



### SCS for the Upper Quarter for OT's & PT's

### Prerequisite: None

SCS for the Upper Quarter for OT's & PT's focuses on the cervical spine, upper thoracic spine, ribs, shoulder and upper extremity. Special adaptation of treatment techniques to the sitting position to facilitate use by the hand and upper extremity therapists will be introduced. Emphasis is placed on developing palpatory and hands-on skills to enhance the student's effectiveness with the techniques. More than 65 different techniques will be demonstrated.

#### **Outline:**

- Review of neurophysiology
- Neurologic basis for somatic dysfunction
- Rationale for SCS
- General rules for SCS
- Anterior/Posterior Cervical evaluation and treatment lab
- Anterior/Posterior Thoracic evaluation and treatment lab
- Rib evaluation and treatment lab
- Anterior/Posterior Shoulder evaluation and treatment lab
- Elbow/Wrist & Hand evaluation and treatment lab
- Design a home program using SCS philosophy

#### **Goals/Objectives:**

- Understand the neuromuscular basis for Strain Counterstrain
- Perform Strain Counterstrain treatment techniques for common joint dysfunction
- Use the Strain Counterstrain documentation format
- Design a home program using the Strain Counterstrain philosophy

#### **Course Schedule:**

Day One:	Day Two:	Day Three:
8:00 - 8:30 Registration	8:30 - 9:45 Anterior Thoracic Lab	8:30 - 10:00 Elbow Lab
8:30 - 10:00 Introductory Lecture	9:45 - 10:00 Break	10:00 - 10:15 Break
10:00 - 10:15 Break	10:00 - 11:00 Posterior Thoracic Lab	10:15 - 12:00 Wrist & Hand Lab
10:15 - 12:00 Principles of SCS	11:00 - 12:00 Rib Lab	12:00 - 12:15 Documentation
12:00 - 1:00 Lunch	12:00 - 1:00 Lunch	12:15 - 12:45 Designing a Home Program
1:00 - 3:00 Anterior Cervical Lab	1:00 - 3:00 Anterior Shoulder Lab	12:45 - 3:00 Closing Lecture
3:00 - 3:15 Break	3:00 - 3:15 Break	
3:15 - 5:00 Posterior Cervical Lab	3:15 - 5:00 Posterior Shoulder Lab	