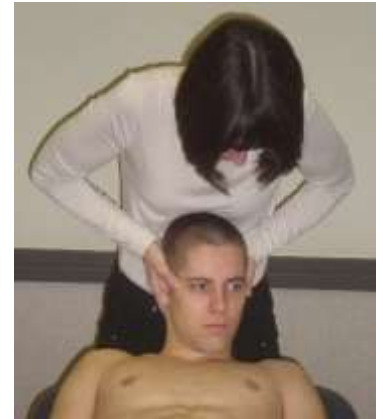


CONCUSSION: WHAT ABOUT THE NECK?

Concussion has become a hot topic and the updated Berlin Guidelines 2016 assist us in the management of these patients. Most resolve within 2-4 weeks, yet others experience persistent symptoms and there is less guidance as to how to approach the rehab of this population. It is not difficult to see that a concomitant injury to the cervical spine could be causing symptoms, particularly headache and dizziness, that could mimic those seen in concussion and that in these cases assessment and treatment of the cervical spine would be indicated.

This course will focus on those 'concussion-type' symptoms, specifically headache and dizziness that could actually have a cervical spine origin. The assessment and treatment of both cervicogenic headache and cervicogenic dizziness will be covered, and specific manual therapy techniques reviewed and practised during lab time. Therapeutic exercise specifically targeted at these two dysfunctions will be introduced and practised.



About the instructor

Carol Kennedy graduated from Queen's University in 1979, completed her Advanced Diploma of Orthopaedic Manual and Manipulative Therapy in 1984 and a Clinical Masters of Science in Manipulative Therapy from UWO in 2010. She has taught extensively in the Canadian Manual Therapy Course System, as well as cervical spine manual therapy and exercise courses nationally and internationally. She is the Lead instructor and Program Coordinator for the GCOMPT program at UBC. She is past Chair of the Chief Examiner Board for the National Orthopaedic Manual Therapy Exams and continues as an Examiner. In 2005 Carol received an Award of Excellence in the Clinical Contribution category from the Physiotherapy Association of British Columbia for her work and teaching in the area of the cervical spine. In 2012, Carol was part of the first group of candidates to successfully complete the CPA Clinical Specialization Program in the area of Musculoskeletal Physiotherapy and also qualified as an assessor for that program. In 2015, Carol received the Golden Hands Award, given to "an exceptional orthopaedic physio that exemplifies the commitment to our profession in manual therapy, education, mentorship & research". Carol has contributed chapters on cervical exercise for the textbooks; *Therapeutic Exercise, Moving Toward Function* (4th edition, 2017) as well as *Manual Therapy for Musculoskeletal Pain Syndromes* (2016). Carol presented at the Medical Symposium and Workshop at the Vancouver 2010 Winter Olympics as well as several other congresses on the topic of Cervical Contributions to Concussion-type Symptoms. Carol is a partner at Treloar Physiotherapy Clinic in Vancouver where she almost exclusively treats patients with cervical spine disorders.



CONCUSSION: WHAT ABOUT THE NECK?

Workshop Outline:

Introduction

- Concussion identification & management (brief summary)
- Potential of cervical involvement

Cervicogenic Headache & Dizziness - identification

- **Subjective Assessment**
 - Features & diagnosis
 - Differential diagnosis of dizziness
- **Objective Assessment**
 - Articular
 - Myofascial
 - Cervical Somatosensory Function
 - Kinaesthetic awareness
 - Eye movement control
 - Balance

Treatment of CHA & CD

- Evidence
- Manual therapy
- Exercise
 - Mobility
 - Recruitment & strength (brief overview - rotation control focus)
 - Somatosensory retraining

****** this is not a cervical exercise course and the main exercise focus will be on the somatosensory retraining exercises related to concussion

The workshop runs **8:30-5:00** **Saturday April 25, 2020**

Breaks will be supplied, but lunch will be on your own.

Location:

North End Spine and Sports Physiotherapy and Massage
201-4710 31st Street
Vernon, BC. V1T5J9

Cost: \$325 + tax = 341.25

Registration: <https://forms.gle/X9H5NqqQTEHAVHWT8>

For further information, contact:
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