



Comprehensive Management of Post Concussion Syndrome

Course Description:

This 2-day seminar includes ~60% hands-on lab and ~40% didactic components. The content incorporates anatomy and pathophysiology of post-concussion syndrome with lab components to assess and provide evidence-based treatment to this population. There is extensive lab practice time dedicated to learning specific examination, manual and exercise-based intervention techniques and adjunctive treatments, along with a review of current evidence and case studies.

Course Objectives:

- The participant will discuss the anatomy and physiology of post-concussion syndrome
- The participant will identify safety issues, indications, and contraindications for evaluation and treatment of post-concussion syndrome
- The participant will demonstrate proper subjective and objective examination techniques that would indicate progression to treatment of post-concussion syndrome
- The participant will demonstrate manual therapy techniques in the cervical and thoracic spine for treatment of post-concussion syndrome
- The participant will understand and be able to demonstrate exercise interventions as guided by available evidence and clinical examination for patients with post-concussion syndrome

Course Schedule:

Day 1 – Saturday

- 7:30- 8:00 Registration
- 8:00- 10:00 Introductions, history, review of anatomy/physiology, indications/contraindications, differential diagnosis and evaluation
- 10:00- 10:15 Break
- 10:15- 12:00 Safety tests, cervical and thoracic spine assessment
Lab: Safety tests, cervical and thoracic spine
- 12:00- 1:00 Lunch - on your own
- 1:00- 1:45 Evaluation of VOMS
Lab: VOMS
- 1:45-2:20 Evaluation of Oculomotor and VOR
Lab: Oculomotor and VOR
- 2:20- 2:35 Break
- 2:35- 4:00 Evaluation of BPPV, Balance, and Aerobic Capacity and
Lab: BPPV, Balance
- 4:00- 5:00 Lab- Treatment of cervical and thoracic spine

Day 2 – Sunday

- 8:00- 10:30 Lab- Treatment oculomotor, BPPV, Balance
- 10:30- 10:45 Break
- 10:45- 12:15 Exercise progression and Home Exercise Program
- 12:15- 1:00 Q & A, Review, Case Studies