

Diagnosis and Treatment of Movement System Impairment



14 Contact Hours
IL PT License # 216.000215; IL OT License # 224.000191

Advanced Concepts and Application: The Upper Quarter

February 29–March 1, 2020

Location:

Swedish Covenant Hospital's Rehab Services Department
Galter LifeCenter, Bornhoeft Rehabilitation entrance
5157 N Francisco Ave.
Chicago, IL 60625

Continental breakfast and snacks will be provided throughout the course.

Voted "Best CE Host Site" from 2004–2019
Maitland Australian Physiotherapy Seminars



Space is limited.
Click here to register.

Course Description

Cheryl Caldwell, PT, DPT, CHT, will provide a review and update of the concepts and principles of the Movement System Impairment (MSI) theory and its relationship to musculoskeletal pain syndromes. This course is designed to improve the clinician's skills in the performance of the examination procedures and the recognition of signs and symptoms of upper quarter movement system impairment syndromes. The course will emphasize the selection and performance of corrective exercises based on the results of the examination. Discussion will also include description of the diagnoses of shoulder girdle and cervical spine movement impairment syndromes. The course includes both lecture and lab.

Attire:

The course involves laboratory practice. Please wear gym clothes.

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Course Objectives

Upon completion of this course the participant should be able to:

1. Describe the impairments induced by repeated movements and sustained postures.
2. Describe the importance of active performance of precise joint motion.
3. Describe the most common movement system impairment syndromes of the shoulder and cervical spines.
4. Discuss how impairments in muscle length, strength, stiffness and pattern of recruitment contribute to relative flexibility.
5. Develop a tentative movement system impairment diagnosis.
6. Perform an examination to confirm/disconfirm the diagnosis and to identify contributing factors.
7. Develop a corrective exercise program and provide instruction in correcting the performance of daily activities.

Course Schedule

Saturday, February 29, 2020

8 to 8:30 a.m.	Registration
8:30 to 10:30 a.m.	Principles and Concepts of the Movement System Impairment (MSI) Theory applied to the Upper Quarter (Review & Update)
10:30 to 10:45 a.m.	Break
10:45 a.m. to 12:30 p.m.	Lecture: MSI Syndromes of the Scapula
12:30 to 1:30 p.m.	Lunch
1:30 to 2:30 p.m.	Demo and practice of standing alignment (practice in groups of 3)
2:30 to 2:45 p.m.	Break
2:45 to 4 p.m.	Demo of UQ Exam
4 to 5 p.m.	Lecture: MSI Syndromes of the Humerus

Sunday, March 1, 2020

8:30 to 8:45 a.m.	Questions from Saturday
8:45 to 10 a.m.	Demo and Practice of standing, supine, prone, sitting, quadruped and standing tests (practice in groups of 3)
10 to 10:15 a.m.	Break
10:15 to 11:45 a.m.	Lecture: Key Concepts of Anatomy and Kinesiology of the Cervical spine and MSI Syndromes of the Cervical and Thoracic spine
11:45 a.m. to 12:45 p.m.	Lunch
12:45 to 1:45 p.m.	Demonstration and practice of selected tests for the cervical region (groups of 3)
1:45 to 3 p.m.	Lab: participants work in small groups to perform a full upper quarter MSI exam, develop a diagnosis and intervention plan for a patient with a cervical or shoulder problem.
3 to 3:15 p.m.	Break
3:15 to 5 p.m.	Lab: participants work in small groups to perform a full upper quarter MSI exam, develop a diagnosis and intervention plan for a patient with a cervical or shoulder problem.

Time frames may vary from those listed.

Prerequisite

Completion of Introductory Course or at a minimum reading the introductory chapter in one of the following books:

Diagnosis and Treatment of Movement Impairment Syndromes by Shirley Sahrmann, Publisher-Harcourt Health Sciences, 2002 **or**
Movement System Impairment Syndromes of the Extremities, Cervical and Thoracic Spine, by Shirley Sahrmann, Publisher-Elsevier, 2011.



Course Instructor

Cheryl Caldwell, PT, DPT, CHT, is an Associate Professor of Physical Therapy and Orthopaedic Surgery at Washington University School of Medicine in St. Louis, Missouri. She also serves as a member of the Clinical Education Team for the PT Program. She is a certified hand therapist and specializes in posture and movement as they relate to the treatment of musculoskeletal conditions, with a particular emphasis on the upper quarter. Cheryl serves as a mentor in the clinical practice at Washington University School of Medicine Program in PT and for the Movement System Fellows. She has taught continuing education courses nationally and internationally related to the examination, diagnosis, and treatment of Movement System Impairment Syndromes, served on the ABPTRFE Accreditation Services Committee for Residencies and Fellowships, and as the secretary of the board of the Hand Rehabilitation Section of the APTA. Cheryl received her Master of Health Science and her Doctor of Physical Therapy from Washington University and her Bachelor of Science in Physical Therapy from the University of Colorado.

Course Registration Form

Advanced Concepts and Application: The Upper Quarter

Tuition: \$495 / **Early Bird (before 1/1/2020): \$450**

Email: nsullivan@SwedishCovenant.org

Phone: 773-878-8200, ext. 2628

Fax: 773-561-0937

Make Checks Payable to: Swedish Covenant Hospital

Mail To: Swedish Covenant Hospital, Outpatient Rehab at Galter LifeCenter

Attn: Nora Sullivan, PT

5157 N Francisco Ave., Chicago, IL 60625

Cancellation Policy

Tuition will be refunded with the exception of a \$50 administrative charge if notice of cancellation is received 14 days prior to the event or earlier. No refund will be issued if notification is received less than 14 days prior to course.

Name: _____

Credentials (for course certificate): _____

PT/OT License #: _____

Email: _____

Home Address: _____

City/State/Zip: _____

Primary Phone: _____

Card Type: _____

Card #: _____

Name on Card: _____

Expiration Date: _____ **Signature:** _____

Confirmation will be sent to you following receipt of registration and tuition.

For questions or comments, please contact **Nora Sullivan** at nsullivan@SwedishCovenant.org or call **773-878-8200, ext. 2628**