

Course Outline

The Complete Upper Quadrant



Friday 17th March 2017

Day 1: Introduction and basic assessment of the upper quadrant: joint focus

Time	Title	Format
8:30	Registration	
Introduction		
8:45	Introduction	
9:00	1. Introductory lecture: Overview: The cervical spine, triage diagnosis, prevalence, evidence based management.	Interactive lecture Trudy Rebbeck
9:30	2. Introductory lecture: Overview: Identification and differential diagnoses of neurological conditions.	Interactive lecture Rob Boland
10:00	3. Introductory lecture: Differentiation of common shoulder conditions in the over 40's; including rotator cuff tendinopathy, cuff tear arthropathy, OA of the GHJ and ACJ, adhesive capsulitis.	Interactive lecture Mary Magarey
10:30	Morning tea	
Basic assessment of the cervical spine (articular system focus)		
11:00	4. Practical Ax cervical spine 1: Basic assessment of the cervical spine: Range of motion, combined/repeated movements for the cervical spine, CAD screening	Practical Trudy Rebbeck/ Michael Ryan
12:00	5. Practical Ax cervical spine 2: Manual therapy /articular system assessment: Lower cervical spine PAIVM's and PPIVM's, selected MWM's	Practical Trudy Rebbeck/ Michael Ryan
1:00	Lunch	
Assessment of the UQ neurological systems		
1:45	6. Practical Ax The neurological examination: Differentiation of radiculopathy from peripheral nerve conditions.	Practical Rob Boland
3:30	Afternoon tea	
Basic assessment of the shoulder (articular system focus)		
3:45	7. Practical: Assessment of the shoulder 1: active movements, passive testing, structured focused palpation.	Practical with interactive discussion Mary Magarey
5:00	Close	

Directors

Trudy Rebbeck FACP PhD
Michael Ryan FACP

Educators

Darren Beales FACP PhD
Robert Boland FACP PhD
Mary Magarey FACP PhD

Educators

Shaun O'Leary FACP PhD
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Saturday 18th March 2017

Day 2: Assessment of the upper quadrant: cervical spine and shoulder: muscle system focus

Time	Title	Format
Assessment of mechano-sensitivity and the sensory system		
9:00	8. Lecture: Assessment for mechanosensitivity and implications for Treatment.	Interactive lecture Rob Boland
9:45	9. Practical: Assessment for mechanosensitivity and implications for Treatment.	Practical Rob Boland
10:30	Morning tea	
Assessment of the cervical spine (muscle focus)		
11:00	10. Lecture: Impairments of motor performance and motor control in cervical spine disorders	Interactive lecture Trudy Rebbeck
11:30	11. Assessment of motor performance in the cervical spine Part 1: Integration with active movements, scapula control, cranio-cervical flexion control, cervical flexor endurance and strength.	Practical Trudy Rebbeck
	12. Assessment and management of motor performance in the cervical spine part 2: cranio-cervical extensors: cross sectional area using RTUS, cervical extensor endurance and strength	Interactive lecture Trudy Rebbeck
1:00	Lunch	
Assessment of the shoulder (muscle focus)		
1:45	13. Lecture: Assessment of the shoulder 2: muscle function, rotator cuff and scapula	Interactive lecture using case studies Mary Magarey
2:45	14. Practical: Assessment of the shoulder 2: muscle function, rotator cuff and scapula	Practical Mary Magarey
3:15	Afternoon tea	
3:45	14 continued	Practical Mary Magarey
5:00	Close	

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Sunday 19th March 2017

Day 3: Management of the upper quadrant and putting it all together

Time	Title	Format
Management of the cervical spine and chronic conditions		
9:00	15. Lecture: Neuropathic pain: Overview of Diagnosis and principles of management.	Interactive lecture Rob Boland
9:45	16. Management of complex UQ neurological conditions.	Interactive lecture / practical component Rob Boland
10:30	Morning tea	
11:00	17. Lecture: Assessment and management of chronic whiplash and chronic NSNP	Interactive lecture Trudy Rebbeck
11.45	18. Management of the cervical spine: complex conditions	Practical Trudy Rebbeck
1:00	Lunch	
Management of the Shoulder		
1:45	19. Lecture: Dynamic management of the shoulder complex	Interactive lecture Mary Magarey
2:30	20. Practical: Dynamic management of the shoulder complex	Practical, using case studies Mary Magarey
3:15	Afternoon tea	
Consolidation: Putting it all together		
3:45	21. Putting it all together: case studies demonstrating differential diagnosis of UQ conditions; Ax of the articular, motor and neural systems, evidence based management underpinned with clinical reasoning.	Interactive discussion using case studies ALL
5:00	Close	

NB All times and order are subject to change at the presenter's discretion

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