

COMPLEX CASE MANAGEMENT WITH CERVICAL TREATMENT CONSIDERATIONS

1 Day (1HR LUNCH)

Introduction

Cervical Assessment in Concussion and Post-Concussion Syndrome

- Cervicogenic contributions to concussion symptomatology
 - o Research review
 - o Pathophysiology/Anatomy
 - o Links to vestibular, visual, and sensorimotor control systems
 - o Cervicogenic headache pathophysiology
- Assessing the cervical spine
 - o Observation and neurological screen
 - o Ligamentous and joint evaluation (stability, mobility)
 - o Orthopedic and special testing
 - o Soft tissue evaluation
 - o Joint position error/proprioception

Practical Breakaway

Treatment and Rehabilitation Methods for the Cervical Spine Post-Concussion

- Clinical presentations
- Efficacy of cervical interventions in concussion management
- Anatomical review (for treatment applications)
- Manual treatment techniques based on assessment findings
- Active rehabilitation techniques/exercise progressions
- Case Review
- Techniques Demonstration

Practical Breakaway

Complex Case Management: Persistent Post-Traumatic Headache and Sleep Disorders

- Impact, prevalence, implications for recovery
- Post-traumatic headache presentations
- Mood, cognition and sleep
- Red flags
- Pathophysiology
- Conservative management strategies
- Medical options
- Interdisciplinary Collaboration
- Case Review

Complex Case Management: Cognitive Fatigue in Concussion

- Neurocognition in concussion
- Attention (sustained, selective, divided, dynamic)
- Top-down vs bottom-up processing
- Memory: chunking, maintenance rehearsal, encoding and retrieval
- Impact of divided attention
- Visual/vestibular impairment and cognition
- Coping and energy management
- Treatment strategies
- Interdisciplinary collaboration

Clinical Applications and Interactive Case Review

- Complex Cases: step-by-step
- Thinking critically, developing individualized plans of care
- Interdisciplinary considerations, referral options
- Open discussion

Adjournment