

Clinical Skill Development Intensive: Neck and Upper Back

Objectives: By completing this program, participants will be able to:

- Identify and explain the most common causes of neck pain based on the NPLEX study guide;
- Identify and explain the most common causes of upper back/thoracic pain based on the NPLEX study guide
- Identify and apply treatment options
- Identify and apply the orthopedic evaluations and imaging evaluations that are most helpful in making an accurate diagnosis based on the NPLEX study guide and clinical practice
- Identify the limitations in in-office treatment, understanding appropriate referrals.

Agenda:

- Review of basic anatomy of the cervical spine and thoracic spine utilizing articulated skeletons, imaging, models (15 min.)
- Review of common c-spine pathologies and etiologies (15 min.)
 - ✚ Disc disorders: Herniation, spondylosis
 - ✚ Torticollis
- Review of common t-spine pathologies and etiologies (15 min.)
 - ✚ Disc disorders
 - ✚ Facet syndrome
 - ✚ Costochondritis
 - ✚ Scoliosis
- Using and interpreting the most useful physical examination techniques (30 min.)
 - ✚ Observation
 - Scars on the throat?
 - Radiculopathy?
 - ✚ Range of Motion
 - ✚ Adam sign
 - ✚ Adson test
 - ✚ C-spine compression and distraction test
 - ✚ Lindner test
 - ✚ Roos test
 - ✚ Soto-Hall test
 - ✚ Vertebral artery test
 - ✚ Wright (hyperabduction) test
- Imaging studies for neck and upper back (10 min.)
 - ✚ Knowing when and what to order
 - ✚ Knowing the limitations of imaging
 - ✚ How to write the order
- Treatment Options
 - ✚ Watchful waiting
 - ✚ Physical adjustments (and contraindications)
 - ✚ Physical therapy
 - ✚ Surgery

- Pharmacology of commonly-used in-office pain medications (20 min.)
 - ✚ NSAIDS (Indications/Contraindications)
 - ✚ Homeopathic injections
 - ✚ Other pain meds (non-narcotic!)
 - ✚ Write the prescription
- SOAP Case Presentation: Chief Concern, Subjective, Objective, Assessment, Plan (25min.)
 - ✚ Eliciting the Chief Concern from the patient
 - ✚ Subjective: The patient's story (OPQRST)
 - ✚ Objective: Focused physical examination of the patient
 - ✚ Objective: Imaging studies (What and When)
 - ✚ Assessment: Creating the Differential Diagnosis
 - ✚ Plan: Identifying and applying the most appropriate treatment
- Personal Injury Cases (20 min.)
 - ✚ Insurance coverage (Yes, even for Naturopaths!)
 - ✚ Attorneys
 - ✚ Medical Liens
 - ✚ Proper Documentation
- Dumb Things Doctors Do
- Referring Patients
- Case Studies