

**Teaching & Performing  
Grade V Mobilization:  
An Evidence Based  
Approach Cervical &  
Upper Thoracic Regions**

\*Physical therapists must attach a copy of their New York license.

**Registration Form:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Tuition: \$375 includes course notes, bibliography and CEU certificate. Space is limited!

Make check payable to: \_\_\_\_\_ and mail to:  
\_\_\_\_\_  
\_\_\_\_\_.

Payment must be in full. Credit cards payments will be accepted in the near future.

**Registration deadline: 01/15/10**

**Questions/inquiries:**

Jeff Houck [jhouck@ithaca.edu](mailto:jhouck@ithaca.edu)

Sponsors reserve the right to cancel course for insufficient enrollment.

**Teaching & Performing  
Grade V Mobilization:  
An Evidence-Based  
Approach to the  
Cervical & Upper  
Thoracic Regions**

**February 6-7, 2010**

**March 7, 2010**

**To complete course  
requirements  
participants must  
attend all 3 days**

**# CEUs (19.75 hrs)**

***Sponsored by*  
Ithaca College  
In collaboration with the  
California Orthopedic Manual  
Therapy Special Interest Group  
& California Academic and  
Residency Collaborative**

**Course location:**  
Ithaca College – Rochester Center

## **Course Description:**

The course instructor spearheaded the formation of the new California Orthopedic Manual Therapy Special Interest Group – COMPTSIG, which is an outgrowth of the California Academic and Residency Education

Collaborative – CAREC. One of the purposes of COMPTSIG/CAREC is to organize and standardize entry-level education for physical therapy students in the classroom and clinic on a category of musculoskeletal manual therapy techniques known as high-velocity, low-amplitude passive movements. To enhance this effort, it has been considered necessary to augment the ability of clinician preceptors to supervise affiliating students on the appropriate application and performance of these techniques. This effort was a further outgrowth of the Manipulation in Education Manual and related efforts by the American Academy of Orthopedic Manual Physical Therapists (AAOMPT) in collaboration with the APTA.

- New APTA standards require physical therapy programs to teach all grades of joint mobilization, I-V.
- This course is designed for PT Clinical Instructors (CI) and PT clinicians who wish to learn or advance their skills in the use of Grade V Mobilization techniques.
- In California, terminology for high velocity manual therapy techniques is ‘grade V mobilization’ or ‘graded passive movement–V’ (GPM-V).
- Learn updated requirements in PT education and broaden your treatment repertoire in manual therapy. Hone your skills so that you are prepared to supervise students in GPM-V techniques.

## **Participants will, for the cervical and upper thoracic regions of the spine:**

- Utilize terminology in compliance with the PT Practice Act
- Integrate current best evidence on GPM-V in the management of musculoskeletal disorders
- Utilize motor learning principles/psychomotor skills to assess readiness of PT students to

- utilize GPM-V techniques
- Identify difficulties with technique implementation and devise strategies to improve performance.
- Apply clinical reasoning strategies for assisting PT students in making safe/appropriate intervention decisions
- Demonstrate confidence in teaching clinical reasoning and technique implementation
- Develop strategies for addressing problems with handling and clinical reasoning of clinicians and students

**Location:** Ithaca College - Rochester

**Tuition:** \$375 Includes comprehensive notebook; snacks provided; lunch on your own.

**Registration deadline:** 01/15/10

**Refunds:** \$50 cancellation fee (cancellations must be in writing to Deb Perkowski dperkowski@ithaca.edu). No refunds after 02/01/09

## **Course Objectives:**

1. Discuss legal and legislative issues affecting PT practice.
2. Integrate current best evidence on GPM-V into the management of cervical and upper thoracic musculoskeletal problems.
3. Integrate motor learning principles and psychomotor skills into teaching and assessing readiness of PT staff and students to utilize GPM-V for the cervical and upper thoracic spine.
4. Analyze when PT staff and students are having difficulty with implementation of GPM-V and design strategies to improve performance.
5. Integrate clinical reasoning strategies for assisting staff/students to make safe, appropriate treatment decisions with GPM-V for the cervical and upper thoracic spine.

**This is a lecture/lab course designed for an excellent instructor:student ratio to provide you ample feedback!**

## **Intended Audience –**

- Current practice in an orthopedic PT setting
- Prior course work in manual therapy
- Clinical instructors who will be supervising PT students and/or PTs who wish to broaden their GPM-V skills

**Course Dates:** This course is being taught in one weekend (March 28-29) plus one day (April 26), spaced 4 weeks apart, to enable participants to practice/consolidate techniques and clinical reasoning. On day 3, participants will be asked to teach a technique and receive feedback from colleagues.

**March 28-29, & April 26, 2009**

### **02/05, Saturday:**

8:30 – 9:00	Course Registration
9:00 – 10:30	Background Info / Indications / Contraindications; Evidence Break
10:30 – 10:45	Indications / Contraindications (cont'd)
10:45 – 11:30	Upper Cervical Stability, VBI Testing
11:30 – 12:30	Lunch
12:30 – 1:15	Mid/Lower Cervical Techniques
1:15 – 3:30	Break
3:30 – 3:45	Upper Cervical Techniques
3:45 – 5:15	Summary & Questions
5:15 – 5:30	

### **02/06, Sunday:**

9:00 – 10:00	Review of Day 1/Questions
10:00 – 11:00	Upper Cervical Techniques (cont'd)
11:00 – 11:15	Break
11:15 – 12:45	Cervico-Thoracic (Upper T) Techniques
12:45 – 1:30	Lunch
1:30 – 3:00	Cervico-Thoracic (Upper T) Techniques (cont'd)
3:00 – 3:15	Break
3:15 – 4:00	Rib Techniques
4:00 – 4:30	Summary & Questions; Goals for Day 3

### **03/07, Sunday:**

9:00 – 9:30	Day 1 & 2 Questions and Review
Rest of Day:	Cases, Technique Assessment/Critique, Practice:
9:30 – 11:00	Mid/Lower Cervical Techniques
11:00 – 11:15	Break
11:15 – 12:45	Upper Cervical Techniques
12:45 – 1:30	Lunch
1:30 – 3:00	Cervico-Thoracic (Upper T) Techniques
3:00 – 3:15	Break
3:15 – 4:00	Rib Techniques
4:00 – 4:30	Summary/Future Directions

**Instructor:**

**David M. Selkowitz, PT, PhD, OCS, DAAPM** is a Professor in the Department of Physical Therapy Education at Western University of Health Sciences in Pomona, CA. His clinical experience in orthopedic physical therapy spans more than 25 years. He has been on university faculty for over 15 years, and has taught evaluation and management of musculoskeletal dysfunction, electrotherapy, and research. David has presented at numerous professional conferences at the state, national, and international level, and has published papers in peer-reviewed journals on these topics, as well as a book chapter on electrotherapy. In addition to teaching continuing education courses and extensive continuing education learning experiences, David also completed a post-graduate 14-month manual therapy program and a post-graduate summer internship (in residence) in Orthopedic Manual Therapy at Folsom Physical Therapy. David is a Board Certified Orthopedic Physical Therapy Clinical Specialist, and is a Diplomate of the American Academy of Pain Management.