



TO: Managers and Clinicians
FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP
DATE: 4/6/2010
RE: **EDUCATION PROGRAM ANNOUNCEMENT**
Current Concepts and Practical Applications

Please find below information regarding a clinical education course scheduled for your area:

COURSE: Evidence Based Care for the Cervical Spine

DATES: June 26-27, 2010

SCHEDULED INSTRUCTORS: David Hoyle, PT, MA, OCS, MTC, CEAS
Storrs, CT

LOCATION: Select Physical Therapy
2301 S. 291 Highway
Independence, MO 64057
Host Center Manager/Contact: Julie Williams

DIRECTIONS: The facility is located north of interstate 70 on 291 Highway. The clinic is on the south east corner of the intersection of 291 Highway and 23rd Street. There is parking available in front of the facility. Kansas City, MO Int'l Airport is approximately 34 miles from the clinic.

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 30 participants.

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 12.75 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email linda.gilles@selectmedicalcorp.com

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

Evidence Based Care for the Cervical Spine **June 26-27, 2010 – Independence, MO**

Course Overview/Description:

Evidence Based Physical Therapy is the practice of applying information from the most current and pertinent literature to a clinical problem and then combining this information with clinical reasoning and assessment skills, in order to come to conclusions on the best treatment plan. This program takes participants through the process of Evidence Based Physical Therapy for the Cervical Spine. A classification approach to the examination and treatment of the Neck Pain will be examined in detail. The course will focus on how to design clinical examination in order to accurately classify Neck Pain, as well as on the design of evidence-informed treatment programs based on the classification Neck Pain. The program will include practical information about how to develop and research clinical questions, a summary of current literature regarding cervical spine rehabilitation, didactic and case studies, and ample hands-on lab experience for a comprehensive learning experience.

12.75 Contact Hours

Target Audience: PTs, OTs, PTAs COTAs

Course Objectives:

Participants will:

- Understand the three main factors of Evidence Based Practice.
- Become familiar with the fact that all Evidence is not equal.
 - Be able to differentiate study significance based on the hierarchy of evidence as purported in Sackett's pyramid.
- Learn how to access Evidence on which to base their practice.
 - Through Cochrane database
 - Use of Medline
- Review Cervical Anatomy and Mechanics.
- Be competent in a Basic Cervical Spine Evaluation.
 - As measured through performance on the instructor or a lab partner.
- Become familiar with Classifications of Neck Pain as Proposed by Childs.⁷
- Be able to perform Evaluation and Treatment techniques for Specific Classifications of neck pain including
 - Pain Control
 - Centralization/Cervical Radiculopathy.
 - Conditioning and Increased Exercise Tolerance
 - Mobility
 - Headache
 - As measured through performance on the instructor or a lab partner.
- Be able to develop treatment plans and institute treatment based on a classification approach.
 - As measured through discussion of cases both hypothetical and based on actual historical cases presented.
- Understand the use of evidence based practice in building professional relationships.

Saturday

08:00-08:30 AM	Introductions, House Keeping, Review of Goals of Course
08:30-09:00 AM	Evidence Based Practice Techniques
09:00-09:30 AM	Evidence Based Practice Exercise
09:30-10:00 AM	Review of Cervical Anatomy and Mechanics
10:00-10:15 AM	Break
10:15-11:15 AM	Evaluation <ul style="list-style-type: none">HistoryNeurologicRange of Motion using inclinometryPalpation for condition and tendernessMotion Palpation
11:15-11:45 AM	Lab on Range of Motion and Palpation
11:45-12:30 PM	Special Tests <ul style="list-style-type: none">Ligamentous StabilityVertebral ArteryNeural Mobility
12:30-01:30 PM	Lunch
01:30-02:00 PM	Lab on Special Tests
02:00-03:00 PM	Pain Control Classification <ul style="list-style-type: none">Activity ModificationUse of Cervical CollarsUse of ModalitiesExercise
03:00-03:15 PM	Break
03:15-04:00 PM	Mobility Classification <ul style="list-style-type: none">Facet PatternsClinical Prediction Rule for People with Neck pain who Responders to Thoracic Manipulationinical Prediction Rule for People with Neck pain who Responders to Cervical Manipulation
04:00-05:00 PM	Lab on Mobility Classification <ul style="list-style-type: none">Thoracic ManipulationCervical Mobilization/ManipulationMuscle Energy Techniques for the Cervical Spine<ul style="list-style-type: none">Extension restrictionsFlexion reestrictionsMultifidus

Sunday

08:00-08:15 AM	Questions/Review
08:15-09:15 AM	Centralization Classification <ul style="list-style-type: none">Cervical TractionNeural MobilizationThoracic Manipulation (Review)
09:15-09:45 AM	Conditioning and Increased Exercise Tolerance
09:45-10:15 AM	Lab on Exercise
10:15-11:00 AM	Upper Cervical Anatomy and Mechanics
11:00-11:15 AM	Break
11:15-12:00 PM	Cervicogenic Headache
12:00-01:00 PM	Lab on Cervicogenic Headache
01:00-01:30 PM	Integration, Questions, Wrap up

Instructor Biography

Mr. Hoyle is a 1987 Graduate from the University of Connecticut with a degree in physical therapy. He also received his Master's of Arts in Exercise Sciences from UCONN. Mr. Hoyle has 18 years of experience treating a variety of musculoskeletal dysfunction in a variety of settings. He has been a Board Certified Specialist in Orthopedic Physical Therapy for more than 10 yrs and obtained his Certification in Manual Therapy from the University of St. Augustine more than 10 yrs ago. Mr. Hoyle uses an eclectic approach based on classification and evidence in his daily practice.

Instructor(s) Disclosure:

The instructor has declared he does not have any financial interest or other relationship with the manufacturers or providers of services that may be discussed during the course.

Program Accreditation:

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 12.75 hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.



ADA Compliance:

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.