

OUTLINE

Day One

- 7:30 am Registration
- I. The Restriction Based Approach (RBA).....A Manual Manipulation System for the Cervicothoracic and Shoulder Complex**
- 8:00am A. Introduction
B. The “A ha” moment
1. Change your patient the very 1st visit.
C. RBA Evaluate and Treat: Demonstration on actual patient
- II. The Restriction Based Approach (RBA) Move directly into hand-on treatment**
- 8:50 am A. Evaluation (RBA in detail)
1. Is it safe to manipulate this patient?
2. Differential diagnosis: neural tension vs mechanical vs referral
- 9:50 am B. Evaluation of 1st rib
1. Rib/scapular anatomy, osteology, biomechanics
- 10:15 am C. Treat 1st rib dysfunction
a. 1st rib MET/HVLAT
- 10:35 am D. Evaluation of thoracic spine restrictions
1. Why not “Just crack it”?
2. Thoracic spinal anatomy, osteology, biomechanics
3. RBA main philosophy
- 10:50 am E. Treat thoracic spine restrictions
1. Prone thoracic HVLAT
- 11:20 am F. Evaluation of cervical spine restrictions
1. Cervical spine anatomy, osteology, biomechanics
2. Atlanto-occipital/Atlanto-axial joint evaluation
- 12:00 pm G. Lunch Breakout sessions (will have choice while eating) lunch provided
1. Assessing 1st rib dysfunction: Evidence and questions
2. Assessing cervical facet restriction: Evidence and questions
- 1:00 pm H. Treatment of cervical spine restrictions
1. Cervical HVLAT and AOJ/AAJ mobilizations
- 2:00 pm I. Re-test 1st rib/cervical restrictions
1. “Ah ha” moment
- J. Therapeutic exercise for cervical spine
- 2:40 pm K. The shoulder capsule as a pain generator
a. Evaluating the GHJ capsule/ GHJ anatomy, osteology, biomechanics
b. Treatment of capsular restrictions: HVLAT ACJ/SCJ/GHJ
c. Therapeutic exercise for capsular restrictions
- 3:40 pm L. Patient education on treatment/What to expect
- 3:55 pm M. Evidence on efficacy of manipulation
1. Identifying Co-Morbid conditions
- 4:30 pm N. Contraindications to manipulation
- 5:00 pm O. Reflection/take away

Day Two

- 7:30 am Registration
- 8:00 am I. **The RBA 2nd visit/Subsequent visits**
- 8:30 am A. Self-limiting beliefs about manipulation (patient and therapist)
- 8:45 am 1. Evidence on safety/history of manipulation
- 8:30 am B. Understand where your patient's pain is originating from and improve outcomes
- 8:45 am C. Differential diagnosis: Pathological vs neurological tension
1. Differential diagnosis: nerve compression vs rib dysfunction
2. Differential diagnosis: positive neural finding on evaluation vs benign evaluation vs mechanical origin of pain
- 9:40 am D. Review of day one RBA Evaluation and Treat
1. Therapist treats a new patient
2. Defending your choice of manipulation
- 10:40 am E. Patient's 2nd visit/subsequent visits, RBA demonstration
- II. **The Restriction Based Approach (RBA) Therapist now treats patient on 2nd visit**
- F. Evaluation of 2nd/3rd rib dysfunction
- a. Clinical decision making: Grade/force of manipulation and tolerance
1. Treat HVLAT 2nd/3rd rib dysfunction
2. Re-evaluate and treat cervical spine/1st rib restrictions
- a. AOJ/AAJ mobilizations
- 12:00 pm G. Lunch Breakout sessions (will have choice while eating) lunch provided
1. Review cervical spine manipulations: Evidence and questions
2. Review thoracic spine manipulations: Evidence and questions
- 1:00 pm H. Evidence-based connection between the cervical spine and upper extremity pain
1. Differential diagnosis: Common orthopedic UE conditions that originate at the spine. How to successfully heal these conditions
- 1:30 pm I. Safely progressing intensity/amount of HVLAT
1. See One, Do One.... Review of 2nd visit/Subsequent visits, treat (new patient)
- 2:10 pm J. Advanced cervical/thoracic spine HVLAT
- 3:10 pm K. Clinical decision making
1. Differential diagnosis: Neural vs mechanical cervical pain
2. Too symptomatic for HVLAT?
3. Hands on techniques for acute/neural compression presentation
1. Therapists treat patient utilizing neural modified technique
- 3:30 pm L. Grades of force for HVLAT
1. Contraindications/Age considerations
2. When is a patient finished with an episode of care?
- 4:00 pm M. Direct Access/Leading Change
1. State of Physical Therapy, latest evidence
2. State of Direct Access, latest evidence
- 4:30 pm N. Reflection/Take away
- 5:00 pm O. Question and answer session

