

## Instructor

**Terry Cox**  
PT, DPT, OCS



Terry is a graduate of the University of Missouri Physical Therapy Program and most recently Regis University where he completed his Doctorate in Physical Therapy. He has been a Board Certified Specialist in Orthopedics for over 15 years and is currently a Fellow in the Fellowship in Manual

Therapy Program at Regis University. Terry is an Associate Professor in Physical Therapy at Southwest Baptist University, where he teaches orthopedic management of the upper and lower extremities and the cervical, thoracic and lumbar spine. He also teaches advanced orthopedics and the manual/manipulative therapy courses. He currently treats patients for Aptitude Physical Therapy in Springfield, Missouri and has also taught in the physical therapy residency program for Evidence in Motion. Terry has over 23 years of experience in treating patients with neuromusculoskeletal and pain disorders. He enjoys teaching and mentoring his doctoral student and teaching his patients as well as keeping current on the best research available. Terry joined the International Spine and Pain Institute as an instructor in 2010.

### 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, functional exercise programs, to patient education.

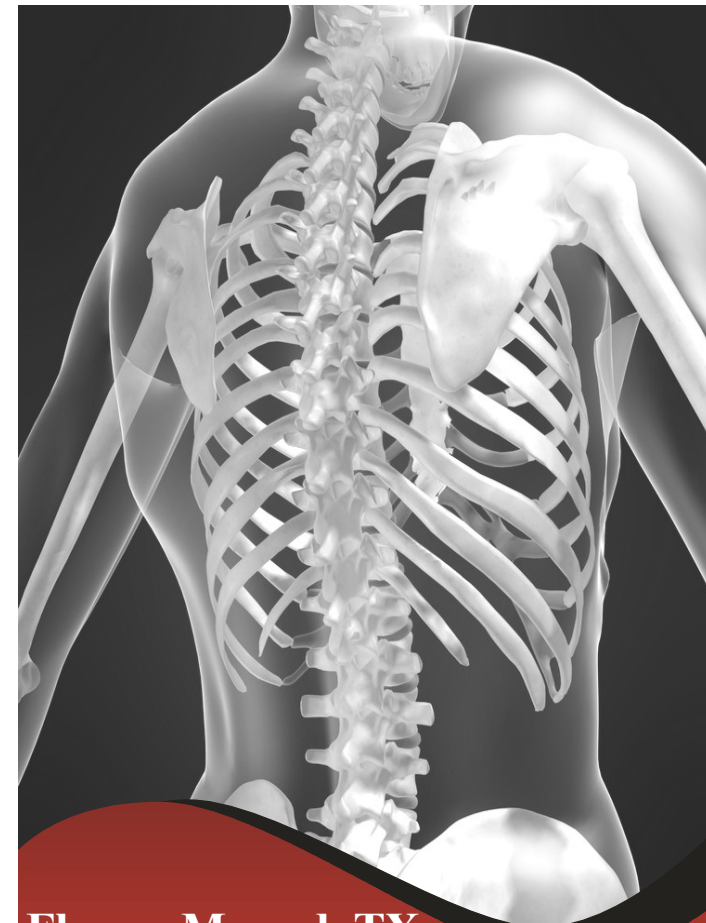


PO Box 232 Story City, IA 50248  
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## Differential Diagnosis of the Upper Quadrant

**A Clinical Reasoning & Best Evidence Approach**



**Flower Mound, TX**  
**May 5 & 6, 2012**

**Open to Physical Therapists Only**

# Differential Diagnosis of the Upper Quadrant

## A Clinical Reasoning & Best Evidence Approach

### Course Description

This advanced 2-day, 15 hour course, offers a comprehensive investigation into the physical dysfunction of the Upper Quadrant (**Cervical Spine, Shoulder Joint, Upper Thoracic Spine** and associated soft tissues and neural tissue) and its treatment. The course is designed to provide the clinician with skills to carefully use clinical reasoning to diagnose tissues at fault in the patient with dysfunction of the Upper Quadrant, determine the necessary precautions and contraindications, and design treatment options, including manual therapy and exercise.

