**Course Title:** Navigating Pathology, Exam and Intervention for Upper Quarter Pain: Emphasis on the Cervical Spine and Shoulder

**Course Speakers:**

Amee L. Seitz, PT, DPT, PhD, OCS  
Carol Courtney, PT, ATC, PhD, FAAOMPT  
Craig P Hensley, PT, DPT, OCS, FAAOMPT

**Course Description:** This is an intermediate level course with lecture and lab format focused on the differential diagnosis, classification and treatment of shoulder and cervical spine pain. Content will be guideline driven, recognizing the limitations in evidence in application of skills to assess and treatment movement based problems affecting the upper quarter.

**Course Objectives:**

1. Analyze the strengths and limitations of Orthopaedic PT Clinical Practice Guidelines to assist with classifying and treating of patients with Cervical and Shoulder Pain  
2. Compare/contrast exam findings used to diagnose and direct treatment for patients with movement-related cervical and shoulder pain  
3. Identify pain mechanisms present in various cervical/shoulder pathologies and reflect on how they may influence the clinical presentation  
4. Perform quantitative sensory testing and interpret findings  
5. Reflect on evidence-based methods to identify top-down drivers of chronic cervical/shoulder pain.

**Course Level:** Intermediate
Course Content Outline:

Friday
8-9  Cervical-shoulder Differential Diagnoses and Pain Mechanisms (Carol)

9-10  PT Clinical Practice Guidelines Examination and Classification of patients with shoulder pain: Strengths and limitations (Amee)

10-11  PT Clinical Practice Guidelines Examination and Classification of patients with cervical pain: Strengths and limitations (Craig)

11-12  Examination and Differential Diagnosis Skills Lecture/Lab Case Based (here we focus on the skills to rule in out diagnoses- Cervical /Shoulder)

1-4:30pm  Examination, Differential Diagnosis and Treatment Approaches Case-based with LAB

Saturday
10:15 – 12:15 & 1:30-4:30  Case-base Treatment (Lecture/LAB format)