



**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE

Physiotherapy Assessment and Management of Cervical Disorders

11 – 14 January 2021

Introduction

This course aims to equip participants to take a comprehensive approach to patient assessment and management of neck pain disorders at an intermediate level. There will be a strong emphasis of clinical relevance and application while incorporating a good combination of both theoretical and practical learning.

Course Objectives

At the end of the workshop, the participants should be able to:

- Plan, prioritize and perform a physical examination for the cervical, upper cervical and cervico-scapular region
- Discuss and demonstrate differential diagnosis of common cervical, upper cervical, and cervico-scapular dysfunctions
- Understand the importance of thoracic spine function on cervical spine disorders
- Provide effective management strategies based on a clinical reasoning framework
- Formulate a treatment plan and exercise programme that will address relevant impairments and maximise recovery and function
- Appreciate the principles spinal surgery and imaging and their implications on physiotherapy management

Target Audience

Physiotherapists with 1-2 years of outpatients musculoskeletal experiences.

Course Outline

- Cervical Assessment & Management
- Cervical surgeries, Imaging
- Assessment of nervous system
- Post op Cervical Management, progression, precautions
- Cervicogenic headache, dizziness, and the upper cervical spine
- Influence of the Thoracic spine on neck pain
- Exercises for motor control
- Case studies

Course Details

Date	: 11 - 14 January 2021
Duration	: 4 half-days
Time	: 1.00 pm – 5.00 pm
Class Size	: 20 pax
Device required	: Laptop/ Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date)
Fee	: S\$490 (SingHealth/ SPA members) S\$540 (Regular) (inclusive of 7% GST)

This course is pre-approved for VCF funding. Details are available in the course webpage.

Teaching Faculty

Faculty are from Singapore General Hospital:

Dr June Quek Mei Tse

Principal Physiotherapist

Chang Shin Yin

Senior Physiotherapist

Belinda Liew

Senior Physiotherapist

Loh Qing Ying

Physiotherapist

Sunny Tam

Physiotherapist

Wong Han Yen

Physiotherapist

Dr Chan Lai Peng

Senior Consultant, Dept of Diagnostic Radiology

Dr Chen Li Tat John

Senior Consultant

Division of Musculoskeletal Sciences, Dept of Orthopaedic Surgery

Quick Links

[FAQs PGAHI Programmes Training Calendar and Directory](#)



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Registration Slip

Physiotherapy Assessment and Management of Cervical Disorders 11 – 14 January 2021

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

By registering for the course, you agree to the [Terms & Conditions](#) of PGAHI.

Quick links: [FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

To register, scan the QR code or click on the web link.

Registration closes on **1 January 2021, Friday**.



<https://form.gov.sg/5f7bece6996cdf00118352b9>

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before the **1 January 2021**. There will be no refund of course fee for cancellation on or after **1 January 2021**. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.