



**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE

Physiotherapy Assessment and Management of Cervical Disorders

6, 7, 13, 14 February 2023

Introduction

This course equips participants with a comprehensive approach to assessing and managing neck pain disorders at an intermediate level. It emphasises clinical relevance and application while incorporating the best of theoretical and practical learning.

Course Objectives

After the course, participants should be able to:

- Plan, prioritize and perform a physical examination for the cervical, upper cervical and cervico-scapular region
- Discuss and demonstrate differential diagnosis of common cervical, upper cervical, and cervico-scapular dysfunctions
- Understand the importance of thoracic spine function on cervical spine disorders
- Provide effective management strategies based on a clinical reasoning framework
- Formulate a treatment plan and exercise programme that will address relevant impairments and maximise recovery and function
- Appreciate the principles of spinal surgery and imaging and their implications on physiotherapy management

Course Outline

- Cervical Assessment & Management
- Cervical surgeries, Imaging
- Assessment of nervous system
- Post op Cervical Management, progression, precautions
- Cervicogenic headache, dizziness, and the upper cervical spine
- Influence of the Thoracic spine on neck pain
- Exercises for motor control
- Case studies

Target Audience

Physiotherapists with 1-2 years of outpatient musculoskeletal experience.

Quick Links

[FAQs PGAHI Programmes](#)

[Training Calendar and Directory](#)

Course Details

Date	: 6, 7, 13 & 14 February 2023
Duration	: 18 hours
Time	: 1.00 pm – 5.30 pm
Class Size	: 20 pax
Device required	: Laptop/ Desktop for Zoom sessions (with microphone, speaker and webcam)
Training Mode	: 6, 14 February 2023 Online via Zoom (Details to be provided at a later date) 7, 13 February 2023 In-person at Therapy Skills Lab, Level 1, Academia
Fee	: S\$810 (SingHealth/ SPA members) S\$900 (Regular) (inclusive of prevailing rate of GST)

Teaching Faculty

Singapore General Hospital

Department of Physiotherapy

Dr June Quek Principal Physiotherapist	Chang Shin Yin Principal Physiotherapist
---	---

Wong Han Yen Senior Physiotherapist	Kenneth Goh Senior Physiotherapist
--	---------------------------------------

Dept of Diagnostic Radiology Dept of Orthopaedic Surgery

Dr Chan Lai Peng Senior Consultant	Dr John Chen Senior Consultant
---------------------------------------	-----------------------------------

Registration

To register, scan the following QR code or click on the web link. Registration closes on **7 Jan 2023 (Saturday)**



<https://form.gov.sg/6376f6f5a24d2d0011fccf58>

Upon registration, you agree to PGAHI [Terms & Conditions](#).