

A DIRECT ACCESS APPROACH TO UPPER EXTREMITY PAIN



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American Physical Therapy Association

CREDENTIALLED RESIDENCY PROGRAM

OBJECTIVES: Upon completion of the course, the participant will

Be able to understand sources of pathology outside of the musculoskeletal system that present as musculoskeletal complaints in the shoulder and elbow region.

Be able to determine appropriateness of a patient for physical therapy intervention or cross referral.

Be able to understand and differentiate the different regions of the shoulder and elbow region with relevance to anatomy, mechanics and susceptibility to dysfunction.

Differentiate potential sources of shoulder and elbow pain using mechanical principles with a functional emphasis

Integrate this knowledge towards subjective and objective examination of the spine

Establish an appropriate lesion and somatic diagnosis and manual therapy intervention for the dysfunction in question

Plan and prescribe an appropriate stabilization protocol and educate the patient with regards to prophylaxis

CONTENT OUTLINE:

Lecture in anatomy, mechanics, mechanism of dysfunction.

Lecture in the conceptual basis of the 3 stage approach

Lecture in the conceptual basis of determining appropriateness of patients for physical therapy

Lecture / Lab in screen exam to rule out stage 1 concerns (includes hands on screening of musculoskeletal, neurological, gastro-intestinal and cardiopulmonary systems. Basic tests, observation, palpation and auscultation are highlights)

Lecture / Lab in lesion and somatic diagnosis of the shoulder and elbow region

Lecture / Lab in manual physical therapy treatment for somatic dysfunction.

Lecture / lab in prophylaxis.

DAY ONE

Introduction

Clinically relevant musculoskeletal anatomy (shoulder and elbow region)

Clinically relevant visceral anatomy (cardiopulmonary, gastro-intestinal)

Palpation (LAB)

BREAK

STAGE-1

Musculoskeletal / systemic red flags
Systemic mediation

Radiology

LUNCH

Screen exam

Musculoskeletal red flags
Gastrointestinal / cardiopulmonary (LAB)

BREAK

Shoulder and elbow lesion diagnosis (including radiculopathy)

Shoulder and elbow region lesion diagnosis (LAB)

CONCLUDE

DAY TWO

Shoulder and elbow region lesion diagnosis (LAB)
Contd

Shoulder and elbow region somatic diagnosis

BREAK

shoulder and elbow region treatment (LAB)

LUNCH

Shoulder and elbow region treatment (LAB)

Prophylaxis

CONCLUDE

COURSE INSTRUCTOR

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