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Cervical Spine Mechanical Disorders: Diagnosis & PT Management

Part I: Cervical Examination & Classification

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 114 slides and is 123 minutes in duration.

- I. Overview of cervical thoracic disorders
 - A. Scope of problem
 - 1. Costs and frequency in PT practice
 - B. Knowledge translation and clinical experience
 - 1. Relationships
 - 2. Change
- II. Evidence-based cervical exam
 - A. Red and yellow flags
 - 1. Psychosocial variables
 - B. Screening for fractures
 - 1. Canadian C-spine rules

Interactive Questions – slide 37 @ 47 minutes

- C. Neuromotor exam
 - 1. Reflex
 - 2. Motor
 - 3. Sensory
 - 4. Upper motor neuron signs

Interactive Questions – slide 58 @ 69 minutes

- D. Outcomes measuring and monitoring

Interactive Questions – slide 66 @ 80 minutes

- III. Classification of mechanical neck pain
 - A. Intervention skill set and categories
 - 1. Mobility
 - 2. Centralization
 - 3. Pain control
 - 4. Conditioning
 - 5. Reduce headache

Interactive Questions – slide 78 @ 91 minutes

Notes

B. Application in practice

1. Changing categories
2. Expected outcomes

Notes

Interactive Questions – slide 106 @ 117 minutes

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