

Sunday, October 25, 2015

7:30 am **Registration & Continental Breakfast**

8:00 am Biomechanics and arthrokinematics of the rib cage. Evaluation of rib function and dysfunction

Ali El-Kerdi, PhD, DPT, PT, ATC/L, CSCS, FACSM

9:00 am **Lab:** Rib mobilization

first rib, anterior rib correction, posterior rib correction

11:00 am **Break**

11:15 am Thoracic Mobilization and regional interdependence

Patricia Crane, DPT, OCS, FAAOMT

12:00 pm **Lunch (On your own)**

1:00 pm **Lab:** Rib Mobilization Practice

1:15 pm **Lab:** Thoracic Mobilizations:

P-A grad 5 mobilization, C-T junction and thoracic distraction techniques

2:15 pm **Lab:** Thoracolumbar Junction Mobilization

Seated rotation mobilization, T-L junction rotation mobilization with movement, Seated T-L junction distraction

3:15 pm **Lab:** Thoracic Mobilization Supine

Supine mobilization upper and mid thoracic spine

4:15 pm **Break**

4:30 **Lab:** Thoracic Mobilization Practice

4:45 pm Case Presentation with live demonstration

5:30 pm **Conclusion and Questions**

MossRehab
EINSTEIN HEALTHCARE NETWORK
60 Township Line Road, Elkins Park, PA 19027

Sunday, October 25, 2015

Rib and Thoracic Spine Mobilization:

A Lab based course



Hosted by MossRehab

Course Location:
MossRehab at Tabor Road
1200 West Tabor Road
Philadelphia, PA 19141

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EINSTEIN HEALTHCARE NETWORK

This is an introductory lab based course which will focus on mobilization of the ribs and thoracic spine. The course content will review the arthrokinematics and biomechanical principles of the thoracic spine and rib cage. Evidence to support the use of mobilization techniques to maximize the benefit of the neurophysiological effects of manual therapy will be presented and there will be significant focused time in lab based activities. Lab time will include manual therapy techniques with emphasis on regional interdependence. Each participant will learn twelve techniques to mobilize the thoracic spine and rib cage and will have the opportunity to demonstrate the various techniques with the guidance of instructors.

The principles and techniques will be presented in a case study format. The case study will demonstrate the examination, the clinical decision process and treatment interventions.

Target Audience: Physical Therapists

Learning Objectives:

Participants will be able to:

1. Discuss the arthrokinematics of rib cage and the influence of breathing on rib mobility.
2. Identify tests and measures to complete differential diagnosis, evaluation, and treatment of rib dysfunction.
3. Discuss the concept of regional interdependence.
4. Identify the evidence to support the use of thoracic mobilization with regards to regional interdependence and impairment based physical therapy.
5. Implement treatment techniques, manual therapy, and mobilization techniques for the thoracic spine and rib cage.

ABOUT THE SPEAKERS:

Ali El-Kerdi PhD, DPT, PT, ATC/L, CSCS, FACSM

Ali has extensive experience in the area of orthopedics, manual therapy and sports medicine as both a clinician and an educator. His pursuits include clinical care with local college and professional teams, research and teaching.

Patricia Crane, DPT, OCS, FAAOMPT

Trish has over ten years experience working with the outpatient orthopedic population and has focused her expertise on manual therapy interventions for the spine. She has completed her fellowship in manual therapy from Regis University and has published several articles related to orthopedic physical therapy care.

LAB INSTRUCTORS:

- Justin Budich PT, DPT, OCS
- Carolyn Kibelstis MPT
- John Morris MSPT, OCS, Cert MDT
- Terri Meihofer PT, DPT, OCS, Cert. MDT, CSCS
- Alex Haddad PT, DPT, OCS, MS, PhD

TARGET AUDIENCE: Physical Therapists

POPULATION: Adults

COST: \$125.00

Registration includes continental breakfast, lunch and electronic handouts.

COURSE LOCATION:

Moss Rehab Tabor Road
1200 West Tabor Road
Philadelphia, PA 19141

Satisfactory completion of the continuing education units consists of full attendance with monitored sign in and sign out forms plus completion of a course feedback form that includes self assessment of learning outcomes.

Conflict of Interest statement:

Faculty and all others who have the ability to control the content of continuing education activities sponsored by MossRehab/ Einstein are expected to disclose to the audience whether they do or do not have any real or apparent conflict (s) of interest or other relationships related to the content of their presentation (s). All presenters, planners and lab instructors are employees of MossRehab.

For Directions go to
www.mossrehabconference.com

CEU STATEMENT:

Application for 8.0 Contact Hours (o.8 CEUs) has been made to the Pennsylvania State Board of Physical Therapy

REGISTRATION

ONLINE:

Registration and payment may be made online at: www.mossrehabconference.com

FAX or MAIL THIS FORM:

To Sheila Wallace at 215-663-6984

Name _____
 Credentials _____
 Profession _____
 License # _____
 Organization _____
 Preferred Mailing Address _____

 City _____
 State _____ Zip _____
 Phone number _____
 Email _____

Do you have any special needs of which we should be aware?

FEE: \$125

Online or Check only, paid to the order of MossRehab. Please send your payment to:

Sheila Wallace, Education Administrative Coordinator
MossRehab, Room 303
60 Township Line Road, Elkins Park, PA 19027

Cancellation Policy: For cancellations up to seven (7) days prior to the course, there is a 25% non-refundable administrative processing fee. For cancellations up to three (3) days prior to the course, there is a 50% non-refundable administrative processing fee. For cancellations **less** than three (3) days prior to the course, there are **no refunds**. Full policy will be disclosed with course confirmation.

