

Upper cervical spine disorders - Tzvika Greenbaum

Course Schedule:

DAY 1 :

8:30-9:00	Registration
9:00-11:00	<u>Clinical oriented scientific background:</u> <ul style="list-style-type: none">• Clinical anatomy of the cervical spine (upper neck emphasis)• Epidemiology of neck pain• Upper neck disorders and the sensory system• Upper neck disorders and the motor system• Upper neck disorders and the vestibular system• Contributing factors to neck disorders• Psychosocial factor in people with neck pain
11:00-11:30	Morning coffee
11:30-13:00	Clinical reasoning of common upper neck related clinical patterns: Cervicogenic Headache, Cervicogenic dizziness, potential involvement of upper neck in primary headaches (tension type & migraine)
13:00-13:45	Lunch
13:45-15:15	Assessment & therapeutics of the upper neck: topographical anatomy, Deep neck flexors assessment and rehabilitation
15:15-15:30	Coffee break
15:30-17:00	Assessment & therapeutics of the upper neck: Occ-C1 segmental assessment and treatment

DAY 2 :

8:30-9:00	Summary of day 1
9:00-11:00	Assessment & therapeutics of the upper neck: C1-C2 segmental assessment and treatment, Cervicogenic Dizziness assessment & treatment
11:00-11:30	Morning coffee
11:30-13:00	Assessment & therapeutics of the upper neck: C2-C3 segmental assessment and treatment
13:00-13:45	Lunch
13:45-15:15	Assessment & therapeutics of the upper neck: soft tissue assessment and treatment (sub-occipitals, Upper trap, splenius capitis, SCM)
15:15-15:30	Coffee break
15:30-16:30	Real case study demonstration & brain storming. End of course