order of content are subject to change*

# Course Registration

**Introduction to Concepts and Application:  
The Upper Quarter**

Tuition: \$495

**Early Bird (before 1/1/2019): \$450**

**Advanced Concepts and Application:  
The Upper Quarter**

Tuition: \$495

**Early Bird (before 1/31/2019): \$450**

**Series Discount (Register for both courses before 1/31/2019): \$900**

**Email:** nsullivan@SwedishCovenant.org

**Phone:** 773-878-8200, ext. 2628

**Fax:** 773-561-0937

**Make Checks Payable to Swedish Covenant Hospital**

Mail To:

Swedish Covenant Hospital, Outpatient Rehab at Galter LifeCenter

Attn: Nora Sullivan, PT

5157 N Francisco Ave

Chicago, IL 60625

## **Cancellation Policy**

Tuition will be refunded with the exception of a \$50 administrative charge if notice of cancellation is received 14 days prior to the event or earlier. No refund will be issued if notification is received less than 14 days prior to course.

**Name:** \_\_\_\_\_

**Credentials:** \_\_\_\_\_  
(for course certificate)

**PT License #:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Home Address** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Primary Phone:** \_\_\_\_\_

**Card Type:** \_\_\_\_\_

**Card #:** \_\_\_\_\_

**Name on Card:** \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Confirmation will be sent to you following receipt of registration and tuition.**