



CONTINUING EDUCATION FOR MASSAGE THERAPISTS, ATHLETIC THERAPISTS & PHYSIOTHERAPISTS

Course Name: Cervical Soft Tissue Techniques

Course Date: March 1st, 2020

Course Time: 8:30am – 5:30pm

Instructor: Mohit Khosla, M.OMSc., (cert.)OOA

This course will demonstrate cervical spine soft tissue assessment and integrative treatment approaches while providing a unique perspective when treating cervical dysfunction and upper extremity pain complaints.

8:30-9:00	30 min	registration & introductions
9:00-9:10	10 min	anatomical highlights of the cervical spine: features of C1 and C2
9:10-9:20	10 min	understanding the relationship between tissue compliance and tissue resistance
9:20-9:30	10 min	summary of 'normal' c-spine coupled motion
9:30-9:40	10 min	compression vs. tension in the c-spine
9:40-9:50	10 min	Wolff's law and bone remodeling - its impact on the c-spine
9:50-10:00	10 min	assessing the ARTs: asymmetries, restrictions, and tissue texture changes
10:00-10:10	10 min	cervical myofascial release: properties and functions of fascia, principles of MFR
10:10-10:25	15 min	BREAK
10:25-10:55	30 min	cervical muscle energy technique: mechanism of action, neuromuscular reflex (golgi tendon organ), principles of MET, indications/contraindications, common errors
10:55-11:25	30 min	cervical strain-counterstrain: spontaneous release by positioning, neuromuscular reflex (muscle spindle), principles of S-CS, indications/contraindications
11:25-11:55	30 min	S-CS summary: mapping and locating tenderpoints, identifying appropriate treatment position

11:55-12:15	20 min	morning review
12:15-1:15	60 min	LUNCH BREAK
1:15-3:45	150 min	cervical spine sample assessment-treatment algorithm: short lever approaches in supine combining elements of myofascial release, muscle energy, strain-counterstrain, and positional release
3:45-4:00	15 min	BREAK
4:00-5:00	60 min	review of entire day and opportunity for questions
5:00-5:30	30 min	closing remarks

Learning Outcomes

1. How to accurately identify barriers, restrictions, and abnormal motions in the cervical spine
2. How to determine the significant relationships of altered movements of the cervical spine and its impact on the upper extremity

Teaching Strategies

1. A professor centered model focusing on direct transmission of information using audiovisual aids ie. powerpoint, instructional videos, and anatomical models
2. Cognitive strategies as a means to enhance learning and to assist therapists in the interpretation and processing of instructional material
3. Reciprocal teaching and questioning techniques
 - knowledge questions requiring therapists to recall lecture material
 - comprehension questions requiring therapists to organize lecture material and rephrase
 - application questions requiring therapists to use lecture material to solve a clinical problem

REFERENCES

- Netter, F.H. (1997). *Atlas of Human Anatomy* (2nd ed.). New Jersey, NY: Novartis.
- Nicholas, A.S., & Nicholas, E.A. (2008). *Atlas of Osteopathic Techniques*. Baltimore, MD: Lippincott Williams & Wilkins.
- Savarese, R.G. (1998). *A Comprehensive Review in Osteopathic Medicine* (3rd ed.). New Jersey, NY.