COURSE DATE: September 20, 2019

TITLE: Joint Mobilization to the Upper Quarter

DESCRIPTION: This single day workshop includes both lecture and lab demonstrations designed to give the participants an in-depth understanding of effective joint testing and mobilization to the upper quarter; from the thoracic spine through the digits.

OUTCOMES:
- Identify precautions and contraindications for joint mobilization
- Choose proper tests to determine joint mobility
- Develop an understanding of the joint you are mobilizing
- Verbalize an understanding of the anatomy and kinesiology of the Upper Quarter as it relates to manual therapy.
- Determine effective treatments using joint mobilization techniques

INSTRUCTOR: John Cain, OTR, CHT, COMT, CLT

INSTRUCTOR BIOGRAPHY: John Cain, OTR, CHT, COMT, CLT, graduated from the University of Wisconsin, Milwaukee in 2001. He became a Certified Leduc Trained Lymphedema Therapist in 2004, a Certified Hand Therapist (CHT) in 2007 and earned his Certified Orthopedic Manual Therapist (COMT) in 2010. Currently, John works at the Aurora Health Care in South Milwaukee where he specializes in upper extremity orthopedic injuries and lymphedema patients. Since 2010 John has been an assistant instructor for the IAOM UE Track.

LEVEL: Introductory

AUDIENCE: PT’s, PTA’s, OT’s, OTA’s and AT’s

AGENDA

7:30 Registration Opens
8:00 Anatomy and biomechanics of the joints in the upper quarter
8:30 Joint testing and mobilization to the hand
9:15 Joint testing and mobilization to the wrist
10:00 Joint testing and mobilization to the elbow
10:15 Break
10:30 Continue with joint testing and mobilization to the elbow
11:00 Joint testing and mobilization to the shoulder
12:00 Lunch (On Your Own)
1:00 Continue with joint testing and mobilization to the shoulder
2:00 Joint testing and mobilization to the ribs
3:00 Joint testing and mobilization to the thoracic spine
4:30 End

Register Online: http://bit.ly/ce12333
PRE-COURSE ASSIGNMENT: Review anatomy of the upper extremity

REQUIRED COURSE MATERIALS: Markers, Mobilization strap and clips, mobilization wedge, 3 lbs. weight cuff. Please wear comfortable clothing that allow access to the upper quarter.

FOCUS: Domain of OT: Client Factors Occupational Therapy Process: Intervention & Outcomes

Course #: 12333

Pricing: $255 before 8/20/2019 $295 after

CEUs and Clock Hours: 0.7 CEU’s (7 Clock Hours)

Location:

UWM School of Continuing Education
161 W Wisconsin Ave; 7th Floor
Milwaukee, WI 53203

Register Online: http://bit.ly/ce12333