



PO Box 232  
Story City, IA  
50248

# Springfield Orthopedic Evening Series

Thursday, April 19, 2012

## Evaluation and Treatment of the Joints of the Clavicle

Steve Forbush, PT PhD

Thursday, May 3, 2012

## Update on Whiplash Disorders

Shannon Woods, MD  
Brandon Lane, DPT



Missouri State.  
UNIVERSITY

### General Information

- Courses: 6:00 - 9:00 PM
- Location: Missouri State University - Department of Physical Therapy  
606 E Cherry St  
Springfield, MO 65897
- Open to PT, PTA, ATC, OT, COTA, MD, DO, PA and RN
- Handouts, snacks & beverages provided
- CEU's applied for PT/PTA in MO
- Cost: \$50/class or \$90 for 2 (for 6 contact hours / .6 CEU's)



ISPinstitute.com



# Springfield Orthopedic Evening Series Spring 2012 Registration Form

## STEP 1: DEMOGRAPHIC INFO

Name: \_\_\_\_\_

Billing Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-Mail: \_\_\_\_\_

- PT
- PTA
- OT
- COTA
- LAT/ATC
- MD
- DO

**\*\*\* CEU's only applied for Physical Therapy in MO; ISPI is not a BOC, OTA or CME provider**

## STEP 2: SELECT COURSE/S

Signing up for:

- Eval & Treatment of Joints of the Clavicle \$50 \_\_\_\_\_
- Update on Whiplash Disorders \$50 \_\_\_\_\_
- Both classes \$90 \_\_\_\_\_

**\*\* Discount applies to this spring series only**

## STEP 3: PAYMENT

Check: Number \_\_\_\_\_ (Make check Payable to International Spine & Pain Institute)

Card Number: \_\_\_\_\_

Expiration: \_\_\_\_\_ 3 digit security code: \_\_\_\_\_

Signature: \_\_\_\_\_

Does this credit card match the above address? If not—please supply billing address

### Cancellation policy:

- ◆ **No refund for canceling/not attending.**
- ◆ **Letter of credit will be issued if cancellation is received up to the day of the class. This letter of credit can be used at any ISPI course within 1 year of the cancellation date for the amount refunded.**
- ◆ **There is no refund and no letter of credit for not attending the evening class without prior notification.**



You can register by mailing a registration form, fax a registration form or call and register over the phone

International Spine & Pain Institute  
PO Box 232  
Story City, IA  
50248

Phone 1-866-235-4289  
Fax: 1-515-733-2744



**Springfield Orthopedic Evening Lecture Series**  
**April 19, 2012**  
**Evaluation & Treatment of the Joints of the Clavicle**

**Course Description**

Commonly, shoulder courses emphasize the glenohumeral joint and the scapulothoracic joints. The mechanics of and functional limitation attributed to the acromioclavicular (AC) joint and the sternoclavicular (SC) joint are not often described in these courses. The purpose of this course is to allow the participant to gain a better understanding of the clavicle and the joints associated with the ends of the clavicle and how they interact and function in the normal and traumatized individuals. A review of the anatomy of the area and the complexity of the AC and SC joints will be followed by detailed biomechanics of the clavicle and the AC/SC attachments. Injuries commonly occurring to this bone and joints will be reviewed and detailed treatment programs will be suggested for common SC, AC, and clavicular injuries or dysfunctions.

**Layout**

- 5:30 – 6:00 Sign in and registration
- 6:00 Introduction of the Short Course and Speaker
- 6:10 Review of the Anatomy of the AC Joint
  - The different types of AC joint
  - The risk of injury of different AC anatomy
- 6:35 Review of the Anatomy of the SC Joint
  - 1<sup>st</sup> rib contributions
  - Meniscal changes and influences on mechanics
- 7:00 The Clavicle and the Biomechanics of this motion and influences by and to the AC and SC joints
- 7:30 Evaluating the AC and SC joints
- 8:00 Cases Involving the Clavicle and the AC and SC joints
  - Differential diagnosis of the problem
  - Interventions to solve the issues found
- 9:00 Adjourn

**Objectives**

Upon completion of the presentation, attendees will:

1. Describe the complex anatomy of the clavicle and the associated attachments to the scapula and the sternum
  2. Explain the first rib interactions with the SC joint and how they interact in normal and abnormal function
  3. Understand assessment techniques and tests for the joint play, ROM, and normal function of the AC and SC joints
  4. Understand the role of imaging in the diagnosis of clavicular and AC/SC pathologies: when, where, and which tool
  5. Differentiate and diagnose problems in specific cases through proper examination, evaluation, and supporting evidence
- Choose proper and effective intervention strategies for varied clavicular, AC, and SC pathologies and impairments



**Springfield Orthopedic Evening Lecture Series  
Springfield, MO – May 3, 2012  
Update on Whiplash Injuries**

**Course Description**

This 3-hour lecture is designed to update therapists on the latest developments on the diagnosis and management of patients with whiplash associated disorders. In the first lecture, Dr. Shannon Woods will update attendees on the management of whiplash/head trauma/motor vehicle collisions from a physical medicine perspective. In the second section, Brandon Lane, PT will update attendees on the latest research on the pathoanatomy and biomechanics of whiplash injuries as well as the current best evidence for managing whiplash patients in the acute, sub-acute and chronic phases in physical therapy.

**Layout**

5:30 – 6:00 Sign in and registration  
6:00 – 7:00 Medical screening and management of whiplash disorders  
7:00 – 9:00 Physical therapy management of whiplash disorders  
9:00 Class ends

**Objectives**

Upon completion of the presentation, attendees will:

1. Be updated on the medical screening of patients in motor vehicle collisions from a physical medicine perspective
2. Be update on the medical management of whiplash associated disorders
3. Be updated on the latest research on the pathoanatomy and biomechanics of whiplash injuries
4. Be updated on the latest evidence for physical therapy management of the various stages of whiplash disorders
5. Be able to apply all information and principles into clinical practice

**Competency Tool**

This course is a 3 hour lecture, with time built in for question/answer format to insure participants fully understand the material being presented.

**Shannon L. Woods, MD**

Education Undergraduate - Missouri State University  
Medical School - University of Missouri-Columbia, MO  
Internship - Cox Family Medicine Residency Program  
Residency - Cox Family Medicine Residency Program  
Fellowship - University of Pittsburgh School of Medicine

**Brandon Lane, DPT**

Masters in Physical Therapy – Southwest Baptist University, 2002  
Doctorate in Physical Therapy – Southwest Baptist University, 2008  
Currently on the Spine Team and Acute Whiplash Team at the Meyer Center for Sports Medicine and Outpatient Rehabilitation with Cox Health in Springfield, MO