

Diagnosis and Treatment of Movement System Impairments

Swedish Hospital

Part of  NorthShore

12.5 Contact Hours

IL License # 216.000215

IL OT License # 224.000191

Introduction to Concepts and Application: The Upper Quarter

March 11–12, 2023

Location:

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

Voted "Best CE Host Site" from 2004–2022
Maitland Australian Physiotherapy Seminars

Course Description

Cheryl Caldwell, PT, DPT will present the concepts and principles of the movement system impairment (MSI) theory and its relationship to mechanical musculoskeletal pain. This course will enable the clinician to identify impairments in movement, alignment, muscle length, stiffness, and performance, as well as patterns of movement and their relationship to Movement System Impairment Syndromes (MSI). The signs and symptoms of the MSI syndromes of the shoulder will be described including brief discussion of their relevance to the syndromes of the cervical spine. The course will include instruction in tests designed to develop and confirm the diagnosis and identify the contributing factors. Discussion will focus on the importance and means of:

- Developing a diagnosis
- Identifying muscle and movement impairments
- Developing and teaching a precise therapeutic exercise program
- Correcting alignment and movement patterns associated with functional and fitness activities.

A lab will be offered to provide supervised performance of the examination and development of a corrective exercise program.



Space is limited.
Click here to register.

Attire:

The course involves laboratory practice.
Please wear gym clothes.

Developed at the Program
in Physical Therapy at:

 **Washington**
University in St. Louis
SCHOOL OF MEDICINE

Diagnosis and Treatment of Movement System Impairments

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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.
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, March 11, 2023

8:00 – 8:30	Registration
8:30 – 10:00	Principles and Concepts of the Movement System Impairment Theory applied to the Upper Quarter (Review of Key Concepts)
10:00 – 10:15	Break
10:15 – 11:45	Demonstration of the MSI Exam on a volunteer with Shoulder Region Pain: Determine Diagnosis and Briefly Discuss Treatment Plan
11:45 – 12:45	Lunch
12:45 – 2:30	Lecture: Movement System Impairment Syndromes of the Scapula With Brief Discussion of Relationship to Cervical Spine and Diagnoses
2:30 – 2:45	Break
2:45 – 3:45	Demo and practice of alignment & standing tests (practice in groups of 3)
3:45 – 5:00	Demo and practice of selected tests in supine, prone, sitting, quadruped, and standing (practice in groups of 3)

Sunday, March 12, 2023

7:30 – 8:00	Check in
8:00 – 9:15	MSI Syndromes of the Humerus
9:15 – 10:15	Demonstration and Practice of Selected Tests of the Cervical Spine
10:15 – 10:30	Break
10:30 – 12:00	Small Group Exam #1 of the UQ (Facilitated by Lab Assistant)
12:00 – 12:30	Discussion related to Small Group Examinations
12:30 – 1:30	Lunch
1:30 – 3:00	Small Group Exam #2 of the UQ (Facilitated by Lab Assistant)
3:00 – 3:15	Break
3:15 – 4:00	Discussion related to Small Group Examinations, treatment principles, Q&A Wrap-up

All time frames are approximate.

Prerequisite

Course participants are not required to review any content prior to the course. However, the MSI course participants are encouraged to listen to the 3 hour pre-recorded introductory lecture by Shirley Sahrman prior to the course because an abbreviated version will be presented during this course. Also available but optional are the pre-recorded scapular and humeral lectures (by Cheryl Caldwell and Renee Ivens respectively), and the UQ exam videos. All these resources are available in the **Upper Quarter Basics free course** by signing up for the newsletter via the www.learnmovementsystem.com website.



Course Instructor

Cheryl Caldwell, PT, DPT is an award-winning, retired Associate Professor of Physical Therapy and Orthopaedic surgery at Washington University School of Medicine in St. Louis, Missouri. Cheryl 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. In her faculty position at the PT Program, she served as a member of the Clinical Education Team and taught extensively across many courses. She was a certified hand therapist for 30 years and continues to specialize in posture and movement as they relate to

the treatment of musculoskeletal conditions, with a particular emphasis on the upper quarter. In addition to the experience noted above, Cheryl co-authored chapters on the elbow and hand in the text, *Movement System Impairment Syndromes of the Cervical and Thoracic spines and the Extremities* and published a case report on a patient with shoulder impingement. 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

Introduction to Concepts and Application: The Upper Quarter

Tuition: \$550 / **Early Bird (before 1/1/2023): \$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

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: _____

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