



## **Comprehensive Treatment of the Ribcage and Thoracic Outlet Syndrome**

### **Course Description:**

This 2 day seminar includes ~70% hands-on lab and ~30% didactic components. The content incorporates examination and treatment approaches for both the clinically challenging costal cage as well as Thoracic Outlet Syndrome (TOS). There is extensive lab practice time dedicated to learning specific examination techniques, including extensive palpation skills of various soft tissue and bony structures. From there, multi-focal treatments will also be taught, such as joint and soft-tissue mobilizations, neurodynamic techniques, taping, and exercise. There will also be a review of current evidence along with case studies.

### **Course Objectives:**

- The participant will discuss the anatomy and biomechanics of the Thoracic Spine, Rib Cage and Thoracic Outlet
- The participant will demonstrate the palpatory anatomy of the Rib Cage and Thoracic Outlet
- The participant will demonstrate how to evaluate and treat rib dysfunctions and TOS
- The participant will discuss the influence of the Thoracic Spine and Rib Cage on shoulder function
- The participant will describe when to apply and demonstrate how to apply Manual Therapy (joint and soft tissue techniques), taping, and exercise interventions as guided by available evidence and clinical examination for patients with costal cage dysfunction and TOS

## **Course Schedule:**

### **Day 1 - Saturday**

- 7:30- 8:00 Registration
- 8:00- 9:00 Introduction and objectives, anatomy & biomechanics, Cervico-Thoracic screening
- 9:00- 10:30 Lab/lecture- Palpatory rib and muscular examination, rib mobility testing, disorders of the thoracic spine and costal cage, differential diagnosis and clinical signs/symptoms
- 10:30- 10:40 Break
- 10:40- 12:00 Lab – rib mobilizations
- 12:00- 1:00 Lunch - on your own
- 1:00- 2:00 Lab – rib mobilizations (continued)
- 2:00- 2:50 Lab- soft tissue mobilizations
- 2:50- 3:00 Break
- 3:00- 4:30 Lab – self mobilizations, breathing re-training, and corrective exercises for muscle imbalances (test and treat)
- 4:30- 5:00 Review for the day/catch-up

### **Day 2 - Sunday**

- 8:00- 8:30 TOS: History and Current Evidence, anatomy & differential Dx
- 8:30- 10:00 Lab – examination of TOS
- 10:00- 10:10 Break
- 10:10- 12:15 Lab – treatment techniques: joint & soft tissue mobilizations, taping, exercise, patient education
- 12:15- 1:00 Review, Q & A, Case Studies