

# The Advanced Course in Upper Cervical Spine and Head (2 - 4 May 2019)

## Course Outline

2 May 2019 (Thursday)

Time	Content	Format
<b>Headache, Assessment of Articular and Neuromuscular Systems in Upper Cervical Spine Disorders.</b>		
<b>Section 1: Overview, Differential Diagnosis of Headache, Assessment of Articular System</b>		
<b>8.45 am – 9.00 am</b>	Introduction	
<b>9:00 am – 9.30 am</b>	Overview: The Upper Cervical Spine, Triage Diagnosis, Exclusion of Red Flags.	Interactive lecture
<b>9.30 - 10.30 am</b>	Differential Diagnosis and Classification of Headache	Interactive lecture
<b>Tea-break @ 10.30 am</b>		
<b>11:00 am - 12.00 pm</b>	Advanced Assessment of the Upper Cervical Spine: Headache focus. Cervical Arterial Disease (CAD) Screening, Differential Diagnostic Screening and Tests (e.g. FRT, TMD, TTH, Neurological for the Upper Cervical Spine)	Practical
<b>12.00 pm – 1.00 pm</b>	Assessment of the Articular System of the Upper Cervical Spine: Upslopes/ Downslopes and Selected MWM's	Practical
<b>Lunch @ 1.00 pm</b>		
<b>Section 2: Assessment of the Neuromuscular System in Upper Cervical Spine Disorders</b>		
<b>1:45 pm – 2.15 pm</b>	Pathophysiological Changes and Common Impairments of the Neuromuscular System in Upper Cervical Spine Disorders (including headache)	Lecture
<b>2:15 pm – 3.45 pm</b>	Advanced Assessment and Rehabilitation of Axioscapula Muscles in Upper Cervical Spine Disorders (focus on headache)	Practical
<b>Tea-break @ 3:45 pm</b>		
<b>4.00 pm – 5.00 pm</b>	Advanced Assessment of Cervical Flexors (CCFT, Flexor Endurance and Strength)	Practical

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## Course Outline

3 May 2019 (Friday)

Time	Content	Format
<b>Neuromuscular System, Complex Upper Cervical Disorders: Whiplash TMD, Assessment of the Sensory System.</b>		
<b>Section 2 ctd: Assessment and Management of the Neuromuscular System in Upper Cervical Spine Disorders.</b>		
<b>9:00 am – 10.30 am</b>	Assessment of Cervical Extensors (CET, CCE/ Rotation, CCE, Cervical Extensor Endurance, RTUS)	Practical
<b>Tea-break @ 10.30 am</b>		
<b>11:00 am – 11.30 am</b>	Evidence Based Management of Headache (including Migraine, TTH, TMD and Cervicogenic Headache)	Lecture
<b>11.30 am – 12.30 pm</b>	Advanced Management of Headache – Case studies	Practical using case studies
<b>Lunch @ 12.30 pm</b>		
<b>Section 3: Assessment of Complex Upper Cervical Disorders; Whiplash and the Sensory System</b>		
<b>1:30 pm – 2.30 pm</b>	Overview of Assessment and Management of Whiplash. Includes incidence, Prevalence, Prognosis, Risk Assessment, Valid Measures of Outcome, Evidence Based Management and Clinical Pathways	Interactive lecture
<b>2.30 pm – 3.15 pm</b>	Assessment and Interpretation of Pain Sensitivity in Cervical Spine Disorders: Including Pressure Hyperalgesia, Cold Hyperalgesia, Conditioned Pain Modulation. Cortical Neck Schema changes in Cervical Spine Disorders.	Practical
<b>Tea-break @ 3:15 pm</b>		
<b>3.45 pm – 4.45 pm</b>	Management of the Complex and Chronic Upper Cervical Spine Patient. HOW to manage the Centrally Sensitized Patients. Incorporation of the latest research.	Practical using case studies

# The Advanced Course in Upper Cervical Spine and Head (2 - 4 May 2019)

## Course Outline

4 May 2019 (Saturday)

Time	Content	Format
<b>Assessment and Management of Dizziness and Consolidation.</b>		
<b>Section 4: Dizziness: Assessment and Management</b>		
<b>8.45 am – 9.30 am</b>	Differential Diagnosis of Dizziness – Central (including Concussion/ mTBI), Vestibular, Cervicogenic.	Interactive Lecture
<b>9:30 am – 10.30 am</b>	Assessment of the Dizzy Patient- Assessing the Central, Vestibular and Sensori-Motor Systems	Practical
<b>Tea-break @ 10.30 am</b>		
<b>11:00 am – 11.30 am</b>	Evidence Based Management of the Dizzy Patient	Lecture
<b>11.30 am – 1.00 pm</b>	Management of the Dizzy Patient (Cervicogenic Dizziness, Concussion Rehabilitation and Vestibular Rehabilitation)	Practical using case studies
<b>Lunch @ 1.00 pm</b>		
<b>1.30 pm – 2.30 pm</b>	Assessment of TMD with emphasis on TMD Headache	Lecture /Practical
<b>Section 5: Consolidation</b>		
<b>2.30 pm – 4.00 pm</b>	Live Patient Assessment with Clinical Reasoning	Live Patient assessment
<b>Tea-break @ 4.00 pm</b>		
<b>4.30 pm – 5.30 pm</b>	Putting it all together in the Upper Cervical Spine; Case Studies demonstrating the incorporation of basic and complex assessment, manual therapy and exercise.	Interactive discussion using case studies