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***The Essentials of Effective Evaluation and Management of Patients with Cervicothoracic Spine Disorders***

This course emphasizes the application of evidence-based practice to clinical decision-making strategies for the examination and management of patients with common musculoskeletal disorders of the cervicothoracic region. Lab time is included to teach specific interventions including manual therapy techniques, therapeutic exercise and patient education.

**LEARNING OUTCOMES**

- Review classifications of cervical pain
- Critically evaluate the science of evaluation and treatment through an algorithm-based approach
- Perform evaluation utilizing the principle of symptoms reproduction through application of mechanical stresses and special tests
- Demonstrate psychomotor competency tests and manual therapy techniques to enhance outcomes of treatment
- Integrate therapeutic exercises and patient education
- Evaluate interventions of the cervicothoracic region according to the most recent literature

**For more information or to register:**

[www.uwlax.edu/conted/pt](http://www.uwlax.edu/conted/pt)

608.785.6508 | [continuinged@uwlax.edu](mailto:continuinged@uwlax.edu)



University of Wisconsin-La Crosse  
1725 State St.  
La Crosse, WI 54601

**Physical Therapy Seminar**

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***Physical Therapy Seminar:***

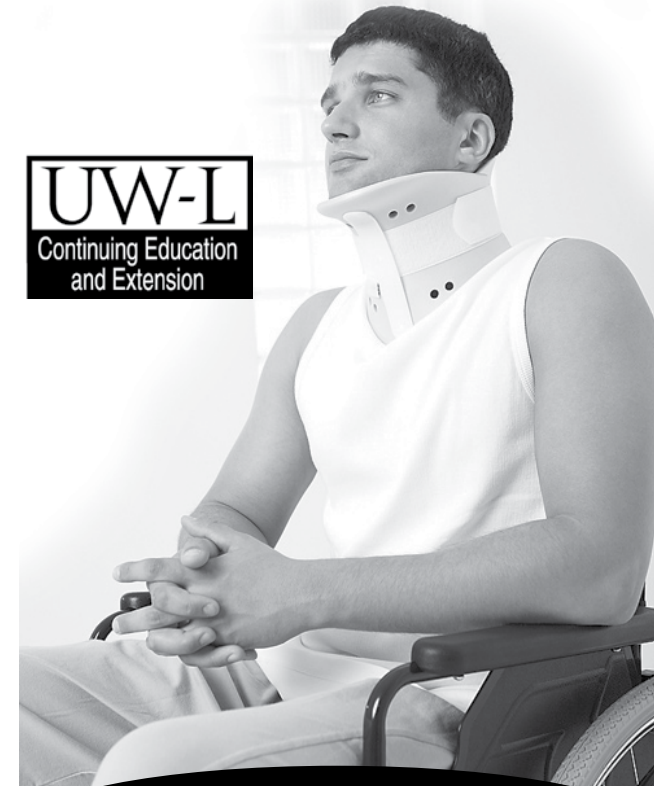
The Essentials of Effective Evaluation and Management of Patients with Cervicothoracic Spine Disorders

March 12-13, 2010

La Crosse, Wis.

*In partnership with:*

UW-La Crosse Department of Health Professions Physical Therapy Program



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**608.785.6508**

***The Essentials of Effective Evaluation and Management of Patients with Cervicothoracic Spine Disorders***

Health Science Center, Room 3010  
1300 Badger St | La Crosse, Wis.

**AGENDA**

**Friday, March 12, 2010**

- 8 a.m. • Introduction of treatment-based classification
- Screening and basic examination of including algorithm approach
- Noon Lunch
- 1 p.m. • Intervention strategies for patients presenting with headaches
- Upper cervical mobilizations/muscle energy techniques
- Instruction on self-management techniques
- Intervention strategies for neck pain related to mobility deficits
- Mid-cervical mobilizations and thoracic mobilization/manipulation
- Instruction on self-management techniques

4 p.m. Adjourn

**Saturday, March 13, 2010**

- 8 a.m. • Intervention strategies for patients with radicular symptoms
- Manual traction/mechanical traction
- Centralization techniques
- Instruction on self-management techniques

Noon Lunch

- 1 p.m. • Intervention strategies for patients with neck pain related to movement impairments
- Deep cervical flexor strengthening
- Mid/lower trap facilitation and re-education
- Flexibility exercises
- Patient education

4 p.m. Adjourn

**INSTRUCTORS**

**Paul Reuteman**, PT, MHS, OCS, Cert.MDT, LAT has been practicing orthopaedic physical therapy for more than 17 years and is a clinical assistant professor in the Physical Therapy Program at UW-La Crosse. He maintains an active clinical practice at Gundersen Lutheran Sports Medicine in Onalaska, Wis. and serves as the academic coordinator of their Sports Residency Program accredited through the APTA.

**Justin Staker**, PT, MS, SCS is a 2007 graduate of the Gundersen Lutheran Sports Medicine Residency Program, earning his PT degree from the Mayo School of Health Sciences in 2002. He served as adjunct faculty at the UW-La Crosse DPT program and is the lead sports physical therapist at the Fairview Health System in Red Wing, Minn.

**FEE:**

Includes course materials, lunches and refreshments and CEUs  
\$365 Early Bird Registration – on or before 02/19/10  
\$385 Registration – after 02/19/10

**CEUS & CONTACT HOURS:**

- University of Wisconsin-Extension Continuing Education Units: 14 contact hours, 1.4 CEUs
- Wisconsin Physical Therapy Association (14 contact hours, WPTA Course #13386)
- Minnesota Physical Therapy Association (14 contact hours)
- Iowa Physical Therapy Association (14 contact hours)



**HOTEL AND LODGING**

Rooms have been set aside for conference registrants at area hotels. Please visit our Web site for more information.

**The Essentials of Effective Evaluation and Management of Patients with Cervicothoracic Spine Disorders**

Program #: 090-73-18

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Cancellation Policy: Full refund less \$50 processing fee before February 26, 2010. No refunds on or after February 26, 2010. Substitutions will be accepted.

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