

## Lower cervical spine – Tzvika Greenbaum

### DAY 1

8:30-9:00	Registration
9:00-11:00	<p><u>Clinical oriented scientific background:</u></p> <ul style="list-style-type: none"> <li>• Clinical anatomy of the cervical spine (lower neck emphasis)</li> <li>• Epidemiology of neck pain</li> <li>• Neck disorders and the sensory system</li> <li>• Neck disorders and the motor system</li> <li>• Contributing factors to neck disorders</li> <li>• Psychosocial factor in people with neck pain</li> </ul>
11:00-11:30	Morning coffee
11:30-13:00	<p><u>Clinical reasoning of common lower neck related clinical patterns:</u></p> <ul style="list-style-type: none"> <li>• Discogenic disorder</li> <li>• Facet joint disorder</li> <li>• Nerve root irritation</li> <li>• Thoracic outlet syndrome</li> <li>• Myofascial neck pain</li> </ul>
13:00-13:45	Lunch
13:45-15:15	Assessment & therapeutics of the lower neck: topographical anatomy, common contributing factors and pattern
15:15-15:30	Coffee break
15:30-17:00	Assessment & therapeutics of the lower neck: Disc/Nerve root irritation

### DAY 2

8:30-9:00	Summary of day 1
9:00-11:00	<p>Assessment &amp; therapeutics of the lower neck:</p> <p>Thoracic outlet syndrome &amp; Myofascial pain syndrome</p>
11:00-11:30	Morning coffee
11:30-13:00	<p>Assessment &amp; therapeutics of the lower neck:</p> <p>Facet joint irritation</p>
13:00-13:45	Lunch

13:45-15:15	Assessment & therapeutics of the lower neck: Neck on trunk + scapula on thorax dysfunctions
15:15-15:30	Coffee break
15:30-16:30	Real case study demonstration & brain storming. End of course