



C O N T I N U I N G
M E D I C A L
E D U C A T I O N
U N I V E R S I T Y O F
W A S H I N G T O N

The Cervical Spine and Upper Limb Neural Tension:

From Differential Diagnosis
to Rehabilitation,
Neurodynamics, and
Interventional Treatments

SATURDAY & SUNDAY

APRIL 25 & 26, 2009

KANE HALL RM. 130
UNIVERSITY OF WASHINGTON
CAMPUS
SEATTLE, WASHINGTON

Sponsored by:

The University of Washington School of Medicine

- *Department of Rehabilitation Medicine*
- *Office of Continuing Medical Education*

UW Medicine
SCHOOL OF MEDICINE

COURSE DESCRIPTION

This is a multidisciplinary course designed for clinicians practicing sports and musculoskeletal medicine wishing to enhance their knowledge of musculoskeletal related issues. The program focuses on biomechanical evaluations and functional rehabilitation as well as anatomy, pathophysiology, neurodynamics, differential diagnosis, and a full spectrum of treatment options for patients with neck pain and dysfunction as well as nerve related issues affecting the cervical spine and upper limb.

COURSE OBJECTIVES

Upon completion of this program, attendees should be able to:

- *Identify and describe the anatomy, biomechanics, and pathomechanics of the cervical spine in the injured and injury-free state*
- *Utilize appropriate critical thinking skills in determining the best rehabilitation, medical, and surgical treatment strategies for patients with neck pain, cervical spine pathology, and nerve related diagnoses affecting the upper limb*
- *Discuss the scientific evidence for rehabilitation strategies for neck pain*
- *Discuss the concepts of neurodynamics and upper limb neural tension*
- *Describe interventional treatments for neck pain and cervical radiculopathy*
- *Apply evidence based medicine principles to the everyday practice of musculoskeletal and sports medicine*

WHO SHOULD ATTEND

Physicians, chiropractors, physical therapists and other allied health professionals, athletic trainers, and other sports medicine professionals

FEES & REGISTRATION

MD/DO/DC/PHD	\$375.00
ALLIED HEALTHCARE/ RESIDENT/FELLOW	\$295.00
UW PT STUDENT/RESIDENT/FELLOW	\$75.00

The fee for this course includes catering, all instruction materials and transcript of category 1 credit. To ensure enrollment, please complete the enclosed registration form and forward it with the appropriate tuition. Allow up to fifteen working days to receive your written confirmation of enrollment. Driving and parking instructions will be included with your registration confirmations. If you have not received written confirmation prior to your departure for the course, please contact the Continuing Medical Education office at 206/543-9496. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the course.

ACCREDITATION

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this educational activity for a maximum of 11.5 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

ACCOMMODATIONS

The University of Washington has contracted for a special conference rate at the following hotel. ***You must mention the University of Washington, Office of Continuing Medical Education to receive this rate.*** The rate quoted below does not include appropriate taxes. Please make your reservation early. After ***March 18, 2009***, this rate and accommodations may no longer be available. The University of Washington accepts no further responsibility for lodging.

\$139.00

Hotel Deca
4507 Brooklyn Avenue NE
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www.hoteldeca.com
email: reservations@hoteldeca.com

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation. A \$50.00 processing fee will be deducted from refund requests received before the day of the course. No refunds will be issued following the date of the course. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified by telephone followed by written notification and a full refund. The University of Washington is not responsible for any other costs incurred such as non-refundable airline tickets or hotel penalties.

Contact CME Registrar for questions - phone: (206) 543-1050 fax: (206) 221-4525

SPECIAL SERVICES

Continuing Medical Education at the University of Washington is a totally self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. Fees for this course are estimated to cover the costs of conducting this course. These costs include salaries, registration and credit, syllabi, handouts, record keeping, faculty planning and evaluation and may include food, alcohol, taxes and gratuities to vendors. The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a disabled veteran or Vietnam era veteran in accordance with University policy and applicable federal and state statutes and regulations. The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation in the application process contact the department at: (206) 543-1050 or the Disability Services Office at least ten days in advance.

