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* Profession (circle): OT COTA PT
PTA

Amount Enclosed: _____

*\$350 if you have not attended a previous
course

*10% discount if you attended a previous
course or are a CORA employee-\$315

Please mail to:
3Kings Upper Extremity Specialists
56 Solana Rd.
Ponte Vedra Beach, FL 32082

To Pay by Credit Card, visit
www.Paypal.com and send to
3KingsUESpecialist@gmail.com. There
will be an additional \$15 charge to pay
via credit card online

ABOUT THE INSTRUCTOR

Ann Porretto-Loehrke is a skilled clinician and dynamic instructor. She is the therapy manager of a large department at the Hand to Shoulder Center. Ann is a CHT and Certified Orthopedic Manual Therapist (COMT) for treatment of the upper quadrant through the International Academy of Orthopedic Medicine (IAOM). She has extensive training in the evaluation and treatment of the upper quadrant. Ann completed a post-professional Doctorate in PT from Drexel University with a specialty in Hand and upper quarter rehabilitation. She previously served as Vice-Chair of the Examination Committee for the Hand Therapy Certification Commission (HTCC). Ann also previously served as the Northeast District chair for the Wisconsin Physical Therapy Association from 2004-2008. She is a lead instructor who developed the Hand & Upper Extremity Track through IAOM, a set of 6 manual therapy courses designed specifically for hand and upper extremity specialists. Ann has presented at American Society of Hand Therapists annual conferees, Canadian Hand Conferences, Philadelphia Meeting, and Teton Hand Conference

DISCLAIMER

**Any opinions, finding,
recommendations or conclusions
expressed by the presenters do not
necessarily reflect the views of
3Kings Upper Extremity Specialists**

**3Kings Upper Extremity
Specialists, Inc.
904-803-4480
3Kingsuespecialist@gmail.com**



Presents

Evaluation and Treatment of Thoracic Outlet Syndrome

**Ann Porretto-Loehrke,
PT, DPT, CHT, COMT**

January 16-17, 2015

**CORA Rehabilitation
6100 Kennerly Rd, #201
Jacksonville, FL 32216**

**Target Audience: OTs, COTAs, PT,
PTAs, CHTs**

**This course qualifies for 11.4
Contact Hours**

**This course is limited to 25
participants so register early!**

For more information, contact
904-803-4480
3KingsUESpecialist@gmail.com

OBJECTIVES

-Become familiar with anatomy of the thoracic outlet region, and be able to describe the 3 main areas of brachial plexus impingement: Scalene triangle, costoclavicular space, and beneath the pec minor muscle

-Identify the 2 different types of TOS clinical presentations: “compressors” and “releasers”
-Perform the basic clinical examination, including the following special tests: EAST/ Roos, Cyriax release test, Lindgren’s test

-Demonstrate ability to test and treatment 1st and 2nd rib limitations associated with TOS

-Identify scapular faults that can contribute to TOS problems. Participants will also demonstrate how to test and treat posterior capsule tightness at the GHJ and will also become familiar with treatment interventions and HEPs.

-Participants will demonstrate how to assess and treat GHJ capsule tightness at end-range elevation

-Demonstrate ability to test and treat AC and SC joint limitations that can occur with “compressors”

CONTINUING EDUCATION CREDIT

Occupational Therapists and Occupational Therapy Assistants: 3Kings UE Specialists, Inc is an approved provider with the Florida Department of Health Board of Occupational Therapy Practice. CE Broker Provider #50-9345. This course qualifies for 11.4 contact hours.

Physical Therapists and Physical Therapy Assistants: This course needs to be submitted to the FL Board of PT for approval.. This course qualifies for 11.4 contact hours. PTs and PTAs will have to submit the course to the Florida Board of PT. 3KingsUESpecialists will provide the application for approval. The course may be submitted prior to it occurring for approval.

Certified Hand Therapists: This course has been posted on HTCC’s website and qualifies under Category A of professional development units.

**Friday, January 16
6-8:30pm**

5:30-6pm: Registration

6-6:45: Lecture: Anatomy and pathoanatomy of TOS

6:56-7:45: Lab: TOS evaluation: C-spine screen, EAST/ Roos Test, Cyriax release test, and Lindgren’s test

7:45-8:30pm: Lecture and Lab: Review of scapular muscle function, assessing resting scapular position and scapulohumeral rhythm

**Saturday, January 17
8am-4:30pm**

8-9:30: Lab: Soft tissue techniques, 1st and 2nd rib mobilization and home program

9:30-10:15: Lecture: Review of TOS evaluation findings and prioritization of impairments

10:15-10:30: BREAK

10:30-11:15: Lecture and Lab: Exercise and scapular taping techniques to address poor scapular alignment

11:15-12:15: Lab: Glenohumeral joint mobilization techniques to address posterior capsular tightness

12:15-1:15: LUNCH (On your own)

1:15-2:15: Lab: GHJ Mobilization to address end range limitations

2:15-2:30 BREAK

2:30-3:15: Lab: Sternoclavicular Joint and Acromioclavicular Joint testing and treatment

3:15-3:45: Lab: Techniques to facilitate cervicothoracic mobility and end-range elevation

3:45-4:30: Case Studies

**COURSE COST: \$350
Includes the following:
11.4 contact hours**

Course materials, breakfast and snacks on Saturday

***PTs and PTAs: Please read continuing education credit section.**

***Due to the small size of this course, there are no group discounts**

***Those who attended a previous course, get 10% OFF (\$315)**

CONFIRMATIONS AND CANCELLATIONS

Confirmation of registration will be sent via email or fax. If fax or email is not available, a letter of confirmation will be mailed. If you do not receive a confirmation within 5 days of the program, please contact 3kingsuespecialist@gmail.com or 904-803-4480. Cancellations received on or before December 15 will be refunded less a \$25 dollar administration fee per participant. Cancellations between December 16-January 2 will be refunded less a \$75 administration fee. Due to the small amount of participants for this course, cancellations on and after January 3, 2015 will not be refunded.

***3Kings Upper Extremity Specialists has the right to cancel the course if the minimum number of participants is not met. If this occurs, a full refund of registration will be given. No refunds for travel or lodging expenses will be given.**