

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

Saturday, October 3, 2020

- 9:00 – 10:00 “The Why, How, and What of Movement System Impairments” by Dr. Shirley Sahrmann
- 10:00-10:15 Break
- 10:15 – 12:15 Lab: Practice assessment of alignment and shoulder flexion in small groups with faculty guidance; Implications of the thoracic spine will be discussed. Participants will perform a self-test of ability to judge alignment and shoulder flexion.
- 12:15-1:00 Break
- 1:00 – 3:00 Lab: Practice assessment of alignment and movement in supine, prone, and quadruped in small groups with faculty guidance; perform a self-test of ability to judge alignment and movement
- 3:00 – 3:15 Break
- 3:15 – 5:15 Lab: Observe performance of a full exam of the shoulder; practice clinical decision making regarding the integration of findings across tests, determining a diagnosis and key aspects of a corrective program.

Sunday, October 4, 2020

- 9:30 – 11:30 Lab: Practice determining the cueing, positioning, and movement for functional activities and exercises. Priority will be given to challenging activities (test performance and exercise prescription) provided by participants in advance of the course.
- 11:30 – 11:45 Break
- 11:45- 1:45 Lab: Practice assessment of alignment and movement of the cervical spine in small groups with faculty guidance; the implications of the thoracic spine will be discussed; self-test of ability to judge alignment and movement
- 1:45 – 2:30 Break
- 2:30- 4:30 Lab: Observe performance of a full exam of the cervical spine; practice clinical decision making regarding the integration of findings across tests, determining a diagnosis and key aspects of a corrective program.
- 4:30 – 4:45 Break
- 4:45 – 5:30 Lab: Practice determining the cueing, positioning, and movement for functional activities and exercises. Priority will be given to challenging activities (test performance and prescription) provided by participants in advance of the course.
- 5:30 – 6:00 Summary and Discussion