

## DEPARTMENT OF REHABILITATION SCIENCES

### CONTINUING EDUCATION

# FGCU MANUAL THERAPY CERTIFICATION (FGCU-MTC)

**Courses:**

Manual Therapy to the Upper Extremity

Manual Therapy to the Lower Extremity

Manual Therapy to the Lumbar Spine & Pelvic  
Girdle

Manual Therapy to the Thoracic Spine & Ribcage

Manual Therapy to the Cervical Spine & TMJ

**Instructor:**

Rob Sillevs, PhD, DPT, OCS, FAAOMPT, MTC

In today's competitive job market, being able to distinguish an area of clinical competency will give you a significant advantage in securing employment. Certification not only identifies but also highlights for employers the specific and additional skills you can bring to the job. Therefore, bundle your manual therapy CEU courses and start working towards the **FGCU Manual Therapy Certification.**



**DEPARTMENT OF REHABILITATION SCIENCES**  
FLORIDA GULF COAST UNIVERSITY  
10501 FGCU Blvd South  
Fort Myers, FL 33965  
239-590-7530

**Manual Therapy** consists of highly skilled passive movement of joints and soft tissues, and a wide variety of treatment approaches are available. As an FGCU certified manual therapist you will develop advanced clinical reasoning skills that are sound, comprehensive and evidence based. You will be able to identify dysfunctions and their underlying causes. You will practice at an advanced clinical level using specific spinal/peripheral joint manipulation (thrust or non-thrust), myofascial techniques, muscle balancing techniques, and neuromuscular re-education to successfully address these dysfunctions.



### **TO REGISTER:**

Please visit the Department of Rehabilitation Sciences “Department Store” to register for FGCU-MTC courses and the certification exam.

[www.fgcu.edu/mariebcollege/rs](http://www.fgcu.edu/mariebcollege/rs)

### **PRICING INFORMATION:**

Individual courses: **\$225\***, (Courses can be taken as stand-alone. If all 6 courses of the manual therapy series are completed, you are eligible to take the certification exam.)

(\*FGCU Alumni, FGCU Clinical Education Instructors, and Resident-in-training pay **\$199**)

Certification Exam: **\$300\***

(\*All 6 FGCU-MTC courses must be completed within 3 years of sitting for the certification exam)

# MANUAL THERAPY TO THE UPPER EXTREMITY

The upper quadrant is a complex region of the body. Successful management of this region depends on the clinician's ability to recognize abnormal patterns, position and movement, and to identify treatable dysfunctions. As a result of the regional-interdependence, structures from a variety of locations can negatively affect each other; resulting into pain and dysfunction, syndrome, and postural abnormality.

This course will examine the relationships between the:

- Cranium
- Cervical spine
- 1<sup>st</sup> rib
- Upper thoracic region and ribcage
- Shoulder
- Scapula-thoracic joint
- Elbow
- Wrist



Pressure sensor feedback will be used to apply the latest scientific method accurately identifying the forces during the different graded manipulation techniques, allowing clinicians to further improve their sensorimotor handling skills. Based on the regional-interdependence model, an analysis of each of these regions is necessary in the overall management of patient presenting with upper quadrant issues.

Assessment techniques will focus on:

- Joint mechanics
- Neural tissues
- Muscle length and strength
- Postural positioning
- Functional use of the quadrant
- Palpation of the region
- Assessment of tissue irritability

