**Movement System Impairment Syndromes of the Shoulder and Cervical Spine: Fundamental Concepts and Application - a Hybrid Course**

**Course Description:**

This *2-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 have two options for attending this course, on-site or virtual. In preparation for this course, all participants will be required to review prerecorded lectures. During the course, additional lectures will be given to enhance the understanding of the prerecorded materials. All participants will receive instruction for the performance of 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.

On-site participants will practice tests with feedback provided by faculty and, as a member of a small group, perform a complete exam on a volunteer with pain in the neck or shoulder region. Virtual participants will observe and engage in patient examinations performed by faculty.

**Objectives:**

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.

**Link to Agenda**

**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)