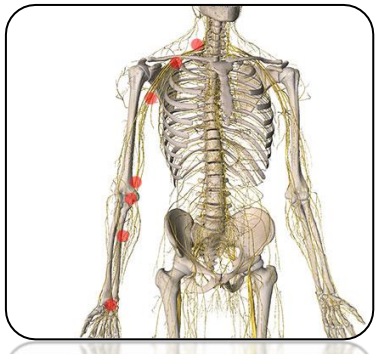
December 5-6 • Tampa, FL

PRESENTS

Scrape, Tape, Cup & Glide: Restoring Space, Motion, & Slack for Restricted Neural Dynamics of the Upper Quarter



Outpatient Education Department

TARGET AUDIENCE: PT, PTA, OT, COTA, AT

INSTRUCTIONAL LEVEL: Intermediate

CONTACT HOURS: 13.25

Select Physical Therapy
707 West Dr. Martin Luther King Blvd
Seffner, FL 33584

Faculty

Mark Butler, MPT, DPT, OCS, Cert. MDT
Mark is a board-certified Orthopaedic clinical specialist and McKenzie-certified specialist for mechanical diagnosis and treatment of the spine. He is Adjunct Faculty at Rutgers UMDNJ and guest lecturer at Stockton College in New Jersey where he lectures on Advanced Orthopedics, Neural Mobilization, Radiology, Evaluation and Treatment of the SI Joint, and Evaluation and Manual Treatment of the Cervical Spine. Mark is also a continuing education speaker on Evaluation and Treatment of Brachial Plexopathies, Neural Mobilization, Evidence-Based Evaluation and Treatment of the Lumbar Spine, and Examination and Treatment of the Shoulder.

Program Accreditation

Select Medical Department of Outpatient Education is an approved provider with the American Occupational Therapy Association*. Select Medical is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers; this course is approved for 13.25 Category A hours. This course is pending approval with the Florida Board of Physical Therapy.

American Occupational Therapy Association
Approved Provider

Non-Discrimination Statement: Select Medical does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Select Medical is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

Course Description

Restricted neural dynamics can significantly impact movement, function, and activity tolerance, yet are often overlooked during examination and treatment. This upper extremity focused course utilizes the test-treat-retest model and is grounded in the principle that neural tissue requires adequate space, motion, and slack for optimal healing and function. Participants will learn assessment and treatment strategies for neural mobility dysfunctions through lecture and hands-on laboratory experiences. Motion-based interventions include neural flossing, nerve bed and nerve differential gliding, instrument assisted soft tissue mobilization (IASTM), negative pressure soft tissue mobilization (NPSTM/cupping), corrective exercise, and taping techniques to improve movement and proprioception.

Course Objectives

At the conclusion of this program, the participant will be able to:

- Identify the two primary regions of the brachial plexus and correlate patient symptoms to those regions.
- Describe the two conditions that increase vulnerability to nerve injury and the three primary nervous system pathologies.
- Identify the two signs and four symptoms of brachial plexalgia.
- Perform and document upper extremity neural mobility testing using the neural mobility grading scale (0-5/5).
- Differentiate neural from non-neural upper extremity structures using positioning, palpation, and symptom behavior.
- Develop a treatment plan, goals, and prognosis based on examination findings from case studies.
- Apply interventions that restore neural space, motion, and slack, including exercises, manual techniques, and home program modifications.
- Select an appropriate IASTM intervention for movement dysfunctions associated with restricted neural mobility.
- Perform an appropriate NPSTM (cupping) technique to improve neural mobility and movement.
- Integrate NPSTM and IASTM interventions into a comprehensive treatment approach.
- Apply an NPSTM technique to enhance neural slack, improve posture, and reduce neuropathic pain.

Agenda

DAY 1: 7.5

8:00	Neural Physiology for Optimal Healing – Space, Motion, Slack: Lecture
9:00	Palpation Lab: Hands on
9:45	UE Mobility Assessment Lab: Hands on
10:00	Break
10:15	UE Mobility Assessment Lab Continued: Hands on
11:00	Nerve Bed Examination Techniques: Lecture
11:30	Indications/Contraindications: Lecture
12:00	Lunch
1:00	Clinical Cases Lab - Misdiagnosed conditions, structural differentiation. Treatment principles: nerve bed IASTM: Lecture
2:30	Applying Negative Pressure (Cupping) Principles in the Treatment of: Hands on Cervical sprain/strain, Shoulder sprain/strain, Lateral & medial epicondylalgia and the numb hand
3:00	Break
3:15	Applying Negative Pressure Lab (Continued): Hands on
4:00	Integrating IASTM and Cupping Simultaneously over the Nerve Bed to Promote Space and Motion: Lecture
5:00	End

DAY 2: 5.75

8:00	Thoracic Outlet Syndrome: Lecture
9:00	Clinical Case Scenarios Examination Skills Integration Lab: hands on
9:30	Breathing Diaphragmatically – Exercise Lab: Hands on
10:00	Break
10:15	Posture Corrective Exercises – Cervical Focus: Lecture
10:45	Posture Corrective Exercises – Scapular Focus: Lecture
11:00	Nerve Bed Mobilization with Flossing: Lecture
12:00	Lunch
1:00	Sustained Cupping over the Nerve Beds while Flossing the Neural Tissue: Lecture
1:15	Taping along the Nerve Bed and for Posture Correction & Treatment Carry Over: Letcure
2:30	Brachial Plexalgia Lab: Hands on
3:00	End

QUESTIONS: If you have questions, please contact course Coordinator, Jamie Mathews jlmathews@selectmedical.com

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Please check: □ATC □PT □PTA □OT □OTA □Other_____
Name:_____

Address:_____

City:_____State:____Zip:_____

Phone:_____

Email:_____
(Please provide E-mail to receive electronic confirmation)

Registration Fee: $495.00

Payment Options:

1. **Fax completed registration/payment info to 717-409-7365**
   Check payable to: **Select Medical**
2. Credit Card: □Visa □MasterCard □Check
   Credit Card number:_____
   Expiration Date:_____ CCV Code:_____
   Signature:_____
3. **Mail Registration and Check to**:
   Select Medical Attn: Jamie Mathews
   1340 Gaskins Road, Unit 12, Richmond, VA 23238
   Email: jlmathews@selectmedical.com

Cancellation Policy: Written notification of cancellation 10 days prior to course date – Refund request will be honored (less $50 processing fee). Cancellation notification within 10 days prior to the course will result in full forfeiture of tuition amount. Select Medical reserves the right to cancel this program. In the event of course cancellation, a full refund will be given.

Enrollment for SELECT MEDICAL EMPLOYEES only
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