

Diagnosis and Treatment of Movement System Syndromes: Advanced Application to the Upper Quarter

Featuring Suzy Cornbleet, PT, DPT, MA

Associate Professor of Physical Therapy and Orthopaedic Medicine
in the Program in Physical Therapy at the Washington University
School of Medicine in St. Louis

April 26–27, 2025

Swedish Hospital Rehabilitation Services Department
5157 N. Francisco Ave., Chicago, IL

Course Description

Suzy Cornbleet, PT, DPT, MA will provide a review and update of the concepts and principles of the Movement System Syndromes 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 syndromes. Discussion will include description of specific movement system diagnoses of the shoulder girdle and cervical spine. The course will emphasize the selection and performance of corrective exercises based on the results of the examination leading to the movement system diagnosis. The course includes both lecture and lab.

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 diagnoses of the shoulder and cervical spine.
4. Discuss how impairments in muscle length, strength, stiffness and pattern of recruitment contribute to relative flexibility.
5. Develop a tentative movement system diagnosis.
6. Perform an examination to confirm/disconfirm the diagnosis and to identify major contributing factors.
7. Develop a corrective exercise program and provide instruction in modifying the performance of daily activities based upon the movement system diagnosis.



14 Contact Hours
IL License # 216.000215

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Attire

The course involves
laboratory practice.
Please wear gym clothes.

Prerequisites

**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.

**Review of UQ Exam Videos*

Diagnosis and Treatment of Movement System Syndromes

Advanced Application to the Upper Quarter

Course Schedule

Saturday, April 26, 2025

8 - 8:30 a.m.	Registration
8:30 - 9:30 a.m.	Principles and Concepts of the Movement System Syndromes Theory applied to the Upper Quarter (Review & Update)
9:30 - 10:30 a.m.	Lecture: MS Syndromes of the Scapula
10:30 - 10:45 am	Break
10:45 - 11:30 a.m.	Finish Scapular lecture
11:30 a.m. - 12:30 p.m.	Demo and practice of standing alignment (practice in groups of 3)
12:30 - 1:30 p.m.	Lunch
1:30 - 2:30 p.m.	MS Syndromes of the Humerus
2:30 - 4:15 p.m.	Demo and Practice of standing, supine, prone, sitting, quadruped and standing tests (practice in groups of 3) <i>(pm break will occur during this practice time)</i>
4:15 - 5:00 p.m.	Lecture/Discussion of Treatment Principles

Sunday, April 27, 2025

8:30 - 9:00 a.m.	Questions/thoughts from Saturday
9:00 - 10:30 a.m.	Lecture: MS Syndromes of the Cervical Spine
10:30 - 10:45 a.m.	Break
10:45 am - 12:15 p.m.	Demonstration and practice of selected tests for the cervical region (groups of 3)
12:15 p.m. - 1:15 p.m.	Lunch
1:15 - 2:30 p.m.	Lab: participants work in small groups to perform a full upper quarter MS exam, develop a diagnosis and intervention plan for a patient with a cervical or shoulder problem.
2:30 - 2:45 p.m.	Break
2:45 - 4:00 p.m.	Group presentations/demos and discussion of subjects from previous lab. Discussion of relevant interventions.
4:00 - 5:00 p.m.	Wrap up and Q & A

Note: Time frames may vary from those listed in this schedule.



Course Instructor

Suzy L. Cornbleet, PT, DPT, is an Associate Professor of Physical Therapy and Orthopaedic Medicine in the Program in Physical Therapy at the Washington University School of Medicine in St. Louis, MO. In 2015, Suzy received both the Missouri Physical Therapy Association “Outstanding Service Award for Education” and the Colorado University Physical Therapy “Alumni Achievement Award”. In 2023, she received Washington University’s Academy of Educators “Lifetime Achievement Award”. Her current clinical interests are in pediatric and adolescent hip and low back pain, as well as general outpatient orthopedics, and she

now serves as mentor in the clinical practice at the Washington University School of Medicine PT Clinic. She was instrumental in the development of Washington University’s Fellowship in the Diagnosis and Management of Movement Impairment Syndromes and served as a primary mentor for many Fellows. Suzy received her Bachelor of Science in Physical Therapy degree from the University of Colorado and both her Master of Arts in Education degree and her Clinical Doctoral degree in Physical Therapy from Washington University.

Course Registration

**Diagnosis and Treatment of Movement System Syndromes:
Advanced Application to the Upper Quarter**
Tuition: \$550
Early Bird (before 1/1/2024): \$525

Email: nsulliva@schosp.org

Phone: 773-878-8200, ext. 2628

Fax: 773-561-0937

Make Checks Payable to Swedish Hospital

Mail To: Swedish Hospital, Outpatient Rehab at Galter LifeCenter
Attn: Nora Sullivan, PT
5157 N Francisco Ave
Chicago, IL 60625

Name: _____

Credentials: _____

PT License #: _____

Email: _____

Home Address: _____

City/State/Zip: _____

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 nsulliva@schosp.org or call 773-878-8200, ext. 2628

Location Details

Course will be held at
Swedish Hospital's Rehab
Services Department,
Galter LifeCenter
5157 N Francisco Ave.
Chicago, IL

Voted "Best CE Host Site"
from 2004—2023
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Physiotherapy Seminars

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.

Space is limited.

**Click here to
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