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**[Register Online: http://bit.ly/ce13483](http://bit.ly/ce13483)**

**COURSE DATE:** April 30, 2021

**TITLE:** Comprehensive Manual Therapy for the Thoracic Spine and Ribs

**GOAL OF COURSE:**

To assess the most common dysfunctions of the Thoracic Spine and Ribs and to gain skill in the manual therapy techniques for each

**DESCRIPTION:**

Diagnosing and treating thoracic and rib pain can be challenging and frustrating. Due to the complex nature of the thoracic region, finding the root cause of mid back pain is often difficult. This course intends to simplify evaluation and treatment for the most common thoracic and rib dysfunctions from a manual therapy perspective. This is a hands-on course that is meant to impart a streamlined approach for care of the mid back that can be applied to both acute and chronic conditions. Manual techniques that will be covered in this course include muscle energy, mobilization, articulation, and manipulations. A brief overview of therapeutic exercises for the thoracic spine will be covered to ensure long term success of manual treatments. It is intended that each course attendee be able to immediately utilize the covered techniques to improve their clinical efficiency.

**OUTCOMES:**

1. Understand basic anatomy and the pathomechanics of the thoracic spine and ribs
2. Understand the basic principles of manual therapy for the thoracic spine and ribs
3. Demonstrate proper manual therapy evaluation for a thoracic spine and ribs patient
4. Easily identify the most common thoracic spine and ribs dysfunctions
5. Demonstrate proper manual therapy treatment techniques for a thoracic spine and ribs patient

**INSTRUCTOR:** Ted German, PT, AAS, BA, DPT, CIMT, CPRS

Ted German, PT, AAS, BA, DPT, CIMT, CPRS has over 18 years of experience in outpatient orthopedic physical therapy and has taught dozens of manual therapy courses all over the country. He currently works at Group Health Cooperative in Madison, WI as a spine specialist. He also works in the Urgent Care Physical Therapy department at GHC and is currently developing an Acute Low Back Pain program. Dr. German's education includes a Doctorate in Physical Therapy from St. Catherine University, Minneapolis, MN; a Bachelor of Arts in Kinesiology from Concordia University, St. Paul, MN; and an Associate of Applied Science in Physical Therapy from Lourdes College, Sylvania, OH. He is a Certified Integrated Manual Therapist and a Certified Pilates Rehabilitation Specialist. He is a member of the American Physical Therapy Association's Orthopedic Section. Dr. German's other significant teaching experiences include guest lectures on "Pilates for Rehabilitation" for St. Catherine University's Orthopedics Department and "Risk Factors for Patellofemoral Pain Among Females" at the APTA's Combined Sections Meeting.

**LEVEL:** Introductory

**AUDIENCE:** Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Athletic Trainers

**TIME ORDERED AGENDA:**

*Agenda Template:*

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|----------|---|
| 7:30 AM  | Registration Opens  |
| 8:00 AM  | Principles of Manual Therapy  |
| 10:00 AM | Break   |
| 10:10 AM | Manual Therapy Assessment; Palpation, Landmark Symmetry, Muscle tension, Dynamic Tests, Thoracic, Ribs, Special Test  |
| 11:10 AM | Manual Therapy Treatment; Thoracic Facet Restriction (C7-T3), Muscle Energy Technique, Mobilization/Manipulation  |
| 12:00 PM | Lunch (on your own)   |
| 12:45 PM | Manual Therapy Treatment; Thoracic Facet Restriction (T4-T12), Muscle Energy Technique, Articulation/Manipulation, Muscle Energy Technique, Mobilization/Articulation |
| 3:00 PM  | Break   |
| 3:05 PM  | Manual Therapy Treatment; Anterior Rib Dysfunction, Muscle Energy Technique, Posterior Rib Dysfunction, Muscle Energy Technique, Articulation/Manipulation            |
| 3:30 PM  | Therapeutic exercise  |
| 4:00 PM  | Question and Answer; Adjourn  |

\*Agenda reflects 7 credit hours; awarded credit hours for course does not include breaks and lunch period.

**PRE-COURSE ASSIGNMENT:** None

**What to wear:** Comfortable, flexible clothing; please dress in layers as it is not always easy to regulate the temperature of large meeting rooms.

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

**Course #:** 2011-13483

**Pricing:** \$255 before 3/1/2019 \$295 after

**CEUs:** 0.7 CEU's (7 Clock Hours)

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

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