



## **HVLA Mobilizations of the Cervical and Thoracic Spine & Ribs**

### **Course Description:**

This 2 day seminar includes ~70% hands-on lab and ~30% didactic components. The majority of the course is spent learning examination and mobilization techniques of the cervical and thoracic spine & ribs. Extensive lab practice time is dedicated to learning HVLA mobilizations, which is the primary focus of the course. There is also a review of current evidence and a live case study. In addition, supplemental video content for this course featuring all exercise techniques taught is also included.

### **Course Objectives:**

- The participant will identify the history of thrust mobilization, current APTA policy, differences with non-thrust techniques, and the evidence available for techniques taught
- The participant will identify specific differential diagnoses that would lead to precautions and contraindications of HVLA techniques
- The participant will demonstrate subjective history questions that would indicate the potential for differential diagnoses that would contraindicate HVLA
- The participant will identify clinical presentations, such as specific dysfunctions/pathologies, and when to apply the HVLA techniques
- The participant will demonstrate how to appropriately perform HVLA techniques on a lab partner, for multiple spinal joint regions

### **Course Schedule:**

#### **Day 1 - Saturday**

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|-------------|---|
| 7:30- 8:00  | Registrations   |
| 8:00- 10:00 | Course intro, basic principles, Hx of manipulation, current APTA policy, thrust vs. non-thrust techniques, clinical prediction rules (brief overview of this concept), indications/contraindications, pt selection including use of outcome measures and/or FABQ, safety issues |

10:00- 10:15 Break  
10:15- 12:00 Techniques: VBI/stability testing, thoracic supine/prone and ribs  
12:00- 1:00 Lunch - on your own  
1:00- 2:20 Techniques: CTJ and if time, ribs 1 and 2  
2:20- 2:35 Break  
2:35- 4:00 Techniques: Ribs 1 and 2; Cervical techniques  
4:00- 5:00 Review for the day/catch-up

### **Day 2- Sunday**

8:00- 10:00 Review of day 1 techniques  
10:00- 10:15 Break  
10:15- 12:00 Case studies, problem solving, exercise discussion  
12:00- 1:15 Q & A, review, speed mobs. (time permitting)