

**Regional Interdependence:
Cervical, Thoracic, Scapula, Shoulder**

- Describe and apply anatomical, neurophysiological, and mechanical principles and how they are used to assist with clinical decision making
- Learn and practice manual therapy assessments and treatment techniques for the cervical and thoracic spine, scapula, and shoulder
- Describe the regional interdependence model between the cervical, thoracic, scapula, and shoulder
- Efficiently generate potential differential diagnoses for cervical, thoracic, scapula, and shoulder as well as etiological factors
- Determine appropriate treatments for differential diagnoses as well as appropriate candidates for these treatments
- Recognize postural deficits and be able to teach proper posture effectively

**Regional Interdependence:
Lumbar Spine and Hip + Lifting Mechanics**

- Describe and apply anatomical, neurophysiological, and mechanical principles and how they are used to assist with clinical decision making
- Learn and practice manual therapy assessments and treatment techniques for the lumbar spine and hip
- Describe the regional interdependence model between the lumbar spine and hips
- Efficiently generate potential differential diagnoses for lumbar and hip conditions as well as etiological factors
- Determine appropriate treatments for differential diagnoses as well as appropriate candidates for these treatments
- Recognize normal and abnormal lifting mechanics and be able to teach lifting techniques safely and effectively

Travel costs apply for courses 100+ miles from Ankeny, IA

Manual Therapy for the Upper Extremity: Shoulder, Elbow, Wrist, Hand

- Review anatomy and biomechanics of shoulder, elbow, wrist, and hand
- Perform efficient biomechanical examination for shoulder, elbow, wrist, and hand
- Learn and practice mobilization and manipulation techniques for the shoulder, elbow, wrist, and hand
- Review neurophysiological model and cervical neurological screen
- Learn and practice cervical screen in order to correlate cervical pathology with UE conditions
- Learn to identify peripheral vs segmental patterns
- Efficiently generate differential diagnoses for various UE conditions and discuss clinical reasoning, etiological factors, and regional interdependence

Posture: Why Do We Have Bad Posture and What Can We Do About It?

- Describe mechanical and neurophysiological principles that contribute to postural deficits
- Identify and describe normal vs abnormal posture, common postural dysfunctions, and etiological factors

- Perform accurate and efficient screenings and biomechanical examinations in order to determine appropriate treatment techniques
- Learn and practice manual therapy techniques for the thoracic spine and be able to select the appropriate technique for the appropriate patient
- Prescribe effective targeted follow up exercises based on the specificity of the condition and applied treatments
- Recognize appropriate patients for dry needling based on neurophysiological model
- Efficiently generate differential diagnoses for various conditions and discuss clinical reasoning for etiological factors related to posture