Suzy L. Cornbleet, PT, DPT, will provide a review and update of the concepts and principles of the Movement System Impairment (MSI) theory and its relationship to musculoskeletal pain syndromes. This course is designed to improve the clinician’s skills in the performance of the examination procedures and the recognition of signs and symptoms of upper quarter movement system impairment syndromes. The course will emphasize the selection and performance of corrective exercises based on the results of the examination. Discussion will also include description of the diagnoses of shoulder girdle and cervical spine movement impairment syndromes, as well as the relationship to the thoracic spine.

A lab will be offered to provide supervised performance of the examination and development of a corrective exercise program.

**Prerequisite: Completion of the Introductory Course**
Course Schedule

Saturday, April 8, 2017
7:30 to 8 a.m.  Registration
8 to 9 a.m.  Concepts and Principles of Movement System Impairments (MSI) Syndromes (Review & Update)
9 to 10:15 a.m.  MSI Diagnoses of the Scapula and Humerus
10:15 to 10:30 a.m.  Break
10:30 to 11:30 a.m.  MSI Diagnoses of the Scapula and Humerus (cont’d); Practice Identifying Movement Impairments
11:30 a.m. to 12:30 p.m.  Lab: Demonstration of a Complete Shoulder Girdle Examination - Participants Determine Diagnosis and Corrective Exercise
12:30 to 1:30 p.m.  Lunch
1:30 to 3 p.m.  Lab: Examination of Alignment and Standing Movement Tests - Demonstration and Practice
3 to 3:15 p.m.  Break
3:15 to 4:45 p.m.  Shoulder Examination in Sitting, Supine, Prone and Quadruped - Demonstration and Practice
4:45 to 5 p.m.  Wrap Up for the Day

Sunday, April 9, 2017
8 to 9:45 a.m.  MSI Diagnoses of the Cervical Spine With Considerations of the Thoracic Spine
9:45 to 10 a.m.  Break
10 to 11 a.m.  Lab: Demonstration of a Complete Cervical Spine Examination - Participants Determine Diagnosis & Corrective Exercise
11 a.m. to noon  Lab: Demonstration and Practice of Alignment & Movement Tests of the Cervical Spine
Noon to 1 p.m.  Lunch
1 to 2:30 p.m.  Small Group Practice of Complete Examination of Cervical Spine and Shoulder Girdle
2:30 to 2:45 p.m.  Break
2:45 to 4:15 p.m.  Treatment: Exercise Progression, Functional Activities - Demonstration and Practice
4:15 to 5 p.m.  Course Wrap Up

Note: Exact times and order of content are subject to change

Course Instructor

Suzy L. Cornbleet, PT, DPT, is an associate professor of physical therapy and orthopaedic medicine at the Washington University School of Medicine in St. Louis, MO. Her clinical interests are in pediatric and adolescent hip and low back pain and general outpatient orthopedics. She also serves as a mentor in the clinical practice at the Washington University School of Medicine PT Clinic. She has been instrumental in the development of Washington University’s fellowship in the diagnosis and management of movement impairment syndromes and acts as a primary mentor. Suzy received her bachelor of science in physical therapy degree from the University of Colorado and both her master of arts in education degree and her clinical doctoral degree in physical therapy from Washington University.
Advanced Application to the Upper Quarter
Tuition: $495
Early Bird (before 1/1/2017): $450

Email: nsullivan@SwedishCovenant.org
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Fax: 773-561-0937

Make Checks Payable to Swedish Covenant Hospital
Mail To:
Swedish Covenant Hospital, Outpatient Rehab at Galter LifeCenter
Attn: Nora Sullivan, PT
5157 N Francisco Ave
Chicago, IL 60625

Name: _________________________________________
Credentials: _______________________________________(for course certificate)
PT License #: _______________________________________
Email:_____________________________________________
Home Address______________________________________
City/State/Zip: _____________________________________
Work/Cell/Home Phone: ______________________________
Card Type:__________________________________________
Card #: ____________________________________________
Name on Card: ______________________________________
Expiration Date: ____________________________________
Signature: _________________________________________

Confirmation will be sent to you following receipt of registration and tuition.

Location Details
Course will be held at
Swedish Covenant Hospital’s
Rehab Services Department,
Galter LifeCenter
5157 N Francisco Ave.
Chicago, IL

Continental breakfast and snacks will be provided throughout the course.

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Cancellation Policy
Tuition will be refunded with the exception of a $50 administrative charge if notice of cancellation is received 14 days prior to the event or earlier. No refund will be issued if notification is received less than 14 days prior to course.

For questions or comments, please contact Nora Sullivan at nsullivan@SwedishCovenant.org or call 773-878-8200, ext. 2628