Learning Objectives

MedBridge

Manual Therapy for the Cervical Spine: An Evidence-Based Approach
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Course Objectives:
Upon completion of this course, learners will be able to:

- Synthesize the muscular contributions to stability and movement in the cervical spine
- Recognize the neural structures in the cervical spine and identify which movements may influence these
- Analyze the most common forms of pathology for the cervical spine
- Compare and contrast the types of cervical problems and analyze the signs and symptoms of each condition
- Compare and contrast the biomechanical and neurophysiological effects of manual therapy
- Compare and contrast different forms of tests and how each should be used (and when each should be used) during the examination
- Evaluate the role of muscle endurance, special tests, and palpation, for its use during the clinical examination
- Synthesize what examination findings are the most important, imply that a dedicated treatment is most useful, and what diagnoses are most likely
- Synthesize the multiple forms of thrust and non-thrust manipulation
- Comprehend and apply the exercises that have shown to be useful for the treatment of cervical problems
- Compare and contrast the different treatment techniques for patients with cervicogenic headache