

ROOM 3

Regional Interdependence : Integrating the Cervical and Thoracic Spine into the Management of Shoulder Disorders

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The concept of regional interdependence in musculoskeletal disorders implies that impairments in remote anatomical regions may contribute to, or be associated with, the primary complaint or functional deficits of the individual. When managing patients with shoulder disorders, the primary remote areas include both the cervical and thoracic regions. Recent evidence suggests that the addition of comprehensive examination and intervention in these two regions will enhance outcomes in patients with painful shoulder conditions. This course will review the current literature related to functional mobility of the shoulder complex, associated movement disorders, and motor control deficits consistent with painful shoulder conditions. It will also review the current evidence related to mobilization/manipulation of the cervical and thoracic spine in this patient population. Participants will be led through a lab session where they will be instructed in and have the opportunity to practice (with supervision) key examination tests of mobility of the cervical and thoracic regions, motor performance and motor control in the upper quarter, manual techniques for the thoracic spine, and stabilization exercises of the cervical region and shoulder girdle. Instruction in exercises using the principles of motor learning will be emphasized.

Time: 8:00 a.m. – 12:30 p.m. (Total contact hours: 3)

Course segments:

8:00 a.m. – 10:00 a.m. (2 hours)

Break for Exhibitors: 10:00 a.m. – 11:30

11:30 a.m. – 12:30 p.m. (1 hour)

