



Upper Quadrant Dysfunction with Focus on the Extremity

The goal of this course is to improve the clinician's confidence, ease of practice, effectiveness and sense of professional fulfillment in the treatment of peripheral upper quadrant dysfunction.

Course Description

The Upper Quadrant with Focus on the Extremity course covers the evaluation and treatment of shoulder, brachium, elbow, forearm, wrist and hand dysfunctions outpatient orthopedic physical therapists commonly encounter. The course will focus on enhancing clinical insight and honing critical observation, palpation, movement testing and treatment skills. Participants will learn to streamline the evaluation process and quickly devise effective interventions based on clinical presentations.

After completing this course, clinicians will better understand the interplay between the fascial, lymphatic, nervous, musculoskeletal and neuromotor systems and be able to proficiently interface with upper quadrant patients regardless of diagnosis, body region or comorbidities. This course yields 32 California and Nevada approved continuing education units.

Course Objectives

By the end of the series, engaged course participants should be capable of:

- Handling patient treatment with ease and confidence despite the constraints or obstacles clinicians may encounter in an outpatient setting
- Discussing the clinically relevant structure, function and interplay between the fascial, lymphatic, nervous, musculoskeletal and neuromotor systems that create patient's upper quadrant clinical presentations
- Quickly screening key indicators for the type and magnitude of upper quadrant dysfunction present
- Performing the detailed clinical examination necessary to determine the specifics of each upper quadrant patient's unique shoulder, brachium, elbow, forearm, wrist or hand presentation
- Producing safe and effective interventions for the most common types of peripheral ~~lower~~ upper quadrant clinical presentations regardless of diagnosis, body region or comorbidities
- Understanding the foundational knowledge and skills necessary to facilitate progression towards clinical expertise as the clinician matures in the profession

Course Content

The Upper Quadrant with Focus on the Extremity course consists of lecture, discussion and practicum of the following:



1. Pertinent anatomy and interplay between the fascial, lymphatic, nervous, musculoskeletal and neuromotor systems necessary to understand efficient evaluation and treatment of shoulder, brachium, elbow, forearm, wrist and hand complexes
2. A quick screening evaluation which either leads to early effective intervention or guides subsequent in-depth investigation prior to initiating treatment for peripheral upper quadrant patients
3. Honing the critical observation, palpation and movement testing skills required to detect and interpret the pertinent clinical findings necessary to devise effective treatment strategies
4. The skillful application of treatment variables required to produce superior outcomes in orthopedic physical therapy practice
5. Instructions in devising, implementing and progressing the most effective interventions for the most common presentations encountered in an orthopedic outpatient physical therapy clinic regardless of diagnosis, body region or comorbidities

Course Resources

Primary Course Resource:

- McGonigle, Tim. 2020. Manual Therapy For Upper Quadrant Pathology, – Provided with the course

Additional Supportive Resources:

- Butler, David, Moseley, Lorimer. 2003. Explain Pain. Adelaide, Noigroup Publication.
- Evjenth, Olaf and Hamberg, Jern. 1984. Muscle Stretching in Manual Therapy. The Spinal Column and the Temporo-Mandibular Joint. Alfta: Alfta Rehab Forlag.
- Evjenth, Olaf and Hamberg, Jern. 1984. Muscle Stretching in Manual Therapy. The Extremities. Alfta: Alfta Rehab Forlag.
- Evjenth, Olaf and Gloeck, Christian. 1997. The Symptom Localization in the Spine and the Extremities. Oslo.
- Foldi M, Foldi E, Strobenreuther C, Kubik S. 2012. Textbook of Lymphology: for Physicians and Lymphedema Therapists. Elsevier.
- Kaltenborn, Freddy M. 2019. Manual Mobilization of the Joints. Volume 1. The Extremities. 8th ed. Translated by Dennis Morgan and Eileen Vollowitz. Oslo: Olaf Norlis Bokhandel.
- Kaltenborn, Freddy M. 2018. Manual Mobilization of the Joints. Volume II. The Spine. 7th ed. Translated by Dennis Morgan and Eileen Vollowitz .Oslo: Olaf Norlis Bokhandel
- Krauss, John, Evjenth Olaf, Creighton, Doug. 2006. Translatoric Spinal Manipulation for Physical Therapists. Michigan: A Lakeview Media L.L.C. Publication.
- McGonigle, Tim. 2020. Enhancing Clinical Proficiency
- McGonigle, Tim. 2017. The Primer Of Orthopedic Manual Physical Therapy



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- Stecco, Carla. 2015. Functional Atlas of the Human Fascial System. New York: Churchill Livingstone
- Tricas JM, Hidalgo C, et al. 2015. Myofascial Mobilization and Self-Mobilization in OMT. Vol. 1: Extremities. 1st ed. in English. OMT-Espana. www.omtspain.es