

## Instructor

### Adriaan Louw

PT, M.App.SC (physio), GCRM, CSMT



Adriaan Louw attended the University of Stellenbosch in Cape Town, South Africa, where he graduated in 1992 from an extensive physiotherapy program, including a very stringent manual therapy based training, following the concepts of Geoffrey Maitland. All training was geared towards direct access, diagnosis and first contact practitioners. Adriaan is currently an adjunct faculty member at Rockhurst University, where he teaches spinal manipulative therapy for final year students. Adriaan is also an instructor with The Neuro Orthopaedic Institute (Australia) where he has been teaching with David Butler for more than 12 years. Adriaan is a part-time clinician and spine specialist for Physiotherapy Associates and has taught numerous post-graduate courses and conferences throughout the United States on topics related to spinal disorders. Adriaan also completed his Graduate Certificate in Research Methodology from the University of South Australia. Recently Adriaan completed his Masters degree in research into spinal surgery rehabilitation at his alma mater, the University of Stellenbosch and is now working on his PhD in neuroscience education.

### ISPIInstitute.com

ISPI is an independent educational group that is committed to high-quality, affordable, up-to-date, evidence-based and clinically applicable continuing education for physical therapists. Courses provided by ISPI are instantly applicable in clinical settings and offer a variety of treatment options in the current managed care environment from highly skilled hands-on, mobilization, exercise programs, to patient education.



PO Box 232  
Story City, IA  
50248



## Manual Therapy for the Cervical Spine



March 31 & April 1, 2012  
Elkridge, MD

Open to Physical Therapists only

# Manual Therapy for the Cervical Spine

This course is approved for 1.5 CEU's by most PT Association

## Course Description

This introductory, 2 day (15 hour) course offers a comprehensive investigation into the physical dysfunction of the Cervical Spine and its physical evaluation and treatment. The course is designed to provide the clinician with the skills to diagnose common Cervical Spine pathologies, recognize subjective and objective signs and symptoms of common Cervical Spine pathologies, determine the necessary precautions and contraindications, and design comprehensive treatment protocols, both manually and exercised based. New and updated clinical pathology of the Cervical Spine from **Drs. Lance Twomey, James Taylor, Nikolai Bogduk and David Butler** form the framework from which Cervical Spine pathologies and pain patterns are discussed.

Physical therapy treatment, as well as medical interventions and diagnosis (MRI, CT scan, X-Ray, etc.) will be discussed in relation to the new and updated research information. The material covered in this course is immediately applicable in the clinic and covers common conditions such as disc lesions, nerve root pain, facet joint injuries, spinal stenosis, headaches, whiplash injuries, etc., which will be discussed in depth. Clinicians will be instructed in safe and effective handling skills during the evaluation and treatment of the Cervical Spine. Numerous assistants will be available to ensure high quality, hands-on help. Treatments covered include joint mobilization, traction, neural tissue mobilization, soft tissue mobilization, functional rehabilitation as well as patient education.

## Special Features

- Sound clinical reasoning, based on the Australian Maitland Approach
- Latest, best evidence on the evaluation and treatment of whiplash injuries
- Thorough subjective and objective examination
- Spinal Imaging - X-Ray, MRI, CT, Discogram, mylogram & more
- Spinal mobilization, neural tissue mobilization, exercise, modalities, medical treatment and referrals and more...
- Medical management: Pharmacology and Epidurals
- Patient education, based on the latest research: obesity & LBP, mattresses, smoking, back packs and more
- 200 + page manual with pictures of all tests, techniques and exercises.

## Course Layout

### Day 1:

8:00 - 8:15 Introduction & welcome  
8:15 - 9:15 Spinal pain and Clinical Reasoning  
9:15 - 10:00 Clinical Pathology of the C-Spine  
10:00 - 10:15 Break  
10:15 - 10:45 Clinical Pathology of the C-Spine (cont.)  
10:45 - 11:45 Subjective Evaluation  
11:45 - 12:00 Group case study task 1  
12:00 - 1:00 Lunch  
1:00 - 1:15 Planning the objective evaluation  
1:15 - 3:00 Physical Examination of the C-Spine  
3:00 - 3:15 Break  
3:15 - 3:30 Group case study task 2  
3:30 - 5:00 Spinal Mobilization

### Day 2:

8:00 - 9:15 Whiplash Injuries  
9:15 - 9:45 Neurodynamics of the cervical spine  
9:45 - 10:15 Mobilization of the Nervous System  
10:15 - 10:30 Break  
10:30 - 11:00 Spinal Mobilization  
11:00 - 11:30 Contraindications & precautions  
11:30 - 12:00 Medical Tests and Imaging  
12:00 - 1:00 Lunch  
1:00 - 1:30 Spinal surgery & Rehabilitation  
1:30 - 2:15 Managing the Whiplash patient  
2:15 - 3:00 Exercising the Cervical Spine  
3:00 - 3:15 Break  
3:15 - 3:45 Group case study task 3  
3:45 - 4:45 Spinal Mobilization  
4:45 - 5:00 Summary, Conclusion, Questions

## Course Objectives

- Understand the clinical pathology of the Cervical Spine
- Able to conduct a thorough subjective evaluation
- Able to perform a skilled physical examination of the Cervical Spine and associated structures
- Design and implement a thorough treatment plan, including spinal mobilization, neural tissue mobilization, soft tissue mobilization, exercise, traction and education.
- Perform all the techniques in a skilled and safe manner.

## Hotel, Travel and Confirmation

ISPI will mail out official confirmation notices. Please do not make any travel or accommodation arrangements until you receive your confirmation.

## Registration Information

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

PT License # \_\_\_\_\_

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

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

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

E-mail: \_\_\_\_\_

**C-Spine \$425.00**  
**Elkridge, MD March 31 & April 1, 2012**

Payment: Check #: \_\_\_\_\_

- VISA  
 MASTERCARD  
 DISCOVER

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

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\*\* If the credit card does not correspond to the above address, please provide the billing address

### Cancellation policy:

If written notification of cancellation is received to ISPI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant registered using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no other letter of credit will be issued. All credits are forfeited. No money or credit will be issued for "no shows" at the course nor for cancellation any time after the course start date.

Institute Cancellation: If ISPI cancels the course due to unforeseen circumstances or if the minimum number of participants to hold the course is not met, full refunds will be awarded to registered participants. If, while the course is in progress, the course is interrupted by an "act of God" or other unforeseen circumstances, no refunds will be issued. ISPI is not responsible for any costs incurred by course participant in the event of an institute cancellation, including airline tickets.

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