
Course Objectives

MedBridge

Management of the Cervicothoracic Spine

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Chapter 1: Anatomy

- Understand skeletal anatomy and biomechanical principles of the cervicothoracic spine.
- Discuss differences in clinical features in various types of neck and upper back pain.
- Identify classifications of patients with neck pain.
- Discuss cervical and thoracic spine anatomy and how frank structural deformities may serve as a symptom generator for neck and upper back pain.

Chapter 2: Screening for Referral

- Discuss differences in clinical features in various presentations of neck pain.
- Generate an appropriate referral in this patient population.

Chapter 3: Physical Examination and Interpretation

- Identify the appropriate tests and measures for gathering objective data in individuals with neck pain.
- Understand how physical therapy intervention differs based on patient presentation.
- Participants will be able to identify and utilize appropriate tests and measures for gathering objective data in this population.

Chapter 4: Intervention

- Identify which factors are predictive of success with select physical therapy interventions.
- Participants will be able to understand how physical therapy intervention differs based on the type or presentation of the disorder.
- Discuss the strength of the evidence behind specific interventions for managing individuals with headache.