

## **2-Day Virtual Course: Advanced Application of the Examination, Diagnosis, and Treatment of Movement System Impairment Syndromes of the Upper Quarter**

The advanced application course is open to physical therapists and physicians. Emphasis will be placed on the application of knowledge gained from recorded lectures to be viewed in advance. During the course, participants will work together both as a whole and in small groups. Faculty experts will provide guided analysis of examination, diagnosis, and treatment primarily of the shoulder girdle and cervical spine. The influence of the thoracic spine will also be covered. The analysis of videos will enhance skills for assessment and treatment provided through telehealth and general practice. Participants will have an option to provide a video of themselves performing a movement test or prescribing an exercise for which they would like feedback. After completing this two-day course, each participant will be able to conduct a movement-based examination of the upper quarter, determine a MSI diagnosis based on the examination results, and apply movement system concepts to prescribe a treatment program.

Day 1 will focus on the shoulder girdle and Day 2 will focus on the cervical and thoracic spines. Participants may choose to attend Day 1 only or both Day 1 and Day 2.

### **Shirley Sahrman Lectureship**

**Friday, October 2, 2020 6:00 pm Central time**

Dr. Rebecca Lawrence will be giving the Sahrman lecture titled:

"Evidence for the Multi-Factorial Etiology of Rotator Cuff Pathology: Implications for the Physical Therapy Profession".

Attendees of the Advanced Application Course will be provided access to Dr. Lawrence's lecture via a secure link. Attendees are encouraged to listen to the lecture.

### **Prerequisite Assignment:**

If registering for the advanced course in October, attendees must listen to 4 lectures prior to the course. Access to the lectures will be provided after registration.

1. Update of the concepts of the movement system applied to MSI syndromes of the upper quarter
2. MSI Syndromes of the Scapula
3. MSI Syndromes of the Humerus
4. MSI Syndromes of the Cervical Spine

### **Recommended Reading:**

Faculty recommend attendees review the relevant chapters in the following books:

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

*Diagnosis and Treatment of Movement Impairment Syndromes* by Shirley Sahrman

*Muscles: Testing and Function, with Posture and Pain* by Florence Peterson Kendall and Elizabeth Kendall McCreary (5<sup>th</sup> edition)

### **Washington University Physical Therapy**

The Program in Physical Therapy at Washington University School of Medicine in St. Louis is one of the most highly rated physical therapy programs in the United States. A primary focus of our faculty is on the advancement of diagnoses related to movement dysfunction as a basis for choosing among management options. Our vision is to transform our professional identity by promoting the human movement system as the foundation of physical therapy. The human movement system is a system of physiological organ systems that interact to produce and support movement of the body and its parts. Physical therapists are movement system experts.

**To Register:** Registration link will be provided in early August.

**Registration Fee:** \$125 for 1 day, \$250 for 2 day

**Questions:** Please contact [PTEvents@email.wustl.edu](mailto:PTEvents@email.wustl.edu)