

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