



NZMPA Cervical Spine and Shoulder Update

Date: 17 and 18 March 2018, 8.30am – 5.00pm

Presenters: Steph Woodley, Department of Anatomy, University of Otago
Gisela Sole, School of Physiotherapy, University of Otago
Michael Monaghan, NZMPA

Venues: Dissecting Room
Department of Anatomy
University of Otago
270 Great King Street
Dunedin

School of Physiotherapy
University of Otago
325 Great King St
Dunedin



Please wear closed-in shoes – we will supply aprons and gloves for the anatomy workshop.
Please also wear comfortable clothing to enable participation in practical session at the School of Physiotherapy

Purpose

The purpose of this two-day update course is to:

1. Examine the clinically relevant anatomy of the cervical spine, brachial plexus and shoulder, using a variety of resources including prosections, plastinated specimens/slices, bones and models
2. Discuss current perspectives of rehabilitation of upper quartile injuries, with a focus on the shoulder girdle.
3. Revise manual therapy assessment and treatment techniques for the cervical spine and shoulder?

Objectives

At the completion of this course you should be able to:

- Revise the clinically relevant bony features, joints, soft tissue components, muscles and vasculature of the cervical spine and shoulder, and discuss how morphology influences function
- Revise the morphology and course of the major branches of the brachial plexus and understand the primary anatomical sites and clinical implications of nerve compression in the upper limb
- Integrate neuroscience and biomechanical perspectives into rehabilitation of shoulder injuries
- To attempt to determine treatment options based on our objective clinical findings.

Content and timetable

On Saturday, we will meet at the beginning of the day in the Anatomy Department, second floor of the Lindo Ferguson Building.

8.30am – 10.00am	Cervical spine
10.00am – 10.30am	Morning tea
10.30am – 12.30pm	Brachial plexus and shoulder
12.30pm – 1.00pm	Lunch
1.00pm – 2.00pm	Current perspectives of risk factors and clinical diagnosis of rotator cuff-related pain
2.00pm – 3.00pm	Manual therapy and exercise prescription for rotator cuff-related syndrome
3.00pm – 3.15pm	Afternoon tea
3.15pm – 4.15pm	Integrating neurodynamic concepts into treatment of upper quartile disorders
4.15pm – 5.00pm	Exploring the role of pain education for rotator cuff-related syndrome

The programme on Sunday will consist of a number cervical spine case studies from which we will determine our treatment options. These options will vary and discussion will reveal the directions that each physiotherapist feels comfortable taking. There will be ample time to review the techniques of assessment and any treatment approaches suggested. This day will cater for those who use either mobilisation, HVT or combinations of both with exercise or just advice. We urge you attend as the opportunity to review anatomy plus shoulder rehabilitation and cervical spine management occurs rarely on the same programme.

Please register now by contacting the NZMPA office!

Postal: P O Box 35 602, Browns Bay 0753, Auckland. Phone 0800 646 000 or fax 09 476 5354

Email: admin@nzmpa.org.nz

Course Fee: NZMPA Members \$420.00
 Non-Members \$450.00

I would like to attend the 2-day course on 17 and 18 March 2018. ☐

Name	
Address	
Telephone Number	
E-Mail Address	
NZMPA Member Yes / No	Membership Number:
Signature	