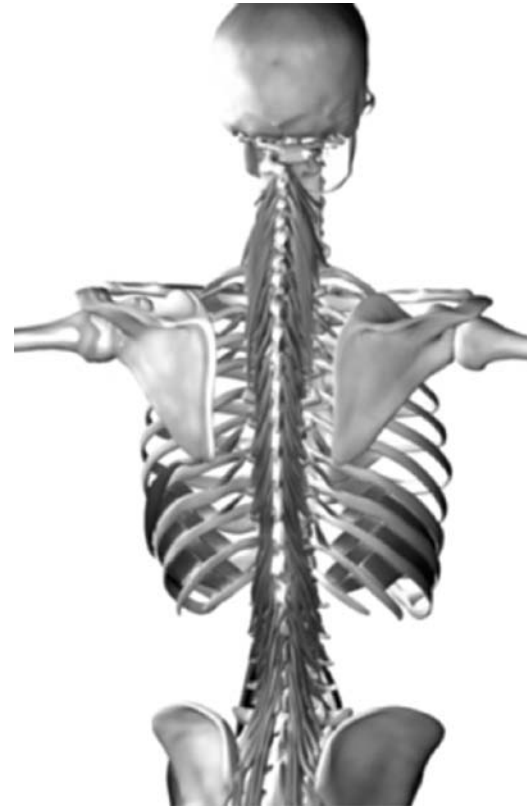


A Systematic Manual Therapy Approach to the Thoracic Spine

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Presented by
Brian Nalazek, OMPT, PT, CWT

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PT, PTA and ATC - Continuing Education Course

Certificates of completion will be provided upon successful completion of the course.
This course is 15.0 contact hours, 15 ccu's, 1.5 ceu's/ccu's
18 contact hours/1.8 ceu's for therapists licensed in Florida, Illinois, New York, and the District of Columbia



7:30	8:00	Registration
8:00	9:00	Anatomy and Physiology - Disc, facet joint and capsule - Vertebrae and ribs - Blood supply, nerves - Muscles and ligaments - Biomechanical terms
9:00	10:00	Biomechanics - Coupled vs. noncoupled movement patterns - Disc and rib movement active vs. passive - Breathing with thoracic and rib movement - Importance of thoracic spine movement with glenohumeral, cervical and lumbar motion
10:00	10:15	Break
10:15	11:15	Assessment Lecture - History - Posture - AROM - Provocation/alleviation - Palpation -joint play - Passive Intervertebral Movement (PIVM) - Muscle testing (flexibility and strength)
11:15	12:30	Assessment (Lab) - AROM - Provocation/alleviation
12:30	1:30	Lunch (on your own)
1:30	3:30	Assessment (Lab-continued) - PIVM: flexion, extension, side bending and rotation - Facet traction and glide - Rib traction and glide - Disc traction
3:30	3:45	Break

3:45	4:15	Day One, continued
		Assessment (Lab-continued)
		Muscle Testing - Strength testing - Muscle tightness - Segmental stability if hypermobile
4:15	6:00	Treatment Lecture and Lab
		Soft Tissue Techniques - Paraspinals - Rhomboids; upper, middle and lower traps

Day Two

8:00	8:30	Review
8:30	10:00	Treatment: Joint Mobilizations (Lecture and Lab) - Disc traction - Facet traction and glide of thoracic spine - Traction and glide of ribs - Home exercise program
10:00	12:30	Treatment: Therapeutic Exercises (Lecture and Lab) - Stretching of paraspinals - Joint and muscle mobility exercises - Home exercise program
12:30	1:00	Lunch (on your own)
1:00	2:00	Proper thoracic and rib active mobility and stabilization exercises
2:00	2:45	Case Studies
2:45	3:30	Review and Questions

Call North American Seminars, Inc. if your facility is interested in hosting this course or if you are an educator interested in presenting courses with North American Seminars 1-800-300-5512

About the Instructor

Brian Nalazek, OMPT, PT, CWT, graduated with department honors with a Bachelor of Science in Physical Therapy from the Oakland University in Rochester, MI in 1990. He completed his orthopedic manual physical therapy residency program (based from the Kaltenborn/Evjenth Nordik System) in 1999. He received his certificate of completion from the IWA as a certified weight trainer in October of 2003. He is also in the process of completing his advanced masters degree in orthopedics. Brian combines his extensive orthopedic background with the systematic approach of his teachings. He has been educating in a variety of orthopedic topics for over eight years. Brian successfully set up an orthopedic clinic and has established a community network of physicians and therapists. He has set up a consistent referral base with local physicians due to the successful outcomes he obtains with his orthopedic clients.

Brian's approach to orthopedic dysfunction combines an eclectic approach of joint mobilizations, muscle reeducation, manual therapy, exercise and education.

Why you should attend this course

This two-day, intermediate level, seminar is designed to provide the medical professional with the information, evaluation skills and treatment techniques to effectively manage disorders of the thoracic spine. Course participants will learn a systematic approach for evaluating and treating dysfunctions of the thoracic spine. Instruction begins with anatomy, physiology and biomechanics and progresses to assessment of soft tissue, joint motion and the interrelationship between biomechanical motions in the thoracic region. The participants will be led through the specific evaluation and treatment plans using and applying manual techniques as well as learning to utilize the most appropriate therapeutic exercises to maximize outcomes. Thorough discussion and laboratory time will provide the tools necessary to identify the underlying mechanism of thoracic dysfunction when dealing with hypomobility, compression fractures, scoliosis, positional faults, disc, joint and rib motion dysfunctions and pain. In-depth understanding of the thoracic region will enable the participants to fully participate in the treatment discussion and lab sessions detailing differential diagnosis, manual techniques, therapeutic exercises and home maintenance programs for specific disorders. The interrelationship between the cervical-thoracic, thoracolumbar and shoulder complex will also be examined.

Participants will gain the skills necessary to identify the underlying mechanism of injury and treat appropriately. A comprehensive course manual with illustrations and step-by-step instructions will assist the clinician in their understanding of the material. The skills and techniques learned in this class can be immediately applied in the clinical setting.

Course Objectives

- Understand the functional anatomy, physiology and normal biomechanics of the thoracic spine and ribs.
- Perform palpation to determine normal and abnormal biomechanics.
- Identify the interrelationship between the cervical/thoracic region, thoracic region and shoulder, thoracic spine and ribs and the thoracic/lumbar region.
- Be capable of performing a thorough evaluation of joint motion in the thoracic and rib region in supine, prone, and sidelying and be able to differentiate between muscular and joint restrictions.
- Perform specific muscle techniques to decrease hypomobility at specific segments.
- Understand when to utilize thoracic disc traction, thoracic facet traction and joint gliding techniques.
- Identify appropriate breathing patterns and how they affect the thoracic spine and ribs.
- Perform provocation alleviation tests and special tests to identify the source of dysfunction.
- Identify which segmental level is the source of dysfunction and develop an appropriate treatment plan utilizing joint mobilizations, muscle energy and exercise to achieve positive outcomes.
- Develop comprehensive treatment programs for the thoracic spine and ribs to restore normal function.
- Develop home maintenance programs to maintain patient results.
- Utilize appropriate terminology when discussing evaluation and treatment programs.

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Registration Form



Name	_____	Profession	_____
Home	_____		
Address	_____		

City	_____	State	_____
Zip	_____		
Credit Card	_____		

Exp.date	_____	Phone (required)	_____
e-mail (required)	_____		
Location of attendance	_____		

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.