

COURSE DATE: October 11, 2024

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 has 24 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

AGENDA:

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.

Content Focus:

Domain of OT: Client Factors

Occupational Therapy Process: Intervention and Outcomes

Course #: 1010-16363

Pricing: \$325 by 9/11/2024; \$375 after 9/11/2024

CEUs: 0.7 CEU's (7 Clock Hours)

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