



Cervicothoracic Disorders Assessment and Management: An Evidence-Based Approach

(Activity Code: AGI-03-P138)

Saturday October 14th 8am - 4pm & Sunday October 15th 3pm-9pm

Venue: Ibn-Al Baitar Building (I06), Qatar University

Target Audience: Physiotherapists

Aim: To understand 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.

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-9:00am	Welcoming and registration
9:00am-10:30am 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 factor affecting assessment, treatment, and prognosis.
10:30am-10:45am	Tea Break
10:45am-12:00pm 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's examination.
12:00-12:30	Lunch break



12:30-14:30 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.
14:30-16:00 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 exercise specific for 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
3:00pm-4:00pm	Review the learning from Day 1
4:00pm-6:00pm 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
6:00pm-6:30pm	Lunch break
6:30pm-8:00pm 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 headache. Prescribe evidence based manual therapy and therapeutic exercises for patients with cervicogenic headache.
8:00pm-9:00pm Dr. Jennifer Allen	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

* 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 Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum number of 11.75 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."