
Course Description

This course will describe the concepts and principles underlying movement system impairment (MSI) syndromes. The kinesiopathologic model provides a framework for the role of the movement system in causing impairment syndromes. Specific syndromes of the cervical spine, scapula, and humerus will be discussed. The MSI exam used to diagnose these syndromes and identify the contributing factors will be described. The course includes both lecture and subject demonstrations of the examination. The treatment programs for specific subjects will also be included in the presentation. This course will describe the relationship between shoulder alignment and movement patterns and the effect on the cervical spine. The recent research and the best available evidence concerning movement system syndromes will be presented.

The participant should be able to discuss the key concepts of: 1) path of least resistance, 2) you get what you train, 3) precision in motion is critical, 4) relative stiffness, 5) relative flexibility, 6) micro-instability, 7) no magic in an exercise unless demonstrating desired performance, 8) presence of a muscle does not mean optimal performance, 9) the way daily activities are performed is critical, and 9) micro-instability (accessory motion hypermobility) is the cause of pain and degeneration.

Course Objectives:

Upon completion of this course the participant should be able to
1. Describe the movement system concepts
2. Describe the contributing muscle and movement adaptations
3. Describe the movement system syndromes of the cervical spine, scapula, and humerus
4. Describe the exam used to diagnose the MS syndromes of the cervical spine, scapula, and humerus
5. Design treatment programs for the cervical spine, scapula, and humeral syndromes.
6. Evaluate the best available evidence for the syndromes.

Schedule:
Day 1 Saturday

9:00-10:00 Application of the concepts of Movement Systems Impairment Syndromes to the upper quarter
10:00-10:30 Movement System Impairment (MSI) Syndromes of the scapula part 1
10:30-10:50 Break
10:50-12:00 MSI syndromes of the scapula continued
12:00-12:30 Demonstration of the standing tests MSI syndromes of the humerus
12:30-1:30  Lunch
1:30-2:30  MSI syndromes of the humerus
2:30-3:00  Demonstration of full exam of the shoulder girdle part 1
3:00-3:15  Break
3:15-4:00  Demonstration of full exam continued
4:00 – 4:45 Demonstration of Examination, developing diagnosis and treatment of subject with shoulder pain
4:45-5:00  Discussion

Day 2 Sunday
9:00-10:00  MSI Syndromes of the cervical spine
10:00-10:30 Demonstration of Examination for Cervical Spine Movement System Impairment Syndromes part 1
10:30-10:50 Break
10:50-11:30 Demonstration of examination – part 2
11:30-12:30 Demonstration of examination, developing diagnosis and intervention for subject with neck pain
12:30-1:30  Lunch
1:30-2:30  Demonstration: Examination, diagnosis and treatment of subject with shoulder or neck pain
2:30-3:00  Demonstration of exam subject with upper quarter pain
3:00- 3:20 Break
3:20- 4:30 Demonstrations Continued – participants develop diagnosis and treatment program
4:30 – 5:00 Discussion

BIOGRAPHICAL SKETCH FOR SHIRLEY A. SAHRMANN, PT, PhD, FAPTA

Dr. Sahrmann is Professor Emerita of Physical Therapy at Washington University School of Medicine, St. Louis, Missouri. She received her bachelors degree in Physical Therapy, masters and doctorate degrees in Neurobiology from Washington University. She is a Catherine Worthingham Fellow of the American Physical Therapy Association and is a recipient of the Association's Marion Williams Research Award, the Lucy Blair Service Award, and the Kendall Practice award, the Inaugural John H.P. Maley Lecture and Mary McMillan Lecture awards. Dr. Sahrmann has also received Washington University's Distinguished Faculty Award, the School of Medicine’s Inaugural Distinguished Clinician Award and an honorary doctorate from the University of Indianapolis. She has also received the Bowling-Erhard Orthopedic Clinical Practice Award from the Orthopedic Section of the APTA. She has served on the APTA Board of Directors and as president of the Missouri Chapter.

In addition to her numerous national and international presentations, Dr. Sahrmann has been a keynote speaker at the World Confederation of Physical Therapy, and at the Canadian, Australian, New Zealand, Danish, and Japanese national congresses.

Dr. Sahrmann's research interests are in development and validation of classification schemes for movement impairment syndromes as well as in movement pattern training based

References


44. Diagnosis and Treatment of Movement Impairment Syndromes. Ed. Sahrmann, Mosby 2002