

Cervicothoracic Disorders Assessment and Management: An Evidence-Based Approach

(Activity Code: AGI-03-P188)

Saturday 7th December & Sunday 8th December 2024. 8:00am – 4:00pm

(Participants MUST attend BOTH sessions)

Cost: 500 QAR to cover attendance for both days

Venue: Ibn-Al Bitar Building (I06), Qatar University
Target Audience: Physiotherapists/Physical Therapists

Aim: To apply the most recent evidence-based practice in the management of cervicothoracic disorders assessment and management.

Overall learning objectives: To analyze current evidence-based practice in assessing and treating cervicothoracic disorders and practice effective and simple approaches in cervicothoracic disorders management.

Speakers:

Dr Saddam Kanaan, Associate Professor, Department of Physical Therapy and Rehabilitation Science. Qatar University

Ms Jennifer Kirsten Allen, Lecturer of Physical Therapy, Department of Physical Therapy and Rehabilitation Science, QU Health. Qatar University

* The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

* "This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 11.5 hours.

This activity is an Accredited Knowledge Assessment Program (Category 3) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 1.5 hours."

* "CPD-HP (QU—Health) is accredited by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section (DHP – AS) as a provider of continuing professional development."

Day 1 Learning objectives & schedule:

- Discuss and evaluate recent updates regarding biopsychosocial factors related to cervicothoracic disorders.
- Screen patients for possible red and yellow flags.
- Demonstrate ability to differentially diagnose and classify neck pain with mobility disorders.
- Apply manual therapy and therapeutic exercise techniques for patients with neck pain with mobility deficits

Time and Speakers	Schedule and Learning outcomes
8:00am-8:30am	Welcoming and registration
8:30am-10:00am Dr. Saddam Kanaan	Introduction and screening for red flags and yellow flags <ul style="list-style-type: none"> • Recognize red flags that should be screened during neck examination. • Screen patients for red flags. • Discuss psychosocial factors affecting assessment, treatment, and prognosis.
10:00am-10:15am	Tea Break
10:15am-11:45pm Dr. Saddam Kanaan	Assessment for neck pain with mobility deficits <ul style="list-style-type: none"> • Demonstrate ability to differentially diagnose and classify patients with neck pain with mobility deficits. • Practice using valid and reliable assessment tools in patient examination.
11:45am-12:30pm	Lunch break
12:30pm-2:00pm Dr. Saddam Kanaan	Manual therapy approaches for neck pain with mobility deficits. <ul style="list-style-type: none"> • Apply manual therapy approaches for patients with neck pain with mobility deficits. • Practice various manual therapy techniques aimed to improve cervicothoracic mobility.
2:00pm-4:00pm Dr. Saddam Kanaan Dr. Jennifer Allen	Therapeutic exercise prescription for neck pain with mobility deficits <ul style="list-style-type: none"> • Prescribe evidence-based strengthening exercises specific to patients with neck pain with mobility deficits. • Apply stretching exercises specific to patients' condition.

Day 2 Learning objectives & schedule:

- Demonstrate ability to differentially diagnose and classify neck pain with movement coordination impairments, neck pain with cervicogenic headache, and neck pain with radiculopathy.
- Apply manual therapy and therapeutic exercise techniques for patients with neck pain with neck with movement coordination impairments, neck pain with cervicogenic headache, and neck pain with radiculopathy

Time and Speakers	Schedule and Learning outcomes
8:00am-8:30am	Welcoming and registration
8:30am-9:00am Dr. Saddam Kanaan Dr. Jennifer Allen	Review the learning from Day 1
9:00am-10:15am Dr. Jennifer Allen	Assessment and treatment for neck pain with movement coordination impairments <ul style="list-style-type: none"> • Use valid and reliable assessment for patients with neck pain with movement coordination impairment. • Prescribe evidence-based manual therapy and therapeutic exercises for patients with pain with movement coordination impairments
10:15am-10:30am	Tea Break
10:30am-11:45am Dr. Saddam Kanaan	Assessment and treatment for neck pain with cervicogenic headache <ul style="list-style-type: none"> • Use valid and reliable assessment for patients with cervicogenic headaches. • Prescribe evidence-based manual therapy and therapeutic exercises for patients with cervicogenic headache.
11:45am-12:30pm	Lunch Break
12:30pm-2:30pm Dr. Saddam Kanaan	Assessment and treatment for neck pain with radiculopathy <ul style="list-style-type: none"> • Use valid and reliable assessment for patients with cervical radiculopathy. • Prescribe evidence-based manual therapy and therapeutic exercises for patients with cervical radiculopathy
2:30pm-4:00pm Dr. Saddam Kanaan Dr. Jennifer Allen	Individual Competence Assessment & Structured One-to-One Feedback