**Next available course:**

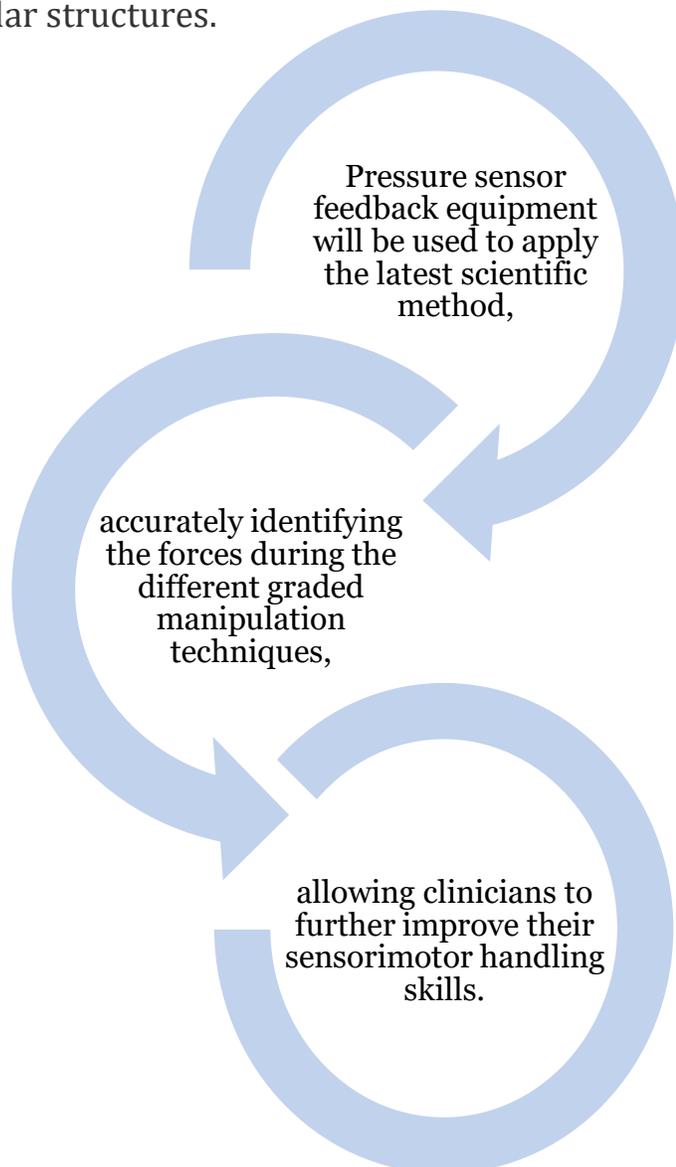
**November 16, 2019**

Register today on the Department Store:

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# MANUAL THERAPY TO THE LOWER EXTREMITY

This course will present a systematic approach to the management of patients with lower extremity and gait disorders. As the foot hits the ground everything changes in the lower extremity (and more proximal). The regional interdependence model is very obvious in the lower extremity. Static and dynamic foot positioning and dysfunctions will directly impact how the knee and hip are functionally used, which can easily lead to secondary dysfunctions. Due to the biomechanical construction, daily functioning, and during sports activities, both the ankle and knee are exposed to mechanical loading and forces that easily can exceed normal and therefore lead to injury affecting both joint and/or muscular structures.



Next available course:

**TBA**

# MANUAL THERAPY TO THE LUMBAR SPINE & PELVIC GIRDLE

Lower back disorders are the most common reason individuals seek health care and are the greatest health care expenditure. Over the last 30 years there has been intense investigation in how to manage patients with lower back related issues in the most effective and efficient manner. No “proven treatment approach” has emerged although the use of a classification system seems promising and therefore, each clinician carries the burden to properly classify patients and determine the most optimal evidence based treatment approach based on this.

Course participants will be introduced to a structured evaluation process that includes:

- Identification of yellow and red flags
- Neurological assessment
- Use of clinical prediction rules
- Identification of muscle and joint dysfunction

Next available course:

**January 25, 2020**

Register today on the Department  
Store:

[www.fgcu.edu/mariecollege/rs](http://www.fgcu.edu/mariecollege/rs)

