MPI Upper Integration

Overview:
The purpose of this program is to prepare chiropractors to utilize static and dynamic palpation assessments of spinal joints and surrounding soft tissues, posture and functional testing as part of a thorough examination. Emphasis will be placed on the interpretation of the assessment findings and how to correlate this information with other historical and examination data. Treatment options in the form of diversified adjustive procedures and rehabilitation methods of the cervical spine and upper extremity will be discussed and demonstrated.

Objectives:
By the end of the program, the attendee will be able to:

- understand the fundamentals of joint complex dysfunction
- perform static and dynamic joint assessments including palpation of the surrounding soft tissues of the cervical spine, thoracic spine and upper extremity
- understand how to perform and interpret the findings of functional movement tests of the cervical spine and upper extremity
- understand how posture impacts joint complex dysfunction and pain syndromes
- understand the indications and contraindications of utilizing various adjustive procedures for the cervical, thoracic and upper extremity regions

References:
Clinical Reasoning in Spine Pain, Donald Murphy
Rehabilitation of the Spine – A Practitioner's Manual, Craig Liebenson
Maitland's Vertebral Manipulation – Geoff Maitland
Rehabilitation of Movement, Judith Pitt-Brooke
Orthopedic Physical Assessment, David Magee

Program Outline:
Hour 1: Pain

- Chronic Pain: Physiology and Mechanism
- Bio-Medical Model
- Bio-Psycho-Social Model
- Current research and pain intervention techniques (Butler, Moseley et al)

Hour 2: Differential Diagnosis of Neck Pain

  - Common Pain generators that cause neck and shoulder pain
  - Historical and examination strategies that help decipher the Dx
  - The role of diagnostic imaging and diagnostic injections
- Red Flag Disorders
- Ligament Sprain
- Muscle Strain
- Trigger Points
- Segmental Dysfunction
- Facet Joint Pain
- Discogenic pain
- Stenosis

Hour 3: Biomechanics of the cervical spine, cervicothoracic junction & upper extremity

- Review of the current literature (disc, facet, soft tissue as pain generators)
- Forces acting on the cervical spine
- Kinetic chain reactions and functional anatomy of neck and upper extremity

Hour 4: Introduction and discussion of functional testing and how it relates to chiropractic adjusting and rehabilitation

- Janda's Functional Screens
- Advancements of Janda's Functional Screens
- Clinical application of the testing procedures

Hour 5: Demonstration and workshop of functional testing.

- Movement co-ordination screens (Janda's upper extremity screens)
- Upper Extremity Functional Dysfunctions

Hours 6 & 7: Cervical & Thoracic Spine lab: manipulation and mobilization of joints and soft tissues

- Post Isometric Relaxation (PIR) and muscle energy techniques of clinically common musculature
- Manipulation and Mobilization of transitional segments

Hours 8 & 9: Upper Extremity lab: manipulation and mobilization of joints and soft tissues

- Introduction to nerve mobilization (Butler's nerve mobilization)
- Manipulation and Mobilization procedures of upper extremity joints

Hour 10: Rehabilitation concepts and techniques of the Cervical Spine introduced and demonstrated.

- Australian Model
- McGill Model
- Pavel Kolar's Developmental Kinesiology Model
- How to incorporate these models into clinical practice

Hour 11: Rehabilitation lab: Rehabilitation and functional reactivation of neck and upper extremity.

- Bracing techniques
- Verbal and non-verbal cues to attain stabilization
- Progression to functional movement patterns
- Practical use in the clinical setting (when, where and how to use it in a busy Chiropractic practice)

Hour 12: Workshop of case specific clinical problems

- Patient treatment procedures and home care planning

Conclusion
Question & Answer
Closing remarks