**MSI Syndromes of the Shoulder and Cervical spine: Fundamental Concepts and Application**

**Course Agenda**

**Registration:** Lobby of building 4444 Forest Park

**Food:** Always served in room 6700

**CEU sign in:** Room 2700

**Lectures:** Room 2700

**Labs:** Both 2700 and 6700

**Saturday, January 18th, 2020**

8:00 – 9:00 Registration and Continental breakfast

9:00 – 10:15 **Lec**: Introduction to movement system impairment concepts

10:15 – 10:30 Break

10:30-11:15 **Lec**: Introduction continued

11:15-12:30 Demonstration of MSI exam for the shoulder

12:30 – 1:15 Lunch

1:15 - 2:15 **Lec**: Normal alignment and movement of the shoulder girdle and a brief review of muscles of shoulder girdle – axioscapular, scapulohumeral, axiohumeral

2:15 - 3:00 **Lab**: Standing: Demonstration and practice tests of alignment and manual

techniques for alignment correction.

3:00 - 3:15 Break

3:15 – 5:15 **Lab**: Standing and Supine: Demonstration and practice movement tests as well as

cuing and manual techniques for movement correction.

**Sunday, January 19th, 2020**

8:30-9:00 Continental Breakfast

9:00 – 10:30 **Lec**: MSI Syndromes of the Scapula

10:30 – 10:50 Break

10:50 – 12:15 **Lab**: Prone and Quadruped: Demonstration and practice movement tests as well as

cuing and manual techniques for movement correction.

12:15 – 1:15 Lunch

1:15 – 2:15 **Lec**: MSI Syndromes of the Humerus

2:15 – 3:15 Demonstration of full exam – participants determine diagnosis, treatment is

discussed (stay in room 2700)

3:15 – 3:30 Break

3:30 – 5:00 **Lab:** Small group practice of exam of volunteer with a shoulder pain problem

**Monday, January 20th, 2020**

8:00 – 8:30 Continental breakfast

8:30 – 10:00 **Lec**: MSI Syndromes of the Cervical Spine

10:00 – 10:20 Break

10:20 – 11:20 Demonstration of exam of cervical spine

11:20 – 12:30 **Lab:** Demonstration and practice cervical tests

12:30 – 1:15 Lunch

1:15 – 2:15 **Lec:** Considerations for thoracic spine

2:15 – 2:30 Summary comments by Shirley Sahrmann

2:30-2:45 Break

2:45 – 4:30 **Lab:** Small group practice of exam of volunteer with an upper quarter pain problem