**Movement System Impairment Syndromes of the Shoulder and Cervical Spine: Fundamental Concepts and Application**

**OVERVIEW:**

This *3-day introductory* course provides instruction in the concepts and application of the examination and diagnosis of movement system impairment syndromes of the scapula, humerus, and cervical spine. The neuromuscu­loskeletal adaptations associated with these syndromes are discussed.

Participants will receive instruction and supervised practice with the specific tests that constitute the movement examination for these regions. The examination includes assessment of tissue impairments and their specific role affecting the alteration of precise movement of the shoulder and neck. Considerations for the influence of the thoracic spine on the shoulder and neck are included. The participant is guided in integrating the results of the tests to determine a diagnosis. Discussion will take place to explain how the diagnosis and examination results provide the guidelines for treatment.

After completing the course, participants will 1) understand the *Movement System Impairment Syndromes of the Shoulder and Cervical Spine,* 2) develop manual skills of test performance, 3) have the ability to accurately interpret test results, 4) collate the findings to support a diagnosis, and, 5) discuss the contributing factors.

**Day 1 (January 18, 2020)**

The course will begin with an introduction to movement system impairment concepts. In addition, there will be a brief review of shoulder girdle musculature and participants will learn to perform the MSI exam for the shoulder.

**Day 2 (January 19, 2020)**

The focus of the lectures will be on the scapular and humeral syndromes. Partici­pants will continue to practice specific components of the examination and work in small groups to perform a full exam on a volunteer with shoulder pain.

**Day 3 (January 20, 2020)**

The focus of the lectures is on cervical syndromes. Considerations for the thoracic spine will be included. Participants will practice specif­ic cervical and work in small groups to practice a full exam on a volunteer with neck or shoulder pain The course concludes with a discussion based on feedback from the participants as it relates to the performance of a movement system examination and the determination of a diagnosis of the shoulder or cervical spine.

**RECOMMENDED READING:**

• Movement System Impairment Syndromes of the *Extremities, Cervical and Thoracic Spine* by Shirley Sahrmann and Associates

• Diagnosis and Treatment of Movement Impairment *Syndromes* by Shirley Sahrmann

• Muscles: Testing and Function, with Posture and Pain by Florence Peterson Kendall and Elizabeth Kendall McCreary (5th edition)