

Decoding Dysfunction:

Upper Quadrant (Follows Level 1 Course)

16 CEU's

Sponsor On-Site Classes

We provide the skill, staff and tools for CE at a discount when you provide the location and participants!

**Classes are offered on
Friday/Saturday OR
Saturday/Sunday**

**8am-5pm each day
7:30 registration on Day 1**

A second lab intensive course that builds on the information covered in the Level I Decoding Dysfunction: A Practical & Functional Approach to Difficult Diagnoses. This class provides an extensive toolbox for evaluation and treatment of the upper quadrant.

Look at patient evaluation and treatment of the neck, shoulder and thoracic spine with practical and easy to use patient care techniques!

Course Objectives:

- Identify 5 anatomical and biomechanical cross relationships which limit success in difficult cases
- Explain the limitations of traditional exercises and protocols
- List and understand the functional chain reaction of gait, identifying four assessment clues to core incompetence and psoas dysfunction
- Describe the role of the psoas as it relates to pain, dysfunction and core competence
- Redefine and refine patient evaluation and treatment using a biomechanical foot-to-head approach
- Develop 5 new treatment techniques to increase expertise in functional retraining and treatment
- Expand effectiveness of patient education by describing 4 pathways that lead to the breakdown of the kinetic chain
- Identify 5 root causes and corrections of common orthopedic conditions
- Explain the functional relationship between the foot, knee, hip and shoulder

To discuss scheduling a class at your facility please call!

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Questions to:

Anita Davidson PT, DPT, CAFS
Founder CREAT
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Decoding Dysfunction: Upper Quadrant is an evidence based program that builds on the tools and techniques covered in the level I course, Decoding Dysfunction: A Practical & Functional Approach to Difficult Diagnoses. This course is an intermediate offering focusing more specifically on the issues related to assessing and treating injury and dysfunction in the upper quadrant while continuing to refer to the impacts of the total body posture, gait and behavior patterns that are key to providing a comprehensive but efficient method of evaluation and treatment for those clinicians interested in improving the pace and quality of patient outcomes. This class further educates the participant in the current evidence related to standards of practice and expected outcomes. By considering the evidence in conjunction with limitations in our current healthcare system, participants will gain knowledge to enhance their already successful clinical care, and expand the patient's participation for self management outside of the clinic.

This program continues the journey to assist clinicians in their understanding of the biomechanical interrelationships of the kinetic chain and their ability to assist and educate patients in a functional yet practical manner. By further studying the cross relationships of the lower body and pelvis to the upper quadrant, the physical therapist has a unique opportunity to make profound changes and correlations that are often missed with more traditional techniques. As her journey continues to explore functional patient care, Anita Davidson PT, DPT is excited to share tools and techniques that she has collected over the past 30+ years of her practice.

As with the level 1 course, the participant will come away with easy-to-use assessment skills, treatment plans, manual techniques and specific remedial exercises, which can immediately be incorporated into any clinical repertoire.

Course Schedule:

Day 1

7:30-8:00 Registration
8:00-8:40 Introduction
8:40-12:00 Upper Quadrant Evaluation (Lab)
 Functional ROM
 Gait as Posture in Motion
 Palpation/Accessory Testing
12:00-1:00 Lunch
1:00-2:00 Evaluation Continued
2:00-3:30 Differential Diagnosis
3:30-5:00 Patient Education

Day 2

8:00-11:15 Mobilization for Motion (Lab)
 Cervical relativity, Shoulder Girdle Glides/
 Slides & Rolls, Thoracic Foundation
11:15-12:00 Myofascial Freedom (Lab)
12:00-1:00 Lunch
1:00-3:00 Restoring Range through Motion (Lab)
 Cervical Function, Mastering Shoulder End
 Range, Creative Assistance through Resistance
3:00-4:45 Stabilization (Lab)
 Value of Unweighting, Restoring Shoulder
 Girdle Function, Bottom Up/Top Down
4:45-5:00 Summary/Questions Wrap-Up

Presenter Bio

Anita Davidson PT, DPT, CAFS has been actively involved in providing educational programs for over 30 years for both corporate and professional audiences. She has been an invited speaker for university and college programs for physical therapists and athletic trainers. In addition, she has developed and presented several physical therapy association programs on various topics related to function. Her dedication to working with the "difficult" patient has provided an excellent opportunity to achieve successful outcomes and outstanding patient satisfaction. Her focus on identifying the root cause dysfunction and has refined her skills at restoring function. Anita believes that we can learn something from each patient and enthusiastically shares this knowledge with her professional peers.

Anita is the President/CEO of Creative Rehab, Inc., Center for Sports, Wellness & Rehab (www.creativerehab.net) and the founder of CREAT, Creative Research & Education. (www.creatpt.com) In addition to her educational seminars, she is actively involved in clinical research through the generous participation of her patients. She is a graduate of Indiana University with a BS in Physical Therapy and her Doctor of Physical Therapy from Rosalind Franklin University of Medicine and Science.

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