

PAYMENT COUPON
(please send with payment)
Checks payable to 3Kings Upper Extremity
Specialists, Inc.

Participant
Name(s): _____

License #: _____

Employer: _____

Address _____

Phone#: _____

Email address: _____

* Profession (circle): OT COTA PT
PTA ATC

Amount Enclosed: _____

*\$395 if you have not attended a previous
course

*10% discount if you attended a previous
course-\$355.50

*PTs please add \$20 for application fee for
approval to FL Board of PT if you want 3Kings
to submit application.

Please mail to:
3Kings Upper Extremity Specialists
104 Oak View Circle
Ponte Vedra Beach, FL 32082

ABOUT THE INSTRUCTOR

Ann Porretto-Loehrke is the therapy manager of a large department at the Hand and Upper Extremity Center in Appleton, Wisconsin. She is a Certified Hand Therapist and a Certified orthopedic Manual Therapist for treatment of the upper quadrant through the International Academy of Orthopedic Medicine (IAOM). She also earned a post-professional Doctorate in Physical Therapy (DPT) degree from Drexel University with a specialty in hand and upper quarter rehabilitation. Ann is a lead instructor for the Hand & Upper Extremity Track through IAOM, a set of 6 manual therapy courses designed specifically for hand and upper extremity specialists. She co-authored the chapter "Therapists Management of Other Nerve Compressions about the Elbow and Wrist" In the most recent edition of Rehabilitation of the Hand & Upper Extremity.

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 and Peripheral Nerve Compression Syndromes of the Upper Extremity

January 25-26, 2013

Mayo Clinic Jacksonville
Kinne Auditorium
4500 San Pablo Road
Jacksonville FL 32224

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

Visit
www.3KingsUESpecialists.com
to register and get more
information

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 common postural faults including scapular winging/tilting, depression and downward rotation that can contribute to TOS
- Participants will demonstrate how to test and treat posterior capsule tightness at the GHJ and will become familiar with treatment interventions and HEPs
- Perform provocative tests to identify nerve compressions at the elbow, FA, and wrist
- Perform Neurodynamic testing for the median, radial, and ulnar nerves and neural flossing techniques to address the following syndromes: cubital tunnel, pronator syndrome, radial tunnel, Wartenberg’s syndrome, ulnar tunnel, and carpal tunnel
- Kinesiotaping techniques to address cubital tunnel syndrome, pronator syndrome, radial tunnel, and Wartenberg’s syndrome

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 16.8 contact hours.

Physical Therapists and Physical Therapy Assistants: This course needs to be submitted to the FL Board of PT for approval. 3Kings UE Specialists will submit the application for individual approval to the FL Board of PT for \$20. This course qualifies for 16.8 contact hours. If the PT or PTA decides to submit it for approval on their own, there is no additional charge to the registration fee.

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

Friday, January 25
8am-4:30pm

7:45am-8am: Registration
***8-9:15am: Lecture: Introduction and overall concepts**
***9:15-10:15: Lab: TOS evaluation: C-spine screen, EAST/ Roos Test, Cyriax release test, and Lindgren’s test**
10:15-10:30: Break
10:30-12: Lecture & lab: Review of scapular muscle function, assessing resting scapular position and scapulohumeral rhythm
12-1: Lunch (on your own)
1-1:30: Lecture: review of TOS evaluation and prioritizing impairments
1:30-2:15: Lab: Soft tissue techniques, 1st and 2nd rib mobilization
2:15-2:30: Break
2:30-4:30: Lecture and Lab: Exercise and scapular taping techniques to address poor scapular alignment

Saturday, January 26

8-9:30: Lab: Glenohumeral joint mobilization techniques to address posterior capsule tightness
9:30-10:15: Lab: Passive elevation testing; sternoclavicular and acromioclavicular joint testing and treatment
10:15-10:30: Break
10:30-11: Lab: Techniques to facilitate cervicothoracic mobility and end-range UE elevation
11-12: Lecture and Lab: Cubital Tunnel Syndrome
12-1: Lunch (On your own)
1-1:15: Lecture and Lab: Ulnar Tunnel syndrome
1:15-2:15: Lecture and lab: Radial Tunnel Syndrome
2:15-2:30: Break
2:30-3: Wartenberg’s syndrome
3-3:45: Lecture and lab: Pronator syndrome
3:45-4:15: Lecture: Carpal Tunnel Syndrome
4:15-4:30: Questions

COURSE COST: \$395

Includes the following:

16.8 contact hours

Course materials, continental breakfast both days and snacks/drinks during breaks

***PTs and PTAs: Please read continuing education credit section. Add \$20 to registration fee if you want 3Kings UE Specialists to submit the application to the FL Board of PT for approval.**

***Due to the small size of this course, registration online will be \$5 extra and there are no group discounts**

***Those who attended a previous course, get 10% OFF (\$355.50)**

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 October January 1, 2013 will be refunded less a \$25 dollar administration fee per participant. Cancellations between January 2-January 10 will be refunded less a \$75 administration fee. Due to the small amount of participants for this course, cancellations after January 11, 2013 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.