(206) 543-6450/Voice (206) 543-6452/TTY (206) 685-7264 (FAX)
e-mail: dso@u.washington.edu

FACULTY

COURSE CHAIR

Mark A. Harrast, MD
Clinical Associate Professor
Department of Rehabilitation Medicine
Department of Orthopaedics & Sports Medicine
Co-Director Spine and Sports Fellowship
UW Medicine Sports and Spine Physicians

GUEST FACULTY

Michel Coppieters, PhD, PT
Division of Physiotherapy
School of Health and
Rehabilitation Sciences
The University of Queensland
St. Lucia, Australia

Julie Fritz, PhD, PT, ATC
Associate Professor
Department of Physical Therapy
University of Utah
Clinical Outcomes Research Scientist
Intermountain Health Care
Salt Lake City, UT

Doug Burns, MD
Washington Interventional
Spine Associates
Bellevue, WA

UNIVERSITY OF WASHINGTON FACULTY

Karen Barr, MD
Associate Professor
Department of Rehabilitation Medicine

Scott Laker, MD
Clinical Assistant Professor
Department of Rehabilitation Medicine

Wendy Cohen, MD
Professor
Department of Radiology

Michael Lee, MD
Assistant Professor
Department of Orthopaedics & Sports
Medicine

Paul Dreyfuss, MD
Clinical Professor
Department of Rehabilitation Medicine

Lawrence Robinson, MD
Vice Dean
Clinical Affairs
School of Medicine
Professor
Department of Rehabilitation Medicine

Nelson Hager, MD
Clinical Associate Professor
Department of Rehabilitation Medicine

Virany Hillard, MD
Assistant Professor
Department of Neurosurgery

Trevin Thurman, MD
Sports and Spine Fellow
Department of Rehabilitation Medicine

Marla S. Kaufman, MD
Clinical Assistant Professor
Department of Rehabilitation Medicine

COURSE SCHEDULE

Saturday, April 25, 2009

General

- 7:45 **Registration & Continental Breakfast**
- 8:30 Welcome and Introduction
Mark Harrast, MD
- 8:35 Cervical Pain Distribution Patterns: An Anatomic Overview
Trevin Thurman, MD
- 8:55 Whiplash: What's the Pain Generator and What Do We Do About It?
Nelson Hager, MD
- 9:40 **BREAK**
- 10:00 How to Approach the Degenerative Neck and Cervical Stenosis
Karen Barr, MD
- 10:45 The Role of Electrodiagnostic Studies in Upper Limb Pain and Paresthesias
Lawrence Robinson, MD
- 11:15 Imaging the Cervical Spine
Wendy Cohen, MD
- 11:45 **LUNCH** (*provided*)

Rehabilitation

- 12:45 An Evidence-Based Approach to the Rehabilitation of the Patient with Neck Pain
Julie Fritz, PhD, PT, ATC
- 1:50 **BREAK**
- 2:10 A Treatment Based Classification System for the Rehabilitation of the Patient with Neck Pain
Julie Fritz, PhD, PT, ATC
- 3:15 Putting This into Practice: Clinical Cases
Julie Fritz, PhD, PT, ATC
- 3:45 **Adjourn**

COURSE SCHEDULE

Sunday, April 26, 2009

Neurologic

- 8:00 **Sign-In & Continental Breakfast**
- 8:25 Neurodynamics: Neurophysiology and Pathobiology
Michel Coppieters, PhD, PT
- 9:40 **BREAK**
- 10:00 A Novel Approach to the Treatment of Entrapment Neuropathies
Michel Coppieters, PhD, PT
- 11:00 Thoracic Outlet Syndrome: Does it Exist?
Scott Laker, MD
- 11:45 **LUNCH** (*provided*)
- 12:45 An Update on Stingers and Burners: Radiating Limb Pain
in the Athlete
Marla Kaufman, MD

Interventional

- 1:30 An Interventional Approach to Cervical Zygapophyseal Joint Pain
Paul Dreyfuss, MD
- 2:10 **BREAK**
- 2:30 The Role and Efficacy of Cervical Epidural Steroid Injections
Doug Burns, MD
- 3:10 Cervical Surgery: Fusion vs. Disc Replacement
Michael Lee, MD and Virany Hillard, MD
- 4:10 **Adjourn**

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Mailing address:
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Box 359441
Seattle, WA 98195-9441

Credit card registrations may
be faxed to: (206) 221-4525
Questions? (206) 543-9496

Register online at:
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MD/DO/DC/PHD	\$375.00
ALLIED HEALTHCARE/ RESIDENT/FELLOW	\$295.00
UW PT STUDENT/RESIDENT/FELLOW	\$75.00

MJ0917

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