Objectives and Program Schedule

MedBridge

Management of the Cervical and Thoracic Spine in Sport
Kyle Kiesel, PT, PhD, ATC
Todd Arnold, MD

Course Objectives:
Upon completion of this course, learners will be able to:

- Assess athletes for cervical and thoracic spine pain
- Identify when athletes should be referred for radiography based on the Canadian C-Spine rule
- Accurately classify patients with neck pain into one of five categories and provide appropriate treatment modalities
- Rule out viscerosomatic referred pain in the thoracic spine
- Conduct a movement oriented exam for the thoracic spine and incorporate appropriate treatment modalities
- Use a functional exam to address regional interdependence in the athlete with thoracic pain

Chapter 1: Cervical Spine
Dr. Kyle Kiesel uses a clinical approach to treat athletes with cervical pain. He starts at the basics with a clinical approach, medical screening and historical factors, and then moves on to a functional assessment to classify athletes into one of five categories. After completing this chapter, participants will be able to classify patients into the appropriate category and design appropriate interventions.

Chapter 2: Thoracic Spine
It is importance to use a traditional clinical approach when treating athletes with thoracic pain, starting with medical screening, identifying key historical factors, assessing breathing and regional interdependence, as well as isolated range of motion. In this chapter, Dr. Kiesel discusses the key assessments and tools that can be used in the clinical approach to thoracic pain. The participant will learn about red flags in the thoracic spine, when to refer a patient out, and how to apply these assessments in a clinical setting.

Chapter 3: Post Case: Wrestler Cervical Spine
In this final case study, the participant will test their knowledge of the subjective exam and history, ability to identify red flags, observations, objective exam, and any special tests. Drs. Kiesel and Arnold walk through their exam and solution for this case.