

| Integrated solutions for painful neck disorders | | |
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| Monday 10th November 2014 | | |
| 8 - 8.30 | Registration | |
| 8.30 - 9 | Profiling and classifying neck disorders (0.5 hrs) | Lecture |
| 9 – 9.30 | Movement and movement related disorders of the neck (0.5 hrs) | Lecture |
| 9.30 – 10.30 | Postural, functional, and regional assessment of the neck – quick tests that direct management (1 hr) | Practical |
| 10.30-10.45 | Morning Tea Break | |
| 10.45 – 12.45 | Evaluation and training of the anterior neck muscles (2 hrs) | Lecture & Practical |
| 12.45-1.30 | LUNCH | |
| 1.30 – 3.30 | Evaluation and training of the posterior neck muscles (2 hrs) | Lecture & Practical |
| 3.30 – 4.30 | Evaluation and training of the axioscapular muscles (2 hrs) | Lecture & Practical |
| Tuesday 11th November 2014 | | |
| 8 - 9 | Evaluation and training of the axioscapular muscles (cont) | Lecture & Practical |
| 9 – 9.30 | Exercise prescription - Targeted training and promoting progression (0.5 hrs) | Lecture |
| 9.30 – 10.30 | Integrating functional and formal exercise for the neck (1 hr) | Practical Case Examples |
| 10.30 – 10.45 | Morning Tea Break | |
| 10.45 – 11.45 | Addressing regional influences in neck pain (1 hr) | Practical |
| 11.45 – 1.15 | Differential diagnosis and management of dizziness (1.5 hrs) | Lecture & Practical |
| 1.15 - 2 | LUNCH | |
| 2 – 2.30 | Differential diagnosis and management of headache (0.5 hrs) | Lecture |
| 2.30 - 3 | Differential diagnosis and management of orofacial pain (0.5 hrs) | Lecture |
| 3 -3.30 | Implications of Whiplash Associated Disorders for management (0.5 hrs) | Lecture |
| 3.30 - 4 | Overview/Questions/Revision (0.5 hrs) | Discussion |
| 4 | Finish | |

Total contact = 14 hrs

Each day 15 minute morning tea + 45 min lunch