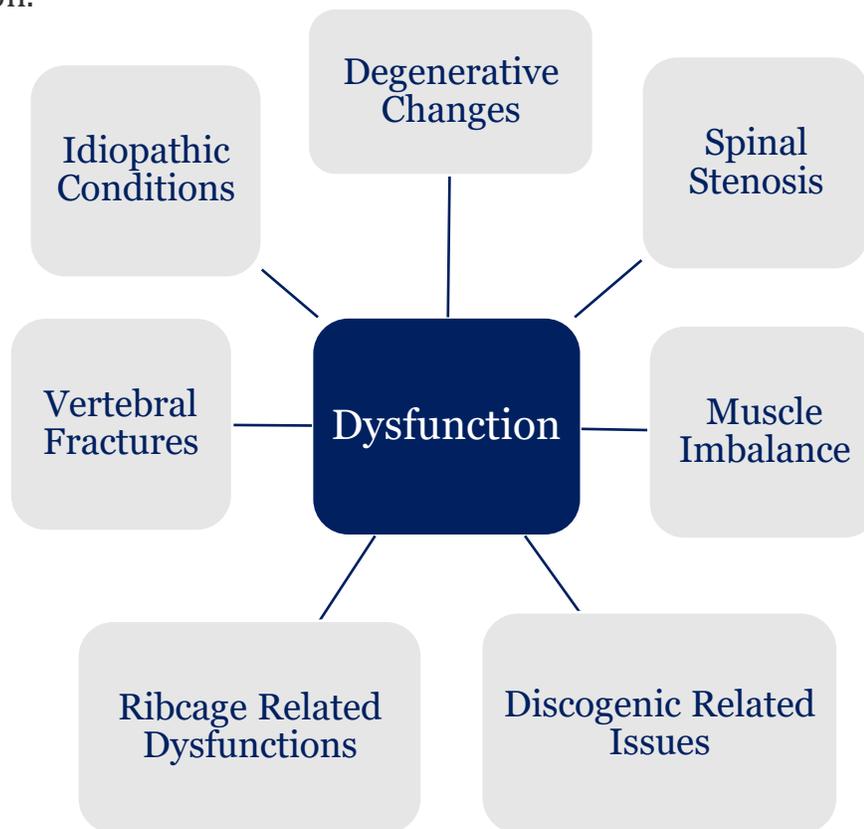
The treatment component of this course will introduce a variety of manipulation techniques and augmented exercises to maximize clinical outcomes.

*This course will present a systemic approach to the management of patients with lumbar and pelvic related problems.*

# MANUAL THERAPY TO THE THORACIC SPINE & RIB CAGE

Next available course:  
**March 14<sup>th</sup> , 2020**

This course will present a systemic approach to the management of patients with thoracic and ribcage related problems. The medical community has long ignored thoracic back pain, in part due to the thought that the stabilizing effect of the ribcage on this part of the spine made mechanical dysfunction unlikely. Increased understanding of biomechanics and advanced imaging techniques have ignited the thought that the thoracic spine and ribcage can house several primary dysfunctions that can lead to pain and limited function.



Considering the biomechanic relationship between the thoracic spine on the lower cervical spine and the lumbar spine, the manual therapist must consider the thoracic region as a source of dysfunctions. One should always consider the inter-regional dependence model when considering a spine patient and evaluate the thoracic spine and ribcage area.

# MANUAL THERAPY TO THE CERVICAL SPINE & TMJ

Next available course:  
**May 16<sup>th</sup> ,2020-cervical spine**  
**June 6<sup>th</sup>, 2020-TMJ**

This course (divided in 2-days) will present a systematic approach to the management of patients with cervical and or craniofacial related problems. Neck disorders are common and lead to great health care expenditure. Therefore, each clinician has to be able to properly identify possible dysfunctions that could cause both cervical and craniofacial impairments. Proper skills and strategies to evaluate this region will lead to better identification of the correct cervical/ mandibular classification and eventually to ideal patient management in the clinic.

Course participants will be introduced to a structured evaluation process that includes:

- Identification of yellow and red flags
- Neurological assessment
- Use of clinical prediction rules
- Identification of muscle and joint dysfunction

The treatment component of this course will introduce a variety of manipulation techniques and augmented exercises to maximize clinical outcomes.

About **25 %** of all patient visits in outpatient physical therapy clinics present for the management of neck related pain.

