The Management of Cervical Disorders
An evidence-based approach with an emphasis on therapeutic exercise

Organized by
Manipulative Therapy Specialty Group, HKPA Limited
&
Department of Rehabilitation Sciences, The Hong Kong Polytechnic University

Speakers
Professor Gwendolen Jull
MPhty, PhD, FACP

Date / Time
3 – 4 September 2016, 9am – 5pm

Venue
GH016, The Hong Kong Polytechnic University

Course Content
Please see the attached leaflet

Course Fee
HK$3700 for MTSG members
HK$3800 for HKPA (non-MTSG) members
HK$4200 for non-HKPA members
(HK$300 discount for Early Bird Registration before 15 July 2016)
Course fee for successful registration is non-refundable

Class Size
25 (Priority will be given to MTSG members with first come first served basis.)

CPD
TBC

Registration
Send registration form with
1. Signed Legal Claim Waiver
2. A stamped self-addressed envelope, and
3. A crossed cheque, payable to Hong Kong Physiotherapy Association Limited”. The name
   of this course, name of registrant and contact telephone number should be written at
   the back of the cheque and then send to:

   Dr Sharon Tsang
   ST 535, Department of Rehabilitation Sciences,
   The Hong Kong Polytechnic University, Hung Hom

Deadline of Registration: 1 August 2016. Successful registrants will be notified via Email by
15 August 2016 (Enquiry: mtsg@hongkongpa.com.hk)
Application Form

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3 – 4 September 2016

Name: ________________________________________________

(BLOCK LETTER, as appear in your HKPA registration)

Email address (for successful notification): ________________________________________________

HKPA member (Yes / No*) HKPA Membership no: ________________________________________________

MTSG member (Yes / No*)

Work Place & Unit: ________________________________________________

Phone no.: ______________________ (mobile/pager) ______________________ (office) ______________________ (Home)

Cheque no: ______________________ Bank: ______________________

* Please delete as appropriate.

Deadline of Registration: 1 August 2016. (Early Bird Registration before 15 July 2016)

Course fee – HK$3700 for MTSG members, HK$3800 for HKPA & HK$4200 for non-HKPA members

Early Bird fee – HK$3400 for MTSG, HK$3500 for HKPA & HK$3900 for non-HKPA members.

Successful registrants will be notified by 15 August 2016 via email.

Please send registration with:
1. Signed Legal Claim Waiver
2. A stamped self-addressed envelope and
3. A crossed cheque, payable to Hong Kong Physiotherapy Association Limited. The name of this course, name of registrant and contact telephone number should be written at the back of each cheque and then send to:

   Dr Sharon Tsang
   ST 535, Department of Rehabilitation Sciences,
   The Hong Kong Polytechnic University, Hung Hom

Special Weather Arrangement
When Tropical Cyclone Warning Signal No. 8 (or higher) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:

For classes have not yet started:
If Typhoon Signal No.8 and/or Black Rainstorm Signal is in force 2 hours before the course, the course will be cancelled.

For classes that have already started:
When Typhoon Signal No.8 or above is hoisted - Classes immediately suspend.

Fee paid are not refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.
Legal Claim Waiver Consent

In consideration of HKPA Ltd. accepting my registration to the “The Management of Headache and Neck Pain”, I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.

__________________________________________  __________________________________________
Signature                                        Name of Registrant

Date:  ______________________________________

*Please sign the above consent and submit with your application form
The Management of Cervical Disorders
An evidence-based approach with an emphasis on therapeutic exercise

Gwendolen Jull PhD, MPhty, FACP
The University of Queensland

Professor Jull is a Specialist Musculoskeletal Physiotherapist and Emeritus Professor in the Division of Physiotherapy at the University of Queensland, Australia. Her research, teaching and clinical interests are cervical disorders, particularly cervicogenic headache and whiplash associated disorders, manual therapy and quantifying the dysfunction in the cervical neuromuscular and sensorimotor systems as a basis for therapeutic exercise in the rehabilitation of neck disorders. Prof Jull has published extensively in the field with over 250 journal publications, 38 book chapters and a textbook “Whiplash, Headache, and Neck Pain: Research-based directions for physical therapies”. In addition, she is editor of the book “Grieve’s Modern Musculoskeletal Physiotherapy” (4th ed) and the co-editor of a leading international journal in musculoskeletal physiotherapy “Manual Therapy.

Summary
This course presents the management of cervical disorders within a biopsychosocial model with an emphasis on therapeutic exercise. An overview of the research into the nature of impairments in neuromuscular, kinematic and sensorimotor control that may occur with neck pain/injury will be provided which informs a therapeutic exercise approach.

This course has a practical emphasis and will explore in detail, the assessment and management strategies for cervical neuromuscular, kinematic and sensorimotor dysfunction. The course also explores incorporation of other management techniques such as education, manual therapy with the exercise program in a multimodal approach to the management of cervical disorders

Objectives
The course aims/objectives are to ensure that at the completion of the course, the participant will:

• Have a good understanding of the presentation of patients with cervical disorders within a biopsychosocial framework
• Have a good understanding of the impairments in neuromuscular, kinematic and sensorimotor function which have been found to be associated with cervical disorders.
• Develop a good understanding of the clinical reasoning process for differential diagnosis of cervical disorders and the treatment directives from the assessment
• Develop clinical skills for the recognition and retraining of neuromuscular control in patients with cervical disorders
• Develop clinical skills for the recognition and retraining of impairments in kinematic control in patients with cervical disorders
• Develop clinical skills for the recognition and retraining of impairments in sensorimotor control system in patients with cervical disorders
• Develop clinical proficiency in the integrated management of the articular, muscle and nervous systems through a multimodal approach of patient education, manual therapy and specific therapeutic exercise techniques
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<tr>
<th>Day 1</th>
<th>Time</th>
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<th>Instruction</th>
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<tr>
<td>09.00</td>
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<td>The nature of neck disorders</td>
<td>Lecture</td>
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<td>10.30</td>
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<td>Impaired neuromuscular, kinematic and sensorimotor control what is research telling us?</td>
<td>Lecture</td>
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<tr>
<td>10.45</td>
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<td>Impaired neuromuscular, kinematic and sensorimotor control what is research telling us? (Cont’d)</td>
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<td>The examination of the patient with a cervical disorder – an integrative approach: articular dysfunction</td>
<td>Practical</td>
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<tr>
<td>13.00</td>
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<td>The examination of the patient with a cervical disorder – neuro-muscular function</td>
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<td>Lunch</td>
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<td>15.45</td>
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<td>The examination of the patient with a cervical disorder – neuro-muscular function</td>
<td>Practical</td>
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<td>16.00</td>
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<td>The examination of the patient with a cervical disorder – kinematic and sensorimotor function</td>
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<td>Lecture</td>
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<td>Morning tea</td>
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<td>Management of patients with cervical musculoskeletal disorders</td>
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<td>Afternoon tea</td>
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<td>16.00</td>
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<td>Integrated assessment and management</td>
<td>Lecture</td>
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