

MASTERCLASS

MOVEMENT CONTROL SOLUTIONS FOR
THE THORACIC SPINE & RIBS



MOVE
WELL TO
LIVE WELL

GIVE YOURSELF
THE BEST
ADVANTAGE

MOVE
BETTER -
DO MORE

HELPING YOU
RESTORE
QUALITY OF LIFE

KINETIC
CONTROL

20 YEARS OF OPTIMISED MOVEMENT HEALTH

COURSE INTRODUCTION:

Presentations of the thoracic spine and ribs are frequently associated with altered movement, whole body alignment and impaired respiratory function. It is generally acknowledged they can be difficult to evaluate and manage. This course demonstrates innovative techniques to evaluate uncontrolled movement related to presentations of the thorax and ribs. The evaluation and mobilisation of thoracic and rib presentations is detailed and cognitive movement control strategies explored.

COURSE OUTLINE:

Pain in the thoracic and rib region often appears related to unwanted changes in the function of the costo-vertebral, cervico-thoracic, scapulo-thoracic and thoraco-lumbar regions. Any desire to successfully manage patients' presentations must therefore be considerate of this complexity and employ a systemized route of assessment to steer intervention. This assessment must be inclusive of not only considering articular and myofascial restrictions of these regions but also the associated compensations evident within the movement system. There is then the need to test for the presence of uncontrolled movement (UCM).

This two-day course reviews the functional anatomy of the thorax. Functional classification of thoracic musculature is outlined with local and global ROLE synergy systems identified. Based upon a systematic assessment and interpretation of an individual's specific presentation, an integrated treatment approach is presented. It details the retraining of local and global role systems for the thoracic spine and ribcage, emphasizing rehab strategies based on a rigorous clinical reasoning framework. This course is orientated to a 'hands on' practical application of movement control assessment and retraining using patient examples where possible.



KEY FEATURES:

- Positional diagnosis of thoracic and rib compensations for restrictions in the thorax.
- The anatomy and functional classification of thoracic musculature is outlined with local and global stabilizer role synergies identified.
- The application of manual mobilisation (muscle energy based) techniques to mobilise restrictions
- Based upon a systematic and logical assessment of alterations in spinal function, an integrated, individualized treatment approach is presented.
- The retraining of movement impairments is detailed at 3 levels
 - Direction control of the site and direction of uncontrolled movement
 - Local stabilizer role synergist retraining to control thoracic or rib translation
 - Influence of recruitment inefficiency between muscle synergists
- The course details the rehabilitation of the movement control system at local and global system levels for the thoracic spine with an emphasis on rehabilitation strategies for appropriate clinical decision making.

LEARNING OUTCOMES:

At the end of this course the participant should be able to:

- Demonstrate understanding of the proposed development of uncontrolled movement
- Display an ability to analyse the association between restriction and potential compensations in articular and myofascial tissues
- Demonstrate the ability to palpate the thoracic spine and rib cage to make a positional diagnosis of thoracic and rib compensation for restriction
- Display an ability to demonstrate manual techniques to mobilise thoracic and rib restrictions
- Clinically assess movement strategies strategies to identify and diagnose the site and direction of uncontrolled movement and retrain uncontrolled movement associated to the thorax
- Assess and rehab local stabiliser role synergists recruitment efficiency in the thoracic spine
- Discuss the influence of altered global role muscle synergies



PROGRAMME:

DAY ONE:

9.00 - 10.30 Uncontrolled Movement Theory
Functional anatomy review

10.30 - 10.50 Coffee

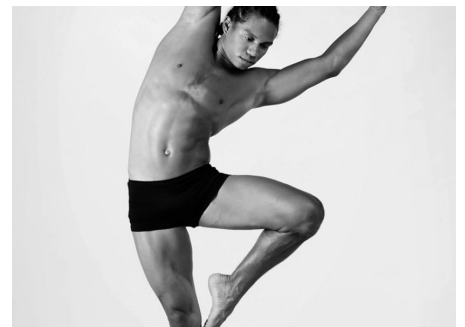
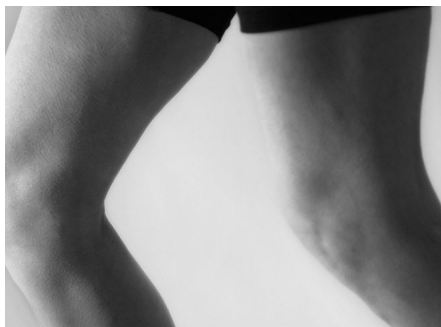
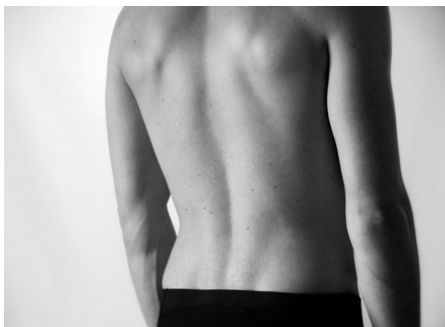
10.50 - 12.30 Palpation & mobilisation of thoracic & rib restrictions
Upper quadrant loading dysfunction
Cervico-thoracic palpation & mobilization
Thoracic rotation
Manual mobilisation of the segmental rotation restrictions

12.30 - 13.30 Lunch

13.30 - 15.00 Palpation of ribs dysfunctions
Positional diagnosis:
Identification of compensation for primary restrictions
Structural rib dysfunction
Treatment principles

15.00 - 15.20 Tea

15.20 - 17.00 Structural rib treatment
Anterior rib
Internal rotation
External rotation
Posterior rib
1st rib
2nd rib



DAY TWO:**9.00 - 10.30** Thoracic control of direction

Thoracic flexion control tests and flexion control rehabilitation

Thoracic extension control tests & extension control rehabilitation

Thoracic rotation control tests & rotation control rehabilitation

Thoracic & rib respiratory control tests and respiratory control rehabilitation

10.30 - 10.50 Coffee**10.50 - 12.30** Thoracic control of translation

Local stabiliser role synergies recruitment to control thoracic and rib translation

12.30 - 13.30 Lunch**13.30 - 15.00** Thoracic control and global role synergies

Global stabiliser role synergists

Global mobiliser role synergists

15.00 - 15.20 Tea**15.20 - 17.00** Review/ case studies, Q&A