New and updated clinical pathology of the Cervical and Thoracic Spine from form the framework from which cervical and thoracic 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. This course features an extensive clinical reasoning process. Participants will be taught numerous aspects of differential diagnosis of the Upper Quadrant, including medical conditions that simulate spinal pain, radiculopathy, somatic referred pain, vascular claudication, etc. Common conditions such as **disc lesions, nerve root pain, facet joint injuries, headaches, frozen shoulder, rotator cuff tendonitis, upper rib cage dysfunction** etc., will be discussed in depth.

Clinicians will be instructed in safe and effective handling skills during the evaluation and treatment of the Upper Quadrant. Assistants will be available to ensure high quality hands-on help. Treatments covered include spinal manipulation, spinal and joint mobilization, traction, neural tissue mobilization, soft tissue mobilization, exercise as well as education.

### Special Features:

- Sound clinical reasoning, based on the Australian Maitland Approach
- Latest, best evidence on the evaluation and treatment of spinal disorders
- Thorough subjective and objective examination
- Spinal Imaging - X-Ray, MRI, CT, Discogram & more
- Spinal mobilization and manipulation, neural tissue mobilization, exercise, modalities, medical treatment and referrals and more...
- Patient education, based on the latest research.
- 200 + page manual with pictures of all tests, techniques and exercises.

### Course Layout

#### Day 1

8:00 – 8:15 Introduction & welcome  
8:15 – 9:00 Clinical Reasoning & Maitland Concept  
9:00 - 10:15 Clinical Anatomy & Pathology of the UQ  
10:15 - 10:30 Break  
10:30 – 11:15 Subjective Evaluation  
11:15 – 11:30 Imaging and Medical Tests  
11:30 - 12:00 Group case study 1  
12:00 - 1:00 Lunch  
1:00 - 1:15 Planning the Physical Examination  
1:15 - 3:15 Physical Examination of the UQ  
3:15 – 3:30 Break  
3:30 – 4:00 Treatment principles  
4:00 – 5:00 Lab: Spinal Mobilization & Manipulation

#### Day 2

8:00 - 9:15 Disease of the Century: Whiplash  
9:15 – 9:45 Group case study 2  
9:45 – 10:30 Treatment: Spinal Mobilization  
10:30 – 10:45 Break  
10:45 – 11:15 Treatment: Spinal Manipulation  
11:15 - 12:00 Neurodynamics  
12:00 – 1:00 Lunch  
1:00 – 1:45 Neural mobilization in the upper extremity  
1:45 – 2:00 Precautions & contraindications  
2:00 – 3:00 Managing the Whiplash patient  
3:00 – 3:15 Break  
3:15 – 4:00 Shoulder Joint Mobilization  
4:00 – 4:45 Exercise: From basic to function  
4:45 – 5:00 Questions/Summary/Conclusions

### Course Objectives:

1. Have a working knowledge of the anatomical structures comprising the upper quadrant, including biomechanics and pain referral.
2. Successfully be able to conduct a comprehensive subjective evaluation to determine the patient's main problem, as well as contraindications and precautions for the physical examination and treatment.
3. Successfully and safely conduct a physical examination of the upper quadrant, including the cervical and thoracic spine, shoulder joint and associated soft tissues and neural tissues.
4. Plan a comprehensive and effective treatment progression for the patient including joint mobilization, manipulation, exercises, advice/education, and medical treatment options.
5. Successfully and safely be able to perform the treatment techniques covered in this course

### Mail, Fax or Call:

P.O. Box 232  
Story City, IA 50248  
info@ISPIInstitute.com

Phone 866-235-4289  
Fax: (515) 733-2699

### Registration

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

PT ONLY license # \_\_\_\_\_

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

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

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

Upper Quadrant \$425  
Flower Mound, TX May 5 & 6, 2012

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



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

Expiration: \_\_\_\_\_

3-Digit Security code: \_\_\_\_\_  
(On the back of the credit card)

Above address matches the credit card? **Y / N**  
(If not - you will need to provide us with the mailing address matching the credit card - for security purposes)

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

### 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.

### 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.