

Continuing Professional Development Lecture: The Thoracic Spine: The Cinderella of the Spine 18 November 2020

Synopsis

Musculoskeletal neck and back pain are common conditions managed by physiotherapists. Unfortunately, the thoracic spine has been neglected in the management of these conditions due to the scarcity of research evidence.

This lecture will:

- ❖ highlight the emerging research that suggests the links of the thoracic spine function to neck and back pain via the regional interdependence theory.
- ❖ identify the various dimensions of the thoracic spine that are often neglected but important in the holistic management of musculoskeletal spinal conditions.
- ❖ explore the important role the diaphragm plays as part of thoracic spine function.
- ❖ address briefly the principles of management in patients who present with thoracic spine impairments in those with neck and back pain.

Speaker



Dr June Quek
Principal Physiotherapist
Department of Physiotherapy
Singapore General Hospital

June graduated with a PhD in 2017 and a clinical masters in musculoskeletal physiotherapy in 2005. Her interest in the thoracic spine began in 2010 where she embarked on a research study that investigated the associations of thoracic spine impairments in neck pain patients. The findings of this research were published in *Manual Therapy* in 2013. Subsequently, she published a paper that explored the use of the Microsoft Kinect to measure thoracic spine kyphosis.

As a musculoskeletal physiotherapist, June's real passion is in helping improve patients' health and she believes that this can only be realized through life-long learning and evidence-informed translational practice.

Lecture Details

Date	:	18 November 2020, Wednesday
Duration	:	45 minutes
Time	:	6.00 pm - 6.45 pm
Fee	:	Complimentary
Platform	:	Zoom Cloud Meetings

Target Audience

Physiotherapists

Registration

To register, scan the QR code or click on the web link.
Registration closes on **16 October, Friday**.



<https://form.gov.sg/5f5efbf611059600119fb4e7>

Upon registration, you agree to the following [Terms & Conditions](#).

Zoom capacity: 500

This lecture will be conducted via [Zoom Cloud Meetings](#) app. For ease of accessing the lecture, please download/update Zoom Cloud Meetings app.

Details of the lecture meeting link will be sent to the successful registrants nearer the lecture date.

Quick Links

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