

Get it Moving! Manual Therapy Techniques to Address Limitations at the Forearm, Elbow & Treatment for Thoracic Outlet Syndrome

Saturday, June 11th & Sunday, June 12th

Location: Evergreen Lodge · 250 South Frontage Road West · Vail, CO 81657

Course Description: The first portion of this course provides a foundation in the anatomy and kinesiology of the forearm and elbow, including a thorough review of the ulnar wrist ligaments and function. Manual testing to determine the source of forearm rotation limitations and treatment of the proximal and distal radioulnar joint and humeroulnar joint will be covered. The second portion is designed to assist practicing clinicians in the identification, evaluation, and treatment of thoracic outlet syndrome (TOS). Therapists will develop an understanding of the two types of disputed neurogenic TOS, perform TOS special tests while becoming familiar with the rehabilitation process. The course combines both lecture and lab to give clinicians manual therapy techniques that can be used immediately in the clinic.

Course Objectives: Following the course, therapists will be able to:

- Verbalize the key ligamentous structures involved in the stabilization of the distal radioulnar joint.
- Perform an assessment of the proximal and distal radioulnar joints to determine what is limiting forearm rotation.
- Perform proximal radioulnar joint mobilization techniques to address forearm rotation limitations.
- Perform humeroulnar joint mobilization techniques to address limitations with elbow flexion and extension.
- Become familiar with the anatomy of the thoracic outlet region, and be able to describe the three main areas of brachial plexus impingement: scalene triangle, costoclavicular space, and beneath the pect minor muscle.
- Identify the two different types of TOS clinical presentations: “compressors” and “releasers”.
- Perform the basic clinical examination, including the following special tests: EAST/ Roos test, Cyriax release test, Lindgren’s test.
- Demonstrate ability to test and treatment 1st and 2nd rib limitations associated with TOS.
- Identify common postural faults including scapular winging/tilting, depression, and downward rotation that can contribute to TOS issues. Participants will demonstrate how to test and treat posterior capsule tightness at the glenohumeral joint and will become familiar with treatment interventions and home exercise programs.

CEUs: This program has been accredited by a NATABOC approved provider for a maximum of **13.75 hours** of Category A continuing education.



Course Agenda

Saturday, June 11, 2011

7:30am-8:00am	Registration/Breakfast
8:00am-9:00am	Lecture: Anatomy & Kinesiology of the Forearm and Elbow
9:00am-10:00am	Lab: Distal Radioulnar Joint Testing
10:00am-10:15am	Break
10:15am-11:30am	Lab: Proximal Radioulnar Joint Testing and Treatment to Restore Forearm Pronation and Supination
11:30am-12:00pm	Lab: Initiate Humeroulnar Joint (HUJ) Testing and Treatment to Restore Elbow Flexion and Extension
12:00pm-1:00pm	Lunch
1:00pm-1:30pm	Lab: Complete HUJ Treatment
1:30pm-2:15pm	Lecture: Introduction and Review of Anatomy, Kinesiology, and Common Clinical Presentation of Patients with Thoracic Outlet Syndrome (TOS)
2:15pm-2:30pm	Break
2:30pm-4:15pm	Lab: Demonstration and Practice of TOS Special Tests; Identifying "Compressors" versus "Releasers"; Instruction in 1st and 2nd Rib Mobilizations
4:15pm-4:30pm	Questions/Adjourn

Sunday, June 12, 2011

7:30am-8:00am	Sign-in / Breakfast
8:00am-9:30am	Lab: Nerve Gliding Techniques
8:30am-10:00am	Lecture & Lab: Analysis of Resting Scapular Position and Scapulohumeral Rhythm
10:00am-10:15am	Break
10:15am-11:00am	Lab: Scapular Taping Techniques to Address Poor Scapular Alignment
11:00am-12:00pm	Lab: Initiate Post-superior and Post-inferior Glenohumeral Joint (GHJ) Mobilization
12:00pm-1:00pm	Lunch
1:00pm-2:00pm	Lab: Complete Post-superior and Post-inferior GHJ Mobilization Techniques
2:00pm-2:15pm	Break
2:15pm-3:15pm	Lab: Passive Elevation Test; End-range GHJ Testing and Treatment
3:15pm-4:15pm	Lab: Sternoclavicular (SC) and Acromioclavicular (AC) Joint Testing and Treatment
4:15pm-4:30pm	Questions/Adjourn

Presented by, Ann Porretto-Loehrke, PT, DPT, CHT, COMT



Ann Porretto-Loehrke is the therapy manager of a large department at the *Hand and Upper Extremity Center* in Appleton, Wisconsin. She is also a Certified Hand Therapist (CHT) and a Certified Orthopedic Manual Therapist (COMT) for treatment of the upper quadrant through the International Academy of Orthopedic Medicine (IAOM). She has extensive training in the evaluation and treatment of the upper quadrant. In 2007, she completed a post-professional Doctorate in Physical Therapy (DPT) degree from Drexel University with a specialty in hand and upper quarter rehabilitation. She currently serves on the Examination sub-committee for the Hand Therapy Certification Commission (HTCC). Ann is a lead instructor involved in developing the Hand & Upper Extremity Track through IAOM, a set of six manual therapy courses designed specifically for hand and upper extremity specialists. She has been teaching continuing education courses for physical and occupational therapists since 2004.

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Registration

Please print, complete and return this form and check to:

Howard Head Sports Medicine c/o Dina Proietti
999 18th St, Suite 250 · Denver, CO 80202

Course Fee: \$450

Location: Evergreen Lodge · 250 South Frontage Road West · Vail, CO 81657

Check one:

- Occupational Therapist
- Physical Therapist

Name: _____

Address: _____

City, State, Zip _____

Phone: _____

Email: _____

How did you hear about us? _____

Transportation and Lodging:

Colorado Mountain Express offers door-to-door airport shuttle ground transportation service from Denver International and Eagle County Airports. Call 800-525-6363 to book your transportation. Mention the group code "Howard" to get a 20% discount.

Evergreen Lodge is offering a discounted rate of \$110 per night. The rate is based on availability, single or double occupancy in a spacious valley view room. For reservations, call 800-284-VAIL (8245) and ask for the medical rate.

