



Day Eight: Thoracic & Cervical Spine / Neck Pain - diagnosis and management

Content Summary

- Review and refine movement analysis and manual procedures practiced on day seven
- Interpret head and neck clinical findings consistent with the ICF-based clinical guidelines
- Cervical anatomy and biomechanics as it relates to neck movements and neck pain
- Manual therapy to address mid-cervical segmental mobility impairments
- Therapeutic exercises for neck movement coordination impairments and mobility deficits

Knowledge to Review/Acquire Prior to Class

1. CPG Interactive Learning Modules: Neck Pain with Radiating Pain
Neck Pain with Headaches
2. CPG-related Procedure Options – Neck Labs – Handout & Videos 2.1, 2.2, and 2.3
3. PhysioU app – Orthopaedics:
Neck stiffness/Spondylosis/Facet syndrome – Neck pain with mobility deficits
Cervical radiculopathy/Neck pain with radiating pain
Cervicogenic headache/Neck pain with headache
4. PhysioU app – Exercise Patterns:
Neck pain with mobility deficits – Neck mobility and stretching exercises
Neck sprain/whiplash – Neck strengthening exercises
Neck pain with radiating pain – Upper limb nerve mobility exercises

Selected Reference

Puentedura EJ, Cleland JA, Landers MR, Mintken P, Louw A, Fernández-De-Las-Peñas C. Development of a clinical prediction rule to identify patients with neck pain likely to benefit from thrust joint manipulation to the cervical spine. *J Orthop Sports Phys Ther* 2012;42:577-592

Procedure Focus

Movement Analysis

- Neck and shoulder girdle positional symmetry with daily activities
- Mid cervical mobility and movement/pain relations

Examination Procedures

- Extension, Sidebending, and Rotation to the Same Side
- Upper Quarter Neurological Status Exam
- Accessory Movement Tests – Anterior/Superior Glide
- Accessory Movement Tests – Segmental Sidebending

Manual Therapy

- Posterior Cervical Myofascia Soft Tissue Mobilization
- Cervical NAG
- Cervical SNAG
- Cervical Superior/Anterior Glide
- Cervical Rotation in Neutral
- Cervical Posterior/Inferior Glide
- Contract/Relax of Extensors/Sidebenders
- Contract/Relax Flexors/Sidebenders
- Cervical Sidebending in Neutral

Exercise Training

- Neck Mobility Training
- Neck Stretching
- Neck Strengthening Progressions
- Upper Limb Nerve Mobility Exercises