NERVE ENTRAPMENTS OF THE UPPER EXTREMITY: DIFFERENTIAL DIAGNOSIS & TREATMENT OF HAND, WRIST, ELBOW, & SHOULDER PATHOLOGY

Please select a date & location:

- Kansas City - Sept 23
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DESIGNATION: APT, ATC, PTA, PT, RN, CSCS, PTP

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*Registrations received 10 days prior to seminar date.
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- Includes course manual, self-study test, and instructions.
- Self-Study DVDs ................. $210 .......... $199 + $8 S&H

Self-Study DVDs

- Early*  $199
- Regular  $219

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Nerve Entrapments
of the Upper Extremity

Kansas City, MO - Sept 23
Columbia, MO - Sept 24
St. Louis, MO - Sept 25

Differential Diagnosis & Treatment of Hand, Wrist, Elbow, & Shoulder Pathology

- Describe common entrapment sites and pain mechanisms in the cervical spine, shoulder, wrist, and hand
- Identify the most common anatomical sites of upper extremity compression
- Employ movement-based techniques, including nerve gliding and muscle re-education, in the treatment of common upper quadrant problems
- Examine the neural system continuum and its relationship to musculoskeletal problems using Upper Limb Tension Testing (ULTT) to rule out proximal pathology from hand symptoms
- Employ movement-based techniques, including nerve gliding and muscle re-education, in the treatment of common upper quadrant problems

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Differential Diagnosis & Treatment of Hand, Wrist, Elbow, & Shoulder Pathology

Diagnosis & Treatment of Upper Extremity Pathology

It is often difficult to identify all structures causing upper extremity pain and dysfunction. Therapists must determine the source of the problem in order to provide the most effective treatment for the client. Differential diagnosis methods have become vital in the successful practice of physical and occupational therapy, among other healthcare professions. Upper Limb Tension Testing (ULTT) is one such technique that can be very effective in detecting upper extremity problems, but it is important to understand how and when to perform ULTT correctly.

This one-day course provides a comprehensive look at disorders of the upper extremity, from the cervical spine to the hand, as well as ways to understand contributing factors to the symptoms. Methods for ruling out cervical symptoms from other extremity conditions, including degenerative pathologic conditions of the neck, will be presented. A systematic evaluation with an emphasis on identifying both musculoskeletal and neurovascular dysfunction with a therapist scope of practice will be discussed. Participants will examine Upper Limb Tension Testing and neurodynamics in the development of treatment strategies and will perform and practice ULTT in a hands-on lab. Conservative treatment tools for patients having either cervical or upper extremity entrapment syndromes will also be identified. The information and techniques presented, including Upper Limb Tension Testing, can be immediately utilized in the clinic.

Course Director

SUSAN STRALKA, PT, DPT, MS, is a Licensed Physical Therapist with over 30 years of experience, many of which involved treating both musculoskeletal and neurovascular consequences of injury. She obtained her Physical Therapy degrees, including her Master of Science and Doctor of Physical Therapy degrees, from the University of Tennessee Health Science Center (UTHSC) in Memphis, Tennessee. She also acts as an occasional guest lecturer at UTHSC, for the Department of Physical Therapy. Dr. Stralka remains a consultant to the Mays and Schnapp Pain Clinic in Memphis, treating all types of acute and chronic pain dysfunctions. She has a strong clinical background in orthopedics and manual therapy, and has presented nationally and internationally on a wide variety of orthopedic subjects.

Dr. Stralka and two of her colleagues wrote the first exam for the Orthopedic Specialty Certification through the American Board of Physical Therapy Specialties. She has many publications to her credit and her most recent publications are “Graded Motor Imagery” in the Journal of Hand Therapy, 2011, and “Thoracic Outlet Syndrome” in the book entitled Neck and Arm Pain Syndromes, 2011. She is a member of the American Physical Therapy Association, as well as a member of the Orthopedics, Neurology, Research, and Hand Sections of the APTA. In addition, Dr. Stralka is the recipient of the Dr. Arthur Nelson Honorary Lectureship Award for lectures on Complex Regional Pain Syndrome and was the co-recipient of the Rose Excellence in Research Award in 1996.

Excellent information and very useful in a clinical setting.
Ms. Stralka presents in a way that is easy to understand and the labs on ULTT were clinically relevant.
Shelly F. White, MS, PT
Virginia Beach, VA

Connect with Us!
Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Rehabilitation Therapists
- Rehabilitation Nurses
- Certified Personal Trainers
- Certified Strength and Conditioning Specialists
- Physicians
- Physiatrists

Very good seminar! Ms. Stralka is very knowledgeable. I was able to immediately use my newly acquired testing skills to assist my patients.

Julie Bolton, OTR
Memphis, TN

COURSE CONTENT

ANATOMY & PHYSIOLOGY
- The relationship of neurovascular and musculoskeletal problems—joints, ligaments, bone, muscle, and nerve
- Movement in the nervous system

DIFFERENTIAL DIAGNOSIS OF THE UPPER QUADRANT
—NECK, SHOULDER, WRIST, AND HAND
- Degenerative cervical dysfunction
- Symptom identification
- Proximal vs. distal symptoms
  - Cervical radiculopathy
  - Shoulder pathology
  - Tenosynovitis

UNDERSTANDING OF CONNECTIVE TISSUE, NEURAL RELATIONSHIP, AND MUSCLE IMBALANCE
- Pathophysiology of neural tissue
- Consequences of muscle imbalance

IDENTIFICATION OF NERVE COMPRESSION SITES
- Neurodynamics and Upper Limb Tension Testing (ULTT)
- Classification of nerve compression injuries

DEMONSTRATION & LAB—UPPER LIMB TENSION TESTING (ULTT)
- Evaluation and treatment of the upper extremity

TREATMENT STRATEGIES: MOVEMENT-BASED MANAGEMENT
- Nerve gliding
- Muscle re-education
- ULTT to treat the involved area along with movement patterns
- Ergonomic strategies

HOME EXERCISE & REIMBURSEMENT

Dates & Locations

KANSAS CITY - Sept 23, 2014
Hilton KCI
8801 NW 112th St, Kansas City, MO 64153  816-891-8900

COLUMBIA - Sept 24, 2014
Holiday Inn Select
2200 I-70 Dr SW, Columbia, MO 65203  573-445-8531

ST. LOUIS - Sept 25, 2014
Holiday Inn Airport
4505 Woodson Rd, St. Louis, MO 63134  314-427-4700

Course Hours

Registration begins at 7:30 a.m. The seminar begins at 8:00 a.m. and concludes at 3:30 p.m. Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

What You Will Learn

- Discuss the relationship of neurovascular and musculoskeletal problems
- Discover differential diagnosis procedures to use for problem solving and successful treatment of upper quadrant pain and dysfunction
- Explore the relationship of the neural system continuum and musculoskeletal problems
- Examine Upper Limb Tension Testing (ULTT) and its relationship with nerve compression sites
- Demonstrate Upper Limb Tension Testing and movement patterns to assess and treat the etiology of patient symptoms
- Develop a home exercise program for the client with upper quadrant pathology

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Self-study packages with CE credit approval allow for the opportunity to earn CE credits at your convenience. Self-study packages include the DVD, course manual, self-study test, and complete instructions. Please call or visit our website for more information.

Our Guarantee

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All returned audio and video products and materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

Continuing Education Credit

**Occupational Therapists, Occupational Therapy Assistants:** Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for 6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category: 1: Domain of OT, 2: Occupational Therapy Process.

**Athletic Trainers:** Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider # P3097 6 CEUs will be awarded.

**Nurses:** Cross Country Education, LLC. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. This course is offered for 6 contact hours.

Cross Country Education is an approved provider with the Iowa Board of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours.

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**Other professions:** This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

**All professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

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**ADA:** If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

Susan is a class act. She is extremely intelligent and her material is exceptional for clinical implementation. She is an outstanding speaker.

Jim Keller, PhD, PT, CMT, CDE
Jonesboro, AR

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