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

Course Instructor
Suzy L. Combleet 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 Sahrmann, Publisher-Harcourt Health Sciences, 2002.

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

Space is limited. Click here to register.
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, Quadruped, 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

14 Contact Hours
Il PT License # 216.000215; Il OT License in process

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.

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

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 lower 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 Sahrmann, Publisher-Harcourt Health Sciences, 2002.

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

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**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

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**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.**

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**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.

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For questions or comments, please contact **Nora Sullivan** at nsullivan@SwedishCovenant.org or call 773-878-8200, ext